



Llanelli John Hartson 10k

17th June 2012

Results

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1	622	32:14	Angus Maclean		Male	1	MS	1	32:13	1
2	509	32:47	Andres Jones	Aberystwyth AC	Male	2	MS	2	32:47	2
3	572	32:55	Matthew Harvey	Neath Harriers	Male	3	MS	3	32:55	3
4	510	34:44	Felipe Jones	Aberystwyth AC	Male	4	MS	4	34:43	4
5	527	36:26	Stephen Thomas	Aberdare	Male	5	M40	1	36:26	5
6	582	36:33	Nigel Barnes		Male	6	M40	2	36:32	6
7	410	36:44	Gareth Green	San Domenico	Male	7	MS	5	36:43	7
8	323	36:50	Stuart Wadlow	Outdoor Fitness	Male	8	MS	6	36:49	8
9	440	37:01	Ronan Llyr (Carm)	Carmarthen Harriers	Male	9	MS	7	37:01	9
10	586	37:21	Eamonn Kirk	Swansea Harriers	Male	10	M40	3	37:21	10
11	451	37:25	Stephen Shields	San Domenico	Male	11	MS	8	37:24	11
12	531	37:41	Mark Whittle	San Domenico	Male	12	MS	9	37:39	12
13	163	37:48	Neil Jones (Carm)	Amman Valley Harriers	Male	13	M40	4	37:46	13
14	349	37:55	Alex Williams	Port Talbot Harriers	Male	14	M40	5	37:54	14
15	595	37:58	Steve Thomas	3m Gorseinon RR	Male	15	MS	10	37:57	15
16	602	37:58	Aaron Games		Male	16	MS	11	37:57	16
17	247	38:22	Clare Phillips	Port Talbot Harriers	Female	1	F35	1	38:21	17
18	542	38:30	K Griffiths (Carm)	TROTS	Male	17	M40	6	38:28	18
19	560	38:34	Raul Reismann	Swansea Harriers	Male	18	MS	12	38:32	19
20	603	38:50	Paul Rees	Port Talbot Harriers	Male	19	M40	7	38:49	20
21	627	39:06	Andrew Baker		Male	20	MS	13	39:04	21
22	386	39:12	Lee Morris	3m Gorseinon RR	Male	21	MS	14	39:09	22
23	286	39:15	Wesley Sleat	Cardiff Triathlon Club	Male	22	MS	15	39:15	23
24	317	39:23	Simon Thomas	FERC	Male	23	MS	16	39:21	24
25	381	39:30	Matthew Nankivell	Aberystwyth AC	Male	24	MS	17	39:27	25
26	614	39:30	Christopher Jenkins		Male	25	MS	18	39:29	26
27	75	39:31	Darren Edwards	Celtic Tri	Male	26	MS	19	39:29	27
28	633	39:33	Gary Brown	Penarth and Dinas Runners	Male	27	MS	20	39:29	28
29	284	39:35	Glyn Sansom	San Domenico	Male	28	M50	1	39:34	29
30	34	39:48	Clem Clement	Penarth & Dinas Runners	Male	29	M50	2	39:44	30
31	574	39:53	Chris Dixon	Pembrokeshire Harriers	Male	30	MS	21	39:52	31
32	606	39:56	David Parfitt	Port Talbot Harriers	Male	31	M40	8	39:54	32
33	460	39:57	Andrew Charles		Male	32	MS	22	39:54	33
34	2	39:58	Stephen Ainsworth		Male	33	MS	23	39:54	34
35	501	40:03	Pari Thomas (Carm)		Male	34	MS	24	40:00	35
36	69	40:05	J Dickinson (Carm)	TROTS	Male	35	M40	9	40:02	36
37	387	40:43	Keith Thompson	Rhondda Valley Runners	Male	36	M50	3	40:41	37
38	585	40:49	Steven Dinham	Port Talbot Harriers	Male	37	MS	25	40:48	38
39	314	40:56	Stephen Thomas		Male	38	M50	4	40:53	39
40	559	41:05	Paul Smith	LC Cobras	Male	39	MS	26	41:04	40
41	326	41:26	Martin Webborn		Male	40	M50	5	41:23	41
42	184	41:44	Mark Jones (Carm)		Male	41	M40	10	41:40	42
43	26	41:45	Andrew Marc Brain		Male	42	MS	27	41:40	43
44	421	41:45	Phil Meyer	Pontypridd Roadents	Male	43	M50	6	41:44	45
45	441	41:50	Kevin Pugh (Carm)		Male	44	M40	11	41:48	46
46	608	41:55	S Davies (Carms)	TRANSPLANT SPORTS UK	Male	45	M40	12	41:52	47
47	549	41:57	Josh Hanbury (Carm)		Male	46	MS	28	41:56	48
48	89	41:59	Louise Flynn		Female	2	FS	1	41:42	44
49	25	42:12	Mary Bowen Rees	TROTS	Female	3	F45	1	42:09	50
50	518	42:15	Mike Guy		Male	47	MS	29	42:11	52
51	221	42:16	Gavin Morris (Carm)		Male	48	MS	30	42:10	51
52	194	42:29	Owen Lewis	3m Gorseinon RR	Male	49	M40	13	42:23	53
53	320	42:34	Matt Tooze		Male	50	M40	14	42:24	54
54	346	42:38	Owain Williams		Male	51	MS	31	42:30	55
55	137	42:41	Gary Howe	3m Gorseinon RR	Male	52	M50	7	42:35	56
56	577	42:44	Conrad Rees		Male	53	MS	32	42:08	49
57	605	42:46	Darren Stevens		Male	54	M40	15	42:43	58
58	173	42:51	Steven Jones		Male	55	M40	16	42:47	60
59	138	42:51	Stuart Howells	Human Being Active	Male	56	M40	17	42:48	61
60	520	42:52	Kim Wehden	Islwyn RC	Male	57	M50	8	42:46	59
61	313	42:55	Teifion Thomas		Male	58	M40	18	42:35	57
62	511	42:56	Mark Terry (Carm)	TROTS	(Male)	59	M50	9	42:52	62
63	461	42:59	Reuben Adjei	Age Cymru	Male	60	MS	33	42:56	63
64	13	43:04	Jon Belcher		Male	61	MS	34	43:00	65
65	626	43:07	Dean Thomas		Male	62	M40	19	42:58	64
66	485	43:22	Adam Jones	Brecon AC	Male	63	MS	35	43:21	67
67	403	43:23	Marcus Yarlett-Coles	Les Croupiers	Male	64	MS	36	43:16	66
68	398	43:29	Peter Curran		Male	65	M40	20	43:26	68
69	478	43:41	Paul Jasper	Rhondda Valley Runners	Male	66	M40	21	43:38	70
70	645	43:42	Gary Thomas (Carm)		Male	67	M40	22	43:38	71



