

Llanelli 10K - Results 2008

RN	Forename	Surname	Gen Pos	Cat	Cat Pos	Pos	Chip Time
846	MARK	POOLMAN	1	Wheelchair	1	1	00:28:21
831	JOHN	OSBOURNE	2	Wheelchair	2	2	00:33:15
592	ADAM	BITCHELL	3	MS	1	3	00:33:24
550	DANIEL	GURMIN	4	MS	2	4	00:33:44
829	DAVID	SANDLES	5	Wheelchair	3	5	00:34:48
578	PETER	COLES	6	M40	1	6	00:34:50
642	STUART	CREES	7	MS	3	7	00:34:53
828	PAUL	RICHARDS	8	M40	2	8	00:35:04
775	LEE	LADD	9	MS	4	9	00:35:43
626	LEWYS	WINFIELD YOUNG	10	MS	5	10	00:35:54
768	ALUN	WOOD	11	MS	6	11	00:36:10
586	CHRIS	PARKER	12	M40	3	12	00:37:01
813	GRANT	HOWELS	13	M40	4	13	00:37:11
170	BARRIE	GRIFFITHS	14	M40	5	14	00:37:15
413	PAUL	REYNOLDS	15	MS	7	15	00:37:16
134	SCOTT	EVANS	16	MS	8	16	00:37:19
351	JAMES	NUNN	17	MS	9	17	00:37:31
384	RHYS	PITMAN	18	MS	10	18	00:37:46
812	STEFFAN	HUGHES	19	MS	11	19	00:37:58
579	MARTIN	WEBBORN	20	M40	6	20	00:38:06
203	DAVID ANTHONY	HOOLE	21	M40	7	21	00:38:06
161	MARTIN	GEORGE	22	MS	12	22	00:38:21
843	RON	JENKINS	23	M50	1	23	00:38:31
405	JAMIE	REES	24	MS	13	24	00:38:43
262	OWAIN	JONES	25	MS	14	25	00:38:45
305	KIERAN	MACKINTOSH	26	MS	15	26	00:39:02
188	HAYDN	HARTNELL	27	M40	8	27	00:39:17
839	CLEM	CLEMENT	28	M40	9	28	00:39:21
254	KELVIN	JONES	29	M40	10	29	00:39:25
827	SANDY	JOHNSTON	30	M50	2	30	00:39:34
808	MATTHEW	HARVEY	31	MS	16	31	00:39:46
759	ANDREW	PALMER T44	32	MS	17	32	00:39:48
689	JEROME	EVANS	33	MS	18	33	00:39:50
678	GAVIN	MORRIS	34	MS	19	34	00:39:52
136	ROB	FALCONER	35	M40	11	35	00:39:55
608	STEPHEN	WILLIAMS	36	M40	12	36	00:39:57
341	ADAM	MORTON	37	MS	20	37	00:40:05
339	LEE	MORRIS	38	MS	21	38	00:40:12
122	ALUN WYN	EVANS	39	M40	13	39	00:40:21
560	STEVEN	OUSELEY	40	MS	22	40	00:40:23
613	K	THOMPSON	41	M40	14	41	00:40:23
809	GERARD	CRISPIE	42	M40	15	42	00:40:25
677	RHYS	HARRIES	43	MS	23	43	00:40:55
569	GARETH	JEHU	44	MS	24	44	00:40:58
213	DAVE	HUGHES	45	M40	16	45	00:41:06
447	TASHA	SEXTON	1	FS	1	46	00:41:14
379	NEIL	PHILLIPS	46	M40	17	47	00:41:19
507	ADRIAN	WEAVER	47	MS	25	48	00:41:25
571	ROB	WILLIAMS	48	M40	18	49	00:41:28
515	PAUL	WILKINSON	49	MS	26	50	00:41:30