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Results

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
71	631	43:45	Reuben Morgan		Male	68	MS	37	43:38	72
72	174	43:46	Helen Jones		Female	4	F35	2	43:40	74
73	483	43:51	Richard Harris	Celtic Tri	Male	69	M40	23	43:34	69
74	330	43:53	Mark Westcott (Carm)		Male	70	M40	24	43:42	75
75	140	43:56	Philip Hughes	San Domenico	Male	71	MS	38	43:52	76
76	276	44:10	Matt Rogerson		Male	72	MS	39	44:05	77
77	471	44:17	Zane Maynard	Swansea Harriers	Male	73	MS	40	44:08	79
78	233	44:18	Suzanne Owens (Carm)		Female	5	FS	2	43:39	73
79	517	44:19	Lloyd Morgan	San Domenico	Male	74	MS	41	44:16	80
80	65	44:25	Delyth Davies		Female	6	FS	3	44:05	78
81	480	44:37	Wyn James		Male	75	MS	42	44:31	84
82	594	44:39	Ian Robinson		Male	76	M40	25	44:29	83
83	365	44:40	Carl Colwill		Male	77	M50	10	44:38	86
84	33	44:40	Lisa Cleary	Penarth & Dinas Runners	Female	7	F45	2	44:33	85
85	90	44:42	Michael Flynn		Male	78	M60	1	44:26	81
86	248	44:48	Steven Plumb (Carm)		Male	79	MS	43	44:26	82
87	179	44:51	Brendan Jones	Les Croupiers	Male	80	M40	26	44:46	87
88	494	44:53	Craig Morris	Rhondda Valley Runners	Male	81	MS	44	44:49	90
89	634	44:55	Rhodri Evans	Penarth & Dinas Runners	Male	82	M40	27	44:47	88
90	459	44:57	John Crockett		Male	83	M40	28	44:48	89
91	401	45:04	Martin Jones		Male	84	MS	45	44:57	91
92	121	45:06	Hefin Gruffydd		Male	85	M50	11	45:04	92
93	601	45:17	Rhodri Boggust	Brecon AC	Male	86	MS	46	45:15	95
94	36	45:19	Adam Cooke		Male	87	MS	47	45:10	94
95	534	45:22	Lindy Eynon	TROTS	Female	8	F45	3	45:19	96
96	473	45:24	Martyn Lewis	Celtic Tri	Male	88	MS	48	45:08	93
97	68	45:24	Clive Denton	Rhondda Valley Runners	Male	89	M40	29	45:20	97
98	446	45:26	M Halsall (Carm)	Llanelli Athletic Club	Male	90	MS	49	45:23	98
99	356	45:39	Tom Wright (Carm)	Sospan Road Runners	Male	91	M50	12	45:30	100
100	353	45:43	Robert Wood (Carm)		Male	92	MS	50	45:36	101
101	1	45:57	Graham Adams (Carm)		Male	93	M40	30	45:24	99
102	568	46:09	David Hawkins	Pembrokeshire Harriers	Male	94	MS	51	46:06	105
103	40	46:19	Michael Couser		Male	95	M40	31	46:03	103
104	550	46:22	Christopher Doyle		Male	96	MS	52	46:02	102
105	206	46:33	Ray Majer (Carm)	Sospan Road Runners	Male	97	M50	13	46:24	106
106	479	46:33	Tim Sheppard	Brecon AC	Male	98	MS	53	46:25	107
107	623	46:40	Nicola Thomas		Female	9	F45	4	46:32	111
108	185	46:40	Evans Julie	LC Cobras	Female	10	F35	3	46:30	109
109	463	46:46	Sam Collins (Carm)	Robert Davies Running Club	Male	99	MS	54	46:25	108
110	466	46:46	Brian Hall		Male	100	M40	32	46:05	104
111	64	46:51	Brendan Davies		Male	101	MS	55	46:30	110
112	636	46:55	N Johnson (Carm)	Carmarthen Harriers	Male	102	MS	56	46:54	116
113	101	46:55	Rachel Garland-fry	Rhondda Valley Runners	Female	11	FS	4	46:47	114
114	142	47:04	Andrea Hurman	Penarth & Dinas Runners	Female	12	F45	5	46:57	118
115	324	47:04	Cyril Walters	TROTS	Male	103	M60	2	47:00	120
116	16	47:11	Gareth Beynon (Carm)		Male	104	MS	57	47:02	122
117	414	47:13	Robin Jackson (Carm)		Male	105	MS	58	46:58	119
118	245	47:14	S Phillips (Carm)	Robert Davies Running Club	Male	106	MS	59	46:53	115
119	350	47:15	G Williams (Carm)		Male	107	MS	60	46:55	117
120	426	47:15	Steve Goodfellow	Penarth & Dinas Runners	Male	108	M40	33	46:37	112
121	108	47:15	Steve Goodfellow	Penarth & Dinas Runners	Male	109	M40	34	46:37	113
122	519	47:17	Ruth Treharne	Islwyn RC	Female	13	F45	6	47:10	124
123	512	47:17	David Elvy		Male	110	M40	35	47:01	121
124	474	47:18	Becca Jones	Brecon AC	Female	14	F35	4	47:11	125
125	210	47:20	Greg McCann		Male	111	M40	36	47:04	123
126	4	47:30	Gill Aldworth	Brecon AC	Female	15	F35	5	47:22	127
127	573	47:31	Roger Edmunds (Carm)		Male	112	M40	37	47:18	126
128	272	47:42	Steve Roberts	Celtic Tri	Male	113	M40	38	47:31	129
129	24	47:47	Rachel Bowen		Female	16	FS	5	47:37	130
130	590	47:47	Huw Tillman (Carm)		Male	114	MS	61	47:28	128
131	200	48:01	Emily Luke	Penarth & Dinas Runners	Female	17	FS	6	47:51	133
132	300	48:05	Michael Terry (Carm)	TROTS	Male	115	M60	3	48:01	137
133	318	48:08	Lisa Thomas		Female	18	F35	6	47:53	134
134	630	48:09	Paul Evans	Brecon AC	Male	116	MS	62	48:01	138
135	413	48:10	Richard Springett		Male	117	M40	39	48:04	139
136	613	48:12	Alec Thomas		Male	118	MS	63	47:57	136
137	229	48:14	Terry O'Brien		Male	119	M50	14	47:43	132
138	425	48:15	Martin Webbhorn		Male	120	M50	15	47:40	131
139	45	48:16	Eric Davey (Carm)	Llanelli Athletic Club	Male	121	M60	4	48:13	141
140	56	48:43	Liam Davies	Fetch Everyone	Male	122	M50	16	48:29	143



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Results

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
141	257	48:45	Gavin Rees		Male	123	MS	64	48:24	142
142	521	48:46	Mark Kneath		Male	124	MS	65	48:07	140
143	647	48:47	Dafydd Morgan		Male	125	MS	66	47:53	135
144	422	48:51	Richard Bowen		Male	126	M50	17	48:41	144
145	261	49:03	Ioan Richards (Carm)		Male	127	MS	67	48:46	146
146	51	49:04	Lawrence Davies		Male	128	MS	68	48:41	145
147	476	49:05	Alun Nelson		Male	129	MS	69	48:58	148
148	380	49:07	Daniel Johnson		Male	130	MS	70	48:57	147
149	283	49:07	Alan ryland	Builth Wells	Male	131	M60	5	48:58	149
150	597	49:13	Sue Thomas		Female	19	F35	7	49:08	152
151	579	49:16	Ryan King (Carm)		Male	132	MS	71	48:59	150
152	244	49:19	G Phillips (Carm)	South Wales Police Triathlon	Male	133	MS	72	49:05	151
153	388	49:20	Stephen Job (Carm)		Male	134	M40	40	49:10	153
154	122	49:24	Paul Hambly		Male	135	MS	73	49:13	154
155	390	49:28	Gavin Evans		Male	136	MS	74	49:16	155
156	347	49:30	Rob Williams	Brecon AC	Male	137	M50	18	49:22	156
157	180	49:45	Steve Jones	Swansea Harriers	Male	138	M50	19	49:35	157
158	610	49:50	Garey Davies	3m Gorseinon RR	Male	139	M40	41	49:40	161
159	196	49:51	Steven Liles (Carm)		Male	140	M40	42	49:36	158
160	443	49:55	Neil Jones (Carm)		Male	141	M40	43	49:42	163
161	339	50:07	Anthony Williams		Male	142	M40	44	49:59	166
162	220	50:07	Gareth Morris		Male	143	MS	75	49:37	159
163	117	50:14	Lee-John Griffiths		Male	144	MS	76	49:51	165
164	569	50:14	Tony Byrne (Carm)		Male	145	MS	77	49:37	160
165	321	50:17	Mike Turfery		Male	146	M40	45	49:41	162
166	22	50:21	Andrew Bowen (Carm)		Male	147	M40	46	49:50	164
167	587	50:27	Andrew Price	Brecon AC	Male	148	M40	47	50:20	170
168	629	50:36	Oona Crawford	TROTS	Female	20	F55	1	50:22	174
169	454	50:39	David Boucher		Male	149	M60	6	50:21	173
170	555	50:41	Terry Jones	Celtic Tri	Male	150	M60	7	50:20	171
171	296	50:43	S Stirling (Carm)		Male	151	MS	78	50:38	177
172	85	50:45	Jamie Evans		Male	152	MS	79	50:05	167
173	84	50:45	Menna Evans		Female	21	FS	7	50:06	168
174	15	50:46	Suzanne Bevan (Carm)		Female	22	F45	7	50:33	175
175	393	50:48	Stuart Lewis		Male	153	MS	80	50:13	169
176	462	50:50	Philip crockett		Male	154	M40	48	50:38	178
177	489	50:52	Catherine Segrott		Female	23	F35	8	50:20	172
178	76	50:58	Mark Edwards		Male	155	MS	81	50:51	181
179	282	50:58	Paul Rowley		Male	156	M50	20	50:37	176
180	447	50:59	Robert Jones		Male	157	M40	49	50:48	180
181	558	51:02	Justin Showell	Purple Patch Runners	Male	158	M40	50	50:57	185
182	611	51:04	Chris Dix	3m Gorseinon RR	Male	159	M40	51	50:54	183
183	309	51:07	Mark Thomas	Dragons	Male	160	M40	52	50:54	184
184	12	51:13	Nicola Beck	Liswerry Runners	Female	24	F35	9	50:59	186
185	449	51:14	A Russell (Carm)	TROTS	Male	161	M40	53	51:10	190
186	14	51:17	James Bennett		Male	162	MS	82	50:40	179
187	395	51:18	Daniel Shadis		Male	163	MS	83	51:06	189
188	487	51:19	Phillip Watts		Male	164	MS	84	50:51	182
189	242	51:23	Kim Phelps (Carm)		Female	25	FS	8	51:13	192
190	197	51:25	Rhodri Lloyd		Male	165	MS	85	51:19	193
191	541	51:27	Paul Benjamin (Carm)		Male	166	M40	54	51:02	187
192	207	51:31	Luke Marsh (Carm)		Male	167	MS	86	51:04	188
193	52	51:35	D Davies (Carm)		Male	168	MS	87	51:11	191
194	127	51:39	Jonny Hay		Male	169	MS	88	51:20	194
195	280	51:41	Ann Rowell	TROTS	Female	26	F55	2	51:36	205
196	271	51:42	Rhys Roberts	Celtic Tri	Male	170	MS	89	51:30	200
197	182	51:45	Sally Jones		Female	27	F35	10	51:28	199
198	581	51:46	Tony Morgan (Carm)		Male	171	MS	90	51:34	201
199	151	51:47	Mark Jenkks (Carm)		Male	172	M40	55	51:22	197
200	148	51:47	Eliza Jenkins (Carm)		Female	28	FS	9	51:21	195
201	62	51:50	Neale Davies		Male	173	M40	56	51:25	198
202	617	51:53	Robert Laing		Male	174	MS	91	51:34	202
203	153	51:54	Adam John (Carm)		Male	175	MS	92	51:21	196
204	488	51:55	Michael Rees (Carm)		Male	176	MS	93	51:34	203
205	442	52:03	Ryan Orton		Male	177	MS	94	51:35	204
206	203	52:11	David Lynch (Carm)		Male	178	M40	57	51:44	206
207	3	52:11	Karen Aitchison	Celtic Tri	Female	29	F35	11	51:53	209
208	435	52:22	Stuart Rowlands		Male	179	M50	21	52:16	213
209	522	52:24	Heidi Louise Thomas		Female	30	FS	10	52:21	216
210	355	52:29	Andrew Woodhouse		Male	180	M40	58	52:18	215