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442	JAMIE	SEEKINGS	50	MS	27	51	00:41:31
17	NIGEL	BARNES	51	M40	19	52	00:41:31
649	ALUN	REES	52	MS	28	53	00:41:33
106	JOHN	DIFFEY	53	M40	20	54	00:41:36
573	ALAN	JONES	54	M40	21	55	00:41:36
463	MARK	TERRY	55	M50	3	56	00:41:44
374	CLARE	PHILLIPS	2	F35	1	57	00:41:47
648	MARK	JONES	56	M40	22	58	00:41:51
149	NIGEL	FRANCISCO	57	M40	23	59	00:41:54
720	NIGEL	PHILLIPS	58	MS	29	60	00:41:57
625	PAUL	JELLEY	59	M40	24	61	00:41:59
758	ALAW	BEYNON-THOMAS	3	FS	2	62	00:42:26
770	LEIGH	SEARLE	60	MS	30	63	00:42:29
585	KATIE	BEECHER	4	FS	3	64	00:42:35
496	STEVE	WALSH	61	MS	31	65	00:42:36
478	STEVE A	THOMAS	62	MS	32	66	00:42:36
506	NICHOLAS	WATTS	63	MS	33	67	00:42:43
103	PAUL	DAVIES	64	M40	25	68	00:42:44
510	DEAN	WEBSTER	65	MS	34	69	00:42:47
159	DAVID	GARLICK	66	M50	4	70	00:42:58
82	PETER	CURRAN	67	M40	26	71	00:43:00
805	GWYN	LLOYD	68	M50	5	72	00:43:02
58	ANTHONY	CHADD	69	M40	27	73	00:43:07
523	ELEANOR	WILLIAMS	5	F35	2	74	00:43:11
836	PETER	WALTERS	70	M40	28	75	00:43:11
617	EMMA	HATHERALL	6	FS	4	76	00:43:13
517	ALEC	WILLIAMS	71	M40	29	77	00:43:19
566	ADRIAN	FOULKES	72	MS	35	78	00:43:23
786	DOMINIC	SHIELDS	73	M40	30	79	00:43:26
826	ERIC	DAVEY	74	M50	6	80	00:43:29
286	CHRISTOPHER	LEWIS	75	MS	36	81	00:43:30
197	JULIAN	HOARE	76	MS	37	82	00:43:31
723	DARREN	STEVENS	77	MS	38	83	00:43:33
660	BRIAN	MOGFORD	78	M40	31	84	00:43:35
193	MATTHEW	HERBERT	79	MS	39	85	00:43:39
684	ANDREW	RUSSEL	80	MS	40	86	00:43:43
688	JAMES	MURPHY	81	M40	32	87	00:43:48
690	STEVE	DAVIES	82	M40	33	88	00:43:49
446	CHRISTOPHER	SEXTON	83	M40	34	89	00:43:50
477	SIMON	THOMAS	84	MS	41	90	00:43:54
131	MICHAEL	EVANS	85	M40	35	91	00:43:54
533	STEVEN	WILLIAMS	86	MS	42	92	00:43:56
22	NICK	BAYLISS	87	MS	43	93	00:43:58
74	JOHN	COOK	88	M60	1	94	00:44:00
72	BARBARA	COOK	7	F45	1	95	00:44:00
247	CAROLINE JOAN	JONES	8	F45	2	96	00:44:01
401	ABYD	QUINN AZIZ	89	M50	7	97	00:44:05
842	RACHEL	ALCOCK	9	F35	3	98	00:44:06
237	NICK	JOHNSON	90	MS	44	99	00:44:07
615	KELLY	MORGAN	10	FS	5	100	00:44:10