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Results

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
211	63	52:29	Wynne Davies		Male	181	MS	95	51:51	208
212	628	52:30	Jayne Butler		Female	31	F35	12	52:24	217
213	490	52:34	Clive Mccall (Carm)		Male	182	M50	22	52:12	212
214	150	52:39	Keith Jenkins		Male	183	MS	96	52:09	210
215	291	52:44	Nick Smith (Carm)		Male	184	MS	97	51:48	207
216	591	52:44	R Fitzsimmons (Carm)		Male	185	MS	98	52:26	220
217	621	52:48	Scott Phillips		Male	186	M40	59	52:37	225
218	54	52:50	Lisa Davies (Carm)		Female	32	F35	13	52:16	214
219	379	52:50	Andrew Johnson		Male	187	M50	23	52:41	226
220	546	52:51	John Parke		Female	33	F45	8	52:28	221
221	80	52:58	Rachel Evans		Female	34	F35	14	52:44	228
222	315	53:00	S Thomas (Carm)		Male	188	M50	24	52:10	211
223	208	53:02	Chris Marshall		Male	189	M40	60	52:42	227
224	599	53:06	G Lloyd (Carms)		Male	190	MS	99	52:34	223
225	513	53:08	Diana Harries		Female	35	FS	11	52:24	218
226	565	53:08	Wayne Evans (Carm)		Male	191	MS	100	52:24	219
227	189	53:17	Stephen Layman		Male	192	M40	61	53:12	235
228	370	53:19	Mark Passmore		Male	193	MS	101	53:08	234
229	327	53:23	Ian Wells		Male	194	M40	62	52:48	229
230	110	53:23	D Goulbourne (Carm)		Female	36	F35	15	53:18	238
231	162	53:23	Steven Jones (Carm)		Male	195	M40	63	52:33	222
232	564	53:24	Jones Stuart (Carm)		Male	196	MS	102	52:34	224
233	528	53:24	Helen Lutley	Emlyn Runners	Female	37	F55	3	53:19	239
234	411	53:28	Lyn Evans	Dinas Runners	Male	197	M50	25	52:58	230
235	177	53:31	Sheridan Jones		Male	198	MS	103	53:07	233
236	496	53:34	Mark Davies		Male	199	M40	64	53:22	241
237	290	53:36	Delyth Smith (Carm)		Female	38	FS	12	53:12	236
238	254	53:39	Kate Quick		Female	39	F35	16	53:05	232
239	232	53:39	Cathrin Owen (Carm)	Amman Valley Harriers	Female	40	F35	17	53:19	240
240	175	53:40	Helen Jones	Rhondda Valley Runners	Female	41	FS	13	53:26	243
241	415	53:45	David Kempton		Male	200	M50	26	53:36	248
242	648	53:51	S Williams (Carm)		Male	201	MS	104	53:16	237
243	616	53:52	Celyn Jenkins		Female	42	FS	14	53:42	249
244	161	53:52	V Jones (Carm)	Sospan Road Runners	Female	43	F35	18	53:42	250
245	444	53:54	Karyss Hockin	Celtic Tri	Female	44	FS	15	53:35	247
246	526	53:56	Callum Richards		Male	202	MS	105	53:43	251
247	404	54:00	Andrew Worthington		Male	203	M50	27	53:27	244
248	71	54:02	David Dunbar		Male	204	M50	28	53:03	231
249	35	54:04	Janice Clement	Penarth & Dinas Runners	Female	45	F45	9	53:57	255
250	477	54:06	Lisa Nelson	AVS Tri	Female	46	FS	16	53:59	258
251	580	54:07	Steven Dunne (Carm)		Male	205	MS	106	53:30	246
252	450	54:10	Brendan Sweeney		Male	206	M40	65	53:28	245
253	209	54:11	Lee Matthews		Male	207	M40	66	53:58	257
254	55	54:12	Annette Davies	Fetch Everyone	Female	47	F45	10	53:57	256
255	351	54:17	Mark Williamson	Road Runners Club	Male	208	M50	29	53:25	242
256	469	54:22	Stuart James (Carm)		Male	209	M40	67	53:50	252
257	506	54:23	Greg Liguz (Carm)		Male	210	M40	68	53:53	254
258	516	54:29	Sarah Dodd		Female	48	F35	19	54:16	263
259	170	54:30	Amanda Jones (Carm)		Female	49	F35	20	54:08	261
260	336	54:33	Bernadette Wilkinson	San Domenico	Female	50	F45	11	54:11	262
261	222	54:35	Jason Morris (Carm)		Male	211	MS	107	54:00	259
262	20	54:36	Jon Bourne (Carm)		Male	212	MS	108	54:03	260
263	275	54:39	Sharon Rogers		Female	51	F45	12	54:21	265
264	596	54:40	Ian Harries	3m Gorseinon RR	Male	213	MS	109	53:50	253
265	405	54:40	Lynda Thomas		Female	52	FS	17	54:35	269
266	525	54:40	Kevin Richards		Male	214	M40	69	54:26	266
267	391	54:48	Toby Adamson		Male	215	MS	110	54:19	264
268	143	54:56	Mark Jackson		Male	216	M40	70	54:33	267
269	273	55:20	Stephen Roberts		Male	217	M40	71	54:42	270
270	354	55:23	Carol Woodford	Llswerry Runners	Female	53	F45	13	55:07	272
271	60	55:29	Darren Davies (Carm)		Male	218	MS	111	55:09	273
272	369	55:30	Rhys Morgan		Male	219	MS	112	54:34	268
273	402	55:34	Claire Jenkins		Female	54	FS	18	54:49	271
274	201	55:35	Andrew Lustig		Male	220	MS	113	55:16	274
275	265	55:44	W Rigden (Carm)		Male	221	M60	8	55:34	279
276	533	55:46	Helen Jewitt		Female	55	FS	19	55:33	277
277	625	55:49	Martyn Waygood		Male	222	M50	30	55:32	276
278	251	55:54	Andrew Probert		Male	223	MS	114	55:38	280
279	99	55:59	Simon Frobisher		Male	224	M50	31	55:33	278
280	235	56:02	Anna Passera		Female	56	F35	21	55:38	281



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Results

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
281	598	56:06	Keith Richardson		Male	225	M60	9	55:51	283
282	5	56:14	Aled Evans (Carm)		Male	226	MS	115	56:03	284
283	455	56:16	Mike Pugh	Red Rose Road Runners	Male	227	M50	32	55:30	275
284	502	56:17	Janette Isted (Carm)		Female	57	F45	14	55:44	282
285	155	56:29	H Johnson (Carm)	Sospan Road Runners	Female	58	FS	20	56:19	286
286	262	56:35	Mark Richards		Male	228	M40	72	56:29	288
287	495	56:47	Heidy Davies		Female	59	F45	15	56:35	290
288	125	56:54	Daniel Hawke (Carm)		Male	229	MS	116	56:23	287
289	27	56:55	Leigh Branagh	LC Cobras	Male	230	M40	73	56:12	285
290	292	56:56	Darren Sparkes		Male	231	MS	117	56:42	291
291	103	57:04	Andrew Gilbert	Celtic Tri	Male	232	M40	74	56:42	292
292	465	57:13	Sarah Williams		Female	60	F35	22	56:30	289
293	532	57:14	Tara Fildes-Jackson	Brecon AC	Female	61	F35	23	56:56	300
294	145	57:21	Kevin James		Male	233	M40	75	56:46	295
295	23	57:24	Claire Bowen (Carm)		Female	62	F35	24	56:51	297
296	535	57:24	Nigel Jones (Carm)		Male	234	M50	33	56:48	296
297	333	57:24	L Wheeler-Jones (Carm)		Female	63	FS	21	57:19	307
298	154	57:28	Kristian John		Male	235	MS	118	56:44	294
299	226	57:30	Andrew Murphy		Male	236	M40	76	57:11	306
300	113	57:34	Gethin Greves (Carm)		Male	237	MS	119	56:53	299
301	295	57:34	Helen Stirling		Female	64	FS	22	57:29	308
302	172	57:36	Sian Jones		Female	65	FS	23	56:42	293
303	213	57:37	Stacey Mcintyre		Female	66	F35	25	56:52	298
304	419	57:38	Martine Lomax		Female	67	F35	26	57:04	301
305	109	57:42	Andrea Goodfellow	Penarth & Dinas Runners	Female	68	F35	27	57:04	302
306	427	57:42	Andrea Goodfellow	Penarth & Dinas Runners	Female	69	F35	28	57:05	303
307	129	57:44	Dan Henson		Male	238	MS	120	57:10	304
308	372	57:55	Dean Hancock		Male	239	MS	121	57:42	317
309	319	57:55	Andrew Thorndyke		Male	240	MS	122	57:10	305
310	498	58:01	Eryl Lois Davies		Female	70	FS	24	57:29	309
311	638	58:01	Sian Davies		Female	71	FS	25	57:30	310
312	604	58:06	Catherine Llewellyn		Female	72	F45	16	58:01	320
313	285	58:08	Jayne Sell		Female	73	F35	29	57:32	311
314	507	58:10	Sian Percey (Carm)		Female	74	F35	30	57:47	318
315	641	58:13	Sarah Rees (Carm)		Female	75	F35	31	57:41	316
316	335	58:15	Dorian White		Male	241	MS	123	57:40	315
317	230	58:15	Delyth Owen		Female	76	FS	26	57:36	314
318	632	58:20	Andrew Job (Carms)		Male	242	M40	77	57:33	312
319	620	58:26	Ann Griffiths		Female	77	F35	32	58:04	321
320	17	58:27	Andy Booth	Road Runners Club	Male	243	M50	34	57:34	313
321	456	58:31	Sian Jones		Female	78	FS	27	58:15	322
322	399	58:46	Aaron Stephens		Male	244	MS	124	57:51	319
323	59	58:49	Helen Davies		Female	79	F55	4	58:35	323
324	164	59:01	Stephen Jones		Male	245	M40	78	58:41	324
325	18	59:10	Mike Bosley		Male	246	M40	79	58:45	325
326	639	59:16	Carl Rose		Male	247	M40	80	58:52	326
327	49	59:21	Andrew Davies		Male	248	MS	125	59:07	329
328	371	59:25	Sarah Passmore		Female	80	FS	28	59:13	332
329	181	59:34	Kathryn Jones (Carm)		Female	81	F35	33	58:52	327
330	486	59:39	Sue Jones		Female	82	F35	34	59:21	336
331	57	59:40	James Davies		Male	249	MS	126	59:27	338
332	183	59:47	Llinos Jones (Carm)		Female	83	F35	35	59:10	330
333	406	59:49	Malcolm Bullough		Male	250	M50	35	58:57	328
334	131	59:53	Mari Hobbs		Female	84	F45	17	59:10	331
335	165	59:54	Wayne Jones (Carm)		Male	251	M40	81	59:26	337
336	132	59:55	Chris Hockley		Male	252	M40	82	59:19	335
337	589	59:56	Seonaid Cilliford	Miskin Manor RC	Female	85	FS	29	59:30	339
338	126	59:57	Mark Hay		Male	253	MS	127	59:39	342
339	583	1:00:00	Kay Barnes	Port Talbot Harriers	Female	86	F35	36	59:48	347
340	11	1:00:00	Ffion Barham		Female	87	FS	30	59:31	340
341	448	1:00:02	Alison Holton		Female	88	F35	37	59:17	334
342	10	1:00:03	Sarah Barham		Female	89	F45	18	59:34	341
343	578	1:00:06	Jessica Scully		Female	90	F35	38	59:15	333
344	472	1:00:13	Daniela Antoniazzi	Robert Davies Running Club	Female	91	FS	31	59:47	346
345	492	1:00:14	Sian Evans (Carm)	Robert Davies Running Club	Female	92	FS	32	59:55	348
346	234	1:00:15	R Parkinson (Carm)		Female	93	FS	33	1:00:07	352
347	128	1:00:20	Diane Henry (Carm)		Female	94	F35	39	59:43	344
348	570	1:00:20	Nigel Watts (Carm)		Male	254	M50	36	59:41	343
349	557	1:00:24	Laura Miles	Robert Davies Health & Fitness	Female	95	FS	34	1:00:04	350
350	457	1:00:25	Bethan Cooper		Female	96	FS	35	1:00:09	354