Remember the **Llanelli Half Marathon ... 15th March 2009**

Llanelli 10K - Results 2008

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709	ANDREW	PREECE	91	MS	45	101	00:44:12
717	DARREN	CHEESMAN	92	MS	46	102	00:44:13
204	DAVID	HOPKINS	93	M50	8	103	00:44:16
651	WILLY	EDWARDS	94	MS	47	104	00:44:17
440	BEN	SEABOURNE	95	MS	48	105	00:44:17
39	LEE	BOWEN	96	MS	49	106	00:44:18
10	JEFFREY	ASTON	97	M60	2	107	00:44:19
563	STEVE	BROWN	98	M40	36	108	00:44:21
214	DORIAN	HUGHES	99	M40	37	109	00:44:21
757	ROGER	BERRY	100	M60	3	110	00:44:23
265	RICHARD	JONES	101	MS	50	111	00:44:25
429	JOHN RICHARD	ROGERS	102	M40	38	112	00:44:27
559	RICHARD	OTTEN	103	M40	39	113	00:44:29
598	MICHAEL	HALSALL	104	MS	51	114	00:44:30
755	CYRIL	WALTERS	105	M60	4	115	00:44:34
795	GERAINT	EVANS	106	M40	40	116	00:44:36
638	KIM	WEHDEN	107	M40	41	117	00:44:42
81	RUSSELL	CROCKER	108	MS	52	118	00:44:46
668	VAUGHAN	EVANS	109	MS	53	119	00:44:51
408	PAUL	REES	110	M40	42	120	00:44:51
397	DAVID	PROFFITT	111	M50	9	121	00:44:53
175	STUART	GRIFFITHS	112	MS	54	122	00:44:59
78	CHRISTOPHER	CRAY	113	MS	55	123	00:45:04
806	HUW	DURHAM	114	MS	56	124	00:45:16
433	HUW	ROWCLIFFE	115	MS	57	125	00:45:17
200	WAYNE	HOLMES	116	M40	43	126	00:45:18
640	DAVID	EDWARDS	117	M40	44	127	00:45:20
164	JON	GILL	118	MS	58	128	00:45:24
269	STEVEN	JONES	119	MS	59	129	00:45:25
574	PAUL JAMES	PADGET	120	M50	10	130	00:45:25
799	GARY	WATERS	121	M50	11	131	00:45:28
666	MATT	GRIFFITHS	122	MS	60	132	00:45:30
189	GARETH	HATTO	123	MS	61	133	00:45:33
733	JEREMY	ALFORD	124	M40	45	134	00:45:34
629	CRAIG	THOMAS	125	MS	62	135	00:45:35
252	HELEN	JONES	11	F35	4	136	00:45:35
91	CHRISTOPHER	DAVIES	126	M50	12	137	00:45:38
24	RICHARD	BEASLEY	127	M40	46	138	00:45:38
347	ALISON	NICHOLLS	12	F45	3	139	00:45:39
410	BEN	REID	128	MS	63	140	00:45:42
115	PAUL	EDWARDS	129	M40	47	141	00:45:43
484	PHILIP	TUCKER	130	MS	64	142	00:45:48
158	BOBBY	GARDINER	131	M40	48	143	00:45:50
568	ANDREW	LUCAS	132	M40	49	144	00:45:51
168	MICK	GRANT	133	M50	13	145	00:45:54
258	NICHOLAS	JONES	134	MS	65	146	00:45:55
306	RAY	MAJER	135	M50	14	147	00:45:56
607	MEIRION	DANIELS	136	M40	50	148	00:45:56
650	MATTHEW	BEAMISH	137	MS	66	149	00:46:00
90	ANDY	DAVIES	138	M40	51	150	00:46:02