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Results

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
351	73	1:00:25	Tasha East (Carm)	Robert Davies Running Club	Female	97	FS	36	1:00:06	351
352	458	1:00:27	Gareth Cooper		Male	255	MS	128	1:00:10	355
353	102	1:00:31	Amanda Gilbert	Celtic Tri	Female	98	F45	19	1:00:08	353
354	505	1:00:32	Claire Larkin (Carm)		Female	99	F35	40	1:00:26	367
355	112	1:00:34	Sarah Grant		Female	100	F35	41	59:45	345
356	50	1:00:41	Rhian Davies		Female	101	FS	37	1:00:10	356
357	377	1:00:43	Mark Pole (Carm)		Male	256	M40	83	1:00:03	349
358	120	1:00:44	W Griffiths (Carm)	Robert Davies Running Club	Male	257	MS	129	1:00:18	360
359	246	1:00:45	D Phillips (Carm)	Robert Davies Running Club	Female	102	F35	42	1:00:20	361
360	167	1:00:46	Lisa Jones		Female	103	F35	43	1:00:24	366
361	529	1:00:48	E Hardy (Carm)		Female	104	FS	38	1:00:13	357
362	497	1:00:56	Mark Morris (Carm)		Male	258	MS	130	1:00:15	358
363	562	1:00:58	L Jenkins (Carm)		Female	105	FS	39	1:00:36	372
364	263	1:00:59	A Richards (Carm)		Male	259	M40	84	1:00:34	370
365	348	1:01:01	S Williams (Carm)		Female	106	F45	20	1:00:20	362
366	316	1:01:01	Lisa Thomas		Female	107	F35	44	1:00:22	364
367	467	1:01:03	Bethan Smith	LC Cobras	Female	108	F35	45	1:00:20	363
368	41	1:01:06	Allan Crawford		Male	260	M40	85	1:00:40	373
369	119	1:01:08	Keith Griffiths		Male	261	M50	37	1:00:17	359
370	237	1:01:09	Martyn Pennell		Male	262	MS	131	1:00:46	376
371	97	1:01:09	David Francis		Male	263	M40	86	1:00:46	377
372	77	1:01:12	Amy Edwards		Female	109	FS	40	1:00:23	365
373	195	1:01:14	Rhian Lewis (Carm)	Robert Davies Running Club	Female	110	FS	41	1:00:48	378
374	417	1:01:17	Joanna Roderick		Female	111	FS	42	1:00:30	368
375	500	1:01:19	Emma Vaux (Carm)		Female	112	F35	46	1:00:35	371
376	437	1:01:20	Sali James		Female	113	FS	43	1:01:04	384
377	416	1:01:21	Sheree Mann	Fairwater Runners	Female	114	F45	21	1:00:45	375
378	269	1:01:22	Natalie Roberts		Female	115	FS	44	1:00:50	379
379	48	1:01:22	Kelly Davies		Female	116	F35	47	1:00:51	381
380	438	1:01:23	Lisa Miles		Female	117	FS	45	1:01:07	385
381	515	1:01:28	Karen O'Brien (Carm)	Sospan Road Runners	Female	118	F45	22	1:01:17	387
382	239	1:01:29	Phil Perkins (Carm)	Robert Davies Running Club	Male	264	MS	132	1:00:41	374
383	227	1:01:29	Linda Nicklin (Carm)	Robert Davies Running Club	Female	119	FS	46	1:01:10	386
384	298	1:01:31	Richard Street		Male	265	M50	38	1:00:33	369
385	9	1:01:32	Katrina Austen		Female	120	FS	47	1:00:50	380
386	266	1:01:34	Sarah Rigden (Carm)		Female	121	F45	23	1:00:54	382
387	642	1:01:41	Sandra Stevens		Female	122	F55	5	1:01:34	389
388	67	1:01:47	Lewis Deborah	Mumbles Milers	Female	123	F35	48	1:01:02	383
389	609	1:01:52	Diane Lewis (Carms)		Female	124	FS	48	1:01:24	388
390	130	1:02:06	Christopher Hill		Male	266	M40	87	1:01:47	392
391	523	1:02:10	Anita Richards		Female	125	F45	24	1:01:56	397
392	111	1:02:13	Tracy Govier	Celtic Tri	Female	126	F35	49	1:01:54	394
393	484	1:02:17	Neil Blackman		Male	267	M40	88	1:01:56	398
394	30	1:02:20	Robert Burrow		Male	268	MS	133	1:01:48	393
395	600	1:02:22	Sian Rees (Carms)		Female	127	F35	50	1:02:07	403
396	547	1:02:23	Ben Seabourne		Male	269	MS	134	1:01:43	391
397	72	1:02:23	Lucy Dyer (Carm)		Female	128	FS	49	1:01:42	390
398	37	1:02:25	Lleucu Cooke		Female	129	FS	50	1:01:54	395
399	340	1:02:35	Diane Williams		Female	130	F45	25	1:02:26	406
400	188	1:02:39	Leah Larkin (Carm)		Female	131	FS	51	1:02:04	402
401	491	1:02:42	Kate Owen		Female	132	F35	51	1:02:01	399
402	352	1:02:49	N Williams (Carm)		Female	133	F35	52	1:02:38	408
403	166	1:02:51	Grahame Jones		Male	270	M40	89	1:02:29	407
404	328	1:02:53	Sallie West		Female	134	F45	26	1:01:54	396
405	334	1:02:54	C White (Carm)		Female	135	FS	52	1:02:13	404
406	253	1:03:00	Vicky Pryke	Pryke	Female	136	FS	53	1:02:03	400
407	136	1:03:00	Richard House	Pryke	Male	271	MS	135	1:02:03	401
408	563	1:03:12	Gayle Morgan		Female	137	F35	53	1:02:25	405
409	548	1:03:16	Rachel Powell		Female	138	FS	54	1:02:59	414
410	218	1:03:17	Angela Morgan		Female	139	F45	27	1:02:56	411
411	219	1:03:20	Hazel Morgan		Female	140	F45	28	1:03:00	415
412	475	1:03:26	Kevin Dawe (Carm)		Male	272	M40	90	1:02:38	409
413	530	1:03:28	Non Gwynn (Carm)	Sospan Road Runners	Female	141	FS	55	1:02:47	410
414	453	1:03:29	Jason Windsor (Carm)		Male	273	M40	91	1:03:05	418
415	100	1:03:33	Tina Gabb		Female	142	F35	54	1:02:56	412
416	539	1:03:42	David Whitson		Male	274	M40	92	1:02:56	413
417	322	1:03:43	Rhiannon Wade (Carm)		Female	143	FS	56	1:03:00	416
418	38	1:03:45	Ieuan Counsell		Male	275	M40	93	1:03:01	417
419	332	1:03:52	Garry Wharmby		Female	144	F45	29	1:03:40	422
420	178	1:04:00	Tina Jones		Female	145	F45	30	1:03:42	423



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Results

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
421	644	1:04:02	Alan Cole		Male	276	M50	39	1:03:57	424
422	508	1:04:03	Lisa Cole (Carm)		Female	146	FS	57	1:03:57	425
423	343	1:04:04	Sarah Williams		Female	147	F35	55	1:03:17	419
424	376	1:04:04	Anna Smith		Female	148	F35	56	1:03:17	420
425	567	1:04:18	A Jarvis (Carm)		Male	277	M40	94	1:04:03	426
426	252	1:04:25	James Prosser		Male	278	MS	136	1:04:06	427
427	310	1:04:32	Carolyn Thomas	Dragons	Female	149	F45	31	1:03:38	421
428	238	1:04:46	Darren Pennell		Male	279	MS	137	1:04:20	428
429	649	1:04:56	Catrin Cootle		Male	280	FS	58	1:04:26	431
430	95	1:04:59	Lisa Forey		Female	150	FS	59	1:04:21	429
431	94	1:05:01	Jonathan Forey		Male	281	M40	95	1:04:23	430
432	493	1:05:28	Karen Jones (Carm)	Sospan Road Runners	Female	151	F45	32	1:04:46	432
433	149	1:05:49	Bethan Maeve Jenkins		Female	152	FS	60	1:05:25	435
434	268	1:05:52	Elen Robert		Female	153	FS	61	1:04:58	433
435	231	1:06:08	Sian Owen		Female	154	F35	57	1:05:24	434
436	31	1:06:15	Sianed Burrow		Female	155	F35	58	1:05:44	439
437	87	1:06:17	Rachel Evans		Female	156	FS	62	1:05:35	437
438	389	1:06:22	Owain Jones (Carm)		Male	282	MS	138	1:05:27	436
439	561	1:06:33	Sharon Davies		Female	157	F35	59	1:05:46	440
440	91	1:06:33	Kate Foley		Female	158	FS	63	1:06:01	442
441	168	1:06:36	Peter Jones (Carm)		Male	283	M50	40	1:05:41	438
442	418	1:06:44	Robert Carter		Male	284	MS	139	1:06:09	443
443	364	1:06:47	Mark Torrance		Male	285	M40	96	1:05:56	441
444	256	1:06:57	Sarah Rees (Carm)		Female	159	F35	60	1:06:34	445
445	544	1:07:08	Julie Jones		Female	160	FS	64	1:06:24	444
446	274	1:07:28	Julie Roberts (Carm)		Female	161	F45	33	1:06:48	448
447	538	1:07:40	Jenette Whitson		Female	162	F45	34	1:06:54	449
448	344	1:07:40	J Williams (Carm)		Female	163	F35	61	1:06:58	450
449	592	1:07:41	Lisa Taylor		Female	164	F35	62	1:06:36	446
450	593	1:07:41	Damian Kelly		Male	286	M40	97	1:06:36	447
451	464	1:07:51	Robert Clarke		Male	287	M50	41	1:07:28	452
452	259	1:08:02	Jonathan Rees (Carm)		Male	288	MS	140	1:07:35	453
453	223	1:08:02	K Morris (Carm)		Female	165	FS	65	1:07:35	454
454	134	1:08:09	Jenna Holt		Female	166	FS	66	1:07:21	451
455	566	1:08:18	Tara Jarvis (Carm)		Female	167	F35	63	1:08:03	458
456	499	1:08:25	D Dainton (Carm)	Sospan Road Runners	Female	168	F45	35	1:07:42	455
457	543	1:08:25	Arwel Davies (Carm)	Sospan Road Runners	Male	289	M40	98	1:07:46	457
458	215	1:08:36	Gary Moon		Male	290	M40	99	1:07:43	456
459	430	1:08:52	Fiona Counsell		Female	169	F45	36	1:08:04	459
460	452	1:09:00	Kevin Jones (Carm)		Male	291	MS	141	1:08:36	461
461	32	1:09:00	Rebecca Chamberlain		Female	170	FS	67	1:08:27	460
462	337	1:09:32	M Williams (Carm)		Female	171	F35	64	1:08:50	462
463	6	1:09:38	J Antoniazzi (Carm)		Male	292	MS	142	1:08:56	463
464	618	1:09:57	Freya Jones		Female	172	F35	65	1:09:22	464
465	584	1:10:13	Marie Parfitt	LC Cobras	Female	173	F35	66	1:09:30	465
466	106	1:10:26	Alyson Gladdy (Carm)		Female	174	F35	67	1:09:42	466
467	445	1:10:27	Rhian Penfold (Carm)	Sospan Road Runners	Female	175	FS	68	1:09:43	467
468	186	1:10:56	Cheryl King		Female	176	FS	69	1:10:32	469
469	289	1:11:01	Phillip Smith (Carm)		Male	293	MS	143	1:10:35	470
470	198	1:11:06	Sarah Lomas		Female	177	F35	68	1:10:37	471
471	83	1:11:11	Lorraine Evans		Female	178	FS	70	1:10:26	468
472	312	1:11:27	Shan Thomas (Carm)		Female	179	F35	69	1:10:50	474
473	152	1:11:30	Pugh Jenna (Carm)	Sospan Road Runners	Female	180	FS	71	1:10:45	472
474	635	1:11:31	Diana Harris		Female	181	FS	72	1:10:46	473
475	135	1:11:36	Miss Hopkins (Carm)	Sospan Road Runners	Female	182	FS	73	1:10:52	475
476	536	1:34:48	Alan Watts	Sarn Helen	Male	294	M60	10	1:34:48	516
477	264	1:13:16	Nicola Ridd-Davies		Female	183	F35	70	1:12:27	476
478	199	1:13:16	Manon Ludlam		Female	184	FS	74	1:12:55	477
479	139	1:14:18	Lisa Howells (Carm)	Human Being Active	Female	185	F35	71	1:14:03	483
480	551	1:14:18	Ben Adams		Male	295	MS	144	1:13:57	480
481	190	1:14:29	Keri Lewis		Male	296	MS	145	1:13:33	478
482	643	1:14:30	Peta Phillips		Female	186	F35	72	1:13:52	479
483	588	1:14:32	Helen Williams	Aberdare Valley AAC	Female	187	F35	73	1:13:57	481
484	287	1:14:41	Susan Smith (Carm)		Female	188	F35	74	1:14:00	482
485	216	1:15:24	Joanne Morgan (Carm)		Female	189	F45	37	1:14:30	484
486	123	1:15:27	Amy Hansen		Female	190	FS	75	1:14:35	485
487	553	1:15:38	Lydia Jones		Female	191	F35	75	1:14:48	486
488	552	1:15:38	Sharon Groom (Carm)		Female	192	F35	76	1:14:48	487
489	554	1:15:38	Paul Groom (Carm)		Male	297	M40	100	1:14:48	488
490	428	1:15:44	C Davies (Carm)	Sospan Road Runners	Female	193	F45	38	1:14:58	489