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Llanelli 10K - Results 2008

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211	MARK	HOWELLS	139	MS	67	151	00:46:06
140	COLIN	FISH	140	MS	68	152	00:46:08
804	IAN	ROBINSON	141	M40	52	153	00:46:11
373	ANDREW	PHILLIPS	142	M40	53	154	00:46:12
113	MARK	EAKINS	143	MS	69	155	00:46:15
23	CAPTAIN	BEANY	144	M50	15	156	00:46:16
833	IAN	CARPENTER	145	MS	70	157	00:46:19
207	IAN	HOSKINS	146	MS	71	158	00:46:23
810	SARAH	WILLIAMS	13	FS	6	159	00:46:27
623	JON	LEAR	147	M40	54	160	00:46:32
703	ASHLEY	LEWIS	148	MS	72	161	00:46:35
86	STUART	DAVIDSON	149	MS	73	162	00:46:38
471	LISA	THOMAS	14	FS	7	163	00:46:42
404	GARETH	REES	150	MS	74	164	00:46:59
476	SARA	THOMAS	15	FS	8	165	00:47:03
297	ADRIAN	LUCKMAN	151	M40	55	166	00:47:05
222	TIM	JAMES	152	MS	75	167	00:47:07
403	PAUL	READ	153	MS	76	168	00:47:14
177	PAUL	GRIST	154	M40	56	169	00:47:14
835	ALED	JONES	155	MS	77	170	00:47:19
543	WAYNE ROBERT	CROSS	156	M40	57	171	00:47:20
383	SIAN	PHILLIPS	16	F45	4	172	00:47:25
167	MICK	GRANT	157	M50	16	173	00:47:26
687	MARIO	RABAIOTTI	158	M40	58	174	00:47:26
340	RHODRI	MORRIS	159	MS	78	175	00:47:27
54	PETER	CARLICK	160	M40	59	176	00:47:27
811	MARTIN	DAVIES	161	MS	79	177	00:47:28
618	LIZ	ASHTON	17	FS	9	178	00:47:29
291	TONIA	LEWIS	18	FS	10	179	00:47:29
645	JOHN	BAILEY	162	M40	60	180	00:47:31
725	HOWELL JOHN	THOMAS	163	MS	80	181	00:47:32
329	ANDREW	MILES	164	M40	61	182	00:47:34
686	PHILP	HOSKINS	165	M40	62	183	00:47:35
700	JAMIE	HITCHINGS	166	MS	81	184	00:47:35
538	MATTHEW	WILTON	167	MS	82	185	00:47:35
493	DAVE	WALKER	168	M50	17	186	00:47:38
68	JULIE	COLLINS	19	FS	11	187	00:47:39
382	RICHARD	PHILLIPS	169	MS	83	188	00:47:41
88	ADRIAN	DAVIES	170	MS	84	189	00:47:45
522	DAVID	WILLIAMS	171	MS	85	190	00:47:46
495	PETER ADAM	WALMSLEY	172	MS	86	191	00:47:47
36	DAVID	BOUCHER	173	M50	18	192	00:47:50
376	GARETH	PHILLIPS	174	MS	87	193	00:47:51
31	CATHARINE	BLEASDALE	20	F35	5	194	00:47:51
641	DEAN	LLEWELLYN	175	MS	88	195	00:47:52
96	GARETH	DAVIES	176	MS	89	196	00:47:57
693	SARA	GRIFFITHS	21	FS	12	197	00:47:59
764	STEWART	LUCITT	177	MS	90	198	00:48:01
763	SAMUEL	LUCITT-REES	178	TBC	1	199	00:48:01
679	SHAUN	BROOM	179	MS	91	200	00:48:02

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570	ANGELA	PAYNE	22	F35	6	201	00:48:02
38	CHRIS	BOWEN	180	M40	63	202	00:48:11
529	MARK	WILLIAMS	181	M40	64	203	00:48:13
834	DARRAN	REES	182	MS	92	204	00:48:14
516	ALWYN	WILLAIMS	183	M40	65	205	00:48:16
611	STEPHEN	WHITMARSH-KNIGHT	184	M60	5	206	00:48:17
536	CHRISTOPHER	WILLIS	185	MS	93	207	00:48:20
637	CARYL	JONES	23	FS	13	208	00:48:22
718	ANDREW	SIDNEY	186	MS	94	209	00:48:24
357	RYAN	ORTON	187	MS	95	210	00:48:25
576	JILL	WILLCOX	24	F35	7	211	00:48:27
800	MARK	WESTCOTT	188	M40	66	212	00:48:27
311	JOHN	MARTIN	189	M50	19	213	00:48:30
525	IAN	WILLIAMS	190	M40	67	214	00:48:33
658	WARREN	PERKINS	191	M40	68	215	00:48:37
57	SAMANTHA	CARTER	25	FS	14	216	00:48:42
548	STEPHEN CARL	MATTHEWS	192	MS	96	217	00:48:42
370	ROBERT	PENN	193	MS	97	218	00:48:48
334	EMMA	MORGAN	26	FS	15	219	00:48:49
671	LEE	JONES	194	MS	98	220	00:48:51
336	RHYS	MORGAN	195	MS	99	221	00:48:51
707	KEVIN	DRAPER	196	MS	100	222	00:48:52
64	STEVE	COCKWELL	197	MS	101	223	00:48:52
242	ANDY	JONES	198	MS	102	224	00:48:53
452	NICHOLAS	SPELLER	199	M40	69	225	00:48:55
539	MICHELLE K	WITHAM	27	FS	16	226	00:48:55
431	ANDREW	ROTHWELL	200	M50	20	227	00:48:55
104	STEPHEN	DAVIES	201	M40	70	228	00:49:02
788	GEOFF	HALL	202	M50	21	229	00:49:02
227	KEITH	JENKINS	203	MS	103	230	00:49:07
266	ROBERT	JONES	204	MS	104	231	00:49:08
526	LEE	WILLIAMS	205	M40	71	232	00:49:11
182	SIONED	HANCOCK	28	FS	17	233	00:49:11
737	GARETH	JONES	206	M40	72	234	00:49:15
95	GARETH	DAVIES	207	MS	105	235	00:49:18
706	MATTHEW	STOKES	208	MS	106	236	00:49:21
110	MARTYN	DULAKE	209	M40	73	237	00:49:25
472	LISA	THOMAS	29	F35	8	238	00:49:28
172	PAUL	GRIFFITHS	210	MS	107	239	00:49:30
174	RHIDIAN	GRIFFITHS	211	MS	108	240	00:49:37
453	RICHARD	SPRINGETT	212	M40	74	241	00:49:39
354	KEVIN	OLEARY	213	M40	75	242	00:49:40
27	SUZANNE	BEVAN	30	F35	9	243	00:49:41
343	GLEN	NEAL	214	MS	109	244	00:49:41
111	DAVID	DUNBAR	215	M40	76	245	00:49:41
767	PHILIP	GRAVELLE	216	M40	77	246	00:49:41
628	EURIG	JENKINS	217	M40	78	247	00:49:42
741	STEPHEN	OWENS	218	M40	79	248	00:49:42
299	EMILY	LUKE	31	FS	18	249	00:49:43
128	JEFF	EVANS	219	M40	80	250	00:49:47