Llanelli John Hartson 10k

17th June 2012

Results

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
491	160	1:15:44	R Jones (Carm)		Female	194	FS	76	1:14:58	490
492	228	1:15:48	Ivor Novelle		Male	298	M40	101	1:15:00	491
493	504	1:16:21	Lee Durkee		Male	299	MS	146	1:15:30	492
494	338	1:16:41	Lisa Williams (Carm)		Female	195	F35	77	1:16:10	493
495	249	1:17:29	Eleanor Preece		Female	196	FS	77	1:16:42	494
496	576	1:18:55	Cerys Thomas (Carm)		Female	197	FS	78	1:18:02	496
497	575	1:18:55	Gareth Thomas (Carm)		Male	300	MS	147	1:18:01	495
498	637	1:19:04	Sandra Davies		Female	198	F55	6	1:18:31	497
499	47	1:19:04	Ffion Davies		Female	199	FS	79	1:18:31	498
500	571	1:19:24	Allen Stark		Male	301	MS	148	1:18:33	499
501	540	1:19:31	Colin Munt		Male	302	M40	102	1:18:43	500
502	378	1:20:32	Rhian Pole (Carm)		Female	200	F35	78	1:19:51	501
503	329	1:20:34	Jane Westcott (Carm)		Female	201	F45	39	1:20:05	502
504	524	1:20:38	Adam Coates (Carm)		Male	303	MS	149	1:20:08	503
505	19	1:20:38	Rhian Bourne (Carm)		Female	202	FS	80	1:20:08	504
506	212	1:21:28	Sian McGill		Female	203	F35	79	1:20:28	505
507	211	1:21:28	Graham McGill		Male	304	M40	103	1:20:28	506
508	646	1:21:44	Matthew Jones		Male	305	MS	150	1:20:49	508
509	556	1:21:44	John Hartson	John Hartson Foundation	Male	306	MS	151	1:21:44	511
510	640	1:21:44	Geriant Goodrich	John Hartson Foundation	Male	307	MS	152	1:20:48	507
511	396	1:22:29	Karen Owen		Female	204	F45	40	1:21:41	510
512	397	1:22:29	Anthony Adams		Male	308	M40	104	1:21:40	509
513	236	1:25:38	Lorna Pearce		Female	205	FS	81	1:24:52	512
514	342	1:26:38	" Williams (Carm)		Male	309	M40	105	1:25:48	513
515	358	1:35:09	Victoria Richards		Female	206	FS	82	1:34:07	514
516	357	1:35:09	Gavin Richards		Male	310	MS	153	1:34:07	515
517	407	1:35:56	Susan Morgan (Carm)		Female	207	F55	7	1:34:59	518
518	408	1:35:56	Shan Jones (Carm)		Female	208	F55	8	1:34:58	517