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184	DANIEL	HARRIES	220	MS	110	251	00:49:48
682	LEE	KWOK	221	MS	111	252	00:49:48
546	JOHANNA	BARTLEY	32	F35	10	253	00:49:54
567	OWEN	CLARK	222	MS	112	254	00:49:55
675	CLARE	LLOYD	33	FS	19	255	00:49:56
100	LIAM	DAVIES	223	M50	22	256	00:49:56
774	MICHAEL	PYNN	224	MS	113	257	00:49:58
848	FFION	EVANS	34	FS	20	258	00:50:00
378	MATTHEW	PHILLIPS	225	MS	114	259	00:50:01
655	NICOLA	JAMES	35	FS	21	260	00:50:01
719	JAMES	GLADWIN	226	MS	115	261	00:50:07
145	MARTIN	FORD	227	M40	81	262	00:50:18
695	JAMES	SAUNDERS	228	MS	116	263	00:50:21
97	HUW	DAVIES	229	MS	117	264	00:50:27
35	PHILIP	BOSLEY	230	M40	82	265	00:50:29
283	STUART RICHARD	LAWTON	231	MS	118	266	00:50:30
202	RICHARD	HONEYMAN	232	M40	83	267	00:50:31
238	YVETTE	JOHNSON	36	F35	11	268	00:50:34
98	JEFF	DAVIES	233	MS	119	269	00:50:35
769	RAY	FISHER	234	M50	23	270	00:50:36
66	KEITH	COLEMAN	235	MS	120	271	00:50:37
144	CRAIG	FLANNERY	236	MS	121	272	00:50:43
787	RICHARD	PAYNE	237	M40	84	273	00:50:47
75	LORRAINE	COOPEY	37	F35	12	274	00:50:51
691	RAYMOND	SHARRATT	238	M60	6	275	00:50:55
521	CLARE	WILLIAMS	38	F35	13	276	00:50:55
12	MIKE	BAILEY	239	M40	85	277	00:50:59
502	MICHAEL	WATKINS	240	M40	86	278	00:51:01
205	RHIAN	HOPKINS	39	FS	22	279	00:51:03
112	SIMONE	EADE	40	FS	23	280	00:51:09
620	RICHARD	SKINNER	241	MS	122	281	00:51:10
600	PETER	CHOWDHURY	242	MS	123	282	00:51:11
345	RUTH	NEWMAN	41	F35	14	283	00:51:12
337	VICKI	MORGAN	42	F35	15	284	00:51:15
740	ANDREW	BISTON	243	M40	87	285	00:51:23
818	HYWEL	PHILLIPS	244	MS	124	286	00:51:24
319	BRIAN	MATTHEWS	245	M50	24	287	00:51:28
670	PAUL	BUNYAN	246	MS	125	288	00:51:29
273	MATTHEW	KAVANAGH	247	MS	126	289	00:51:31
582	OWEN	MORGAN	248	M40	88	290	00:51:31
18	STUART	BARNES	249	M40	89	291	00:51:32
124	DAVID MARK	EVANS	250	M40	90	292	00:51:33
87	A	DAVIES	43	F45	5	293	00:51:34
416	CARYL	RICHARDS	44	FS	24	294	00:51:38
117	TRACY	EDWARDS	45	F35	16	295	00:51:39
469	IDRIS	THOMAS	251	MS	127	296	00:51:40
294	ANDREW	LLOYD	252	MS	128	297	00:51:43
724	RICHARD	DAVIES	253	MS	129	298	00:51:45
673	ANDREW	THOMAS	254	MS	130	299	00:51:48
360	STEPHEN	PALMER	255	M40	91	300	00:51:50

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762	DAVID	THOMAS	256	MS	131	301	00:51:50
643	GEORGINA	GOVIER	46	F35	17	302	00:51:50
366	LYNNE	PARRY	47	FS	25	303	00:51:51
790	PAUL	JONES	257	MS	132	304	00:51:51
176	HUGH	GRIPPER	258	MS	133	305	00:52:00
330	BEN	MINTON	259	MS	134	306	00:52:00
481	AARON	TREAGUS	260	MS	135	307	00:52:01
381	RACHEL	PHILLIPS	48	F35	18	308	00:52:04
288	KEIR	LEWIS	261	MS	136	309	00:52:10
102	MICHAEL	DAVIES	262	M40	92	310	00:52:13
437	STEVEN	SARGEANT	263	MS	137	311	00:52:13
14	RICHARD	BAKER	264	MS	138	312	00:52:15
596	MEL	OWEN	49	FS	26	313	00:52:16
43	NINA	BROCKLEBANK	50	F35	19	314	00:52:17
448	TRACEY	SHARRATT	51	FS	27	315	00:52:17
4	ROLAND	ADAMS	265	M50	25	316	00:52:20
451	JOHN	SORENSEN	266	M40	93	317	00:52:22
59	TIM	CHARLTON	267	M40	94	318	00:52:23
287	DAVID	LEWIS	268	M40	95	319	00:52:23
552	TERESA	SHANKLIN	52	F45	6	320	00:52:24
411	DEAN	REYNOLDS	269	M40	96	321	00:52:25
317	RICHARD	MATTEY	270	M40	97	322	00:52:25
8	TIMOTHY	ANTHONY	271	MS	139	323	00:52:29
387	DYLAN	POWELL	272	MS	140	324	00:52:29
28	BILL	BEYNON	273	M40	98	325	00:52:30
183	JEFF	HANLEY	274	MS	141	326	00:52:31
439	ALASTAIR	SCOTT	275	MS	142	327	00:52:32
659	CARLOS	LAND	276	MS	143	328	00:52:33
766	LYNNE	JONES	53	FS	28	329	00:52:34
223	AMANDA LOUISE	JENKINS	54	F35	20	330	00:52:35
348	JONATHAN	NIXON	277	MS	144	331	00:52:37
499	CICELY	WARREN	55	FS	29	332	00:52:39
326	KATHARINA	MEERPOHL	56	FS	30	333	00:52:40
739	DAVID	ELVY	278	M40	99	334	00:52:42
436	HERMAN	SANDROCK	279	MS	145	335	00:52:46
312	GILLIAN	MASON	57	F45	7	336	00:52:47
753	STEPHEN	BROWN	280	M50	26	337	00:52:49
464	MICHAEL	TERRY	281	M50	27	338	00:52:51
353	ALEX	OKEEFE	282	MS	146	339	00:52:51
792	BETHAN	WILLIAMS	58	FS	31	340	00:52:54
622	STEPHEN	NEWBURY	283	M50	28	341	00:52:58
749	PAUL	ROWLEY	284	M50	29	342	00:52:58
364	ALUN	PARRY	285	MS	147	343	00:53:00
419	EMMA	RIDGILL	59	FS	32	344	00:53:02
488	GERRIT	VAN RENSBURG	286	MS	148	345	00:53:04
198	J	HOBBS	287	M40	100	346	00:53:05
500	DARREN	WATKINS	288	MS	149	347	00:53:06
665	CHRIS	COGSWELL	289	MS	150	348	00:53:07
395	IAN	PRICE	290	M40	101	349	00:53:07
195	ANNA	HILL	60	F35	21	350	00:53:08

Remember the **Llanelli Half Marathon ... 15th March 2009**

Llanelli 10K - Results 2008

RN	Forename	Surname	Gen Pos	Cat	Cat Pos	Pos	Chip Time
29	SANDRA	BEYNON	61	F45	8	351	00:53:08
553	STEVEN	THOMAS	291	M40	102	352	00:53:09
652	RUTH	TREHARNE	62	F35	22	353	00:53:15
432	JOANNA	ROTHWELL	63	FS	33	354	00:53:16
791	GARY	ROBERTSON	292	MS	151	355	00:53:16
657	PAUL	DAVIES	293	MS	152	356	00:53:18
467	DAVID	THOMAS	294	MS	153	357	00:53:21
301	AMANDA	LYNCH	64	F35	23	358	00:53:23
738	ROBERT ALLEN	HICKS	295	M40	103	359	00:53:24
549	PAULINE	THOMAS	65	F55	1	360	00:53:25
11	MICK	ASTON	296	M50	30	361	00:53:26
61	JANICE	CLEMENT	66	F45	9	362	00:53:28
605	JAN	JONES	67	F35	24	363	00:53:29
257	NATALIE	JONES	68	FS	34	364	00:53:32
231	STEPHEN	JOB	297	M40	104	365	00:53:34
654	ALISON	COOK	69	FS	35	366	00:53:34
363	ALEX	PARRY	298	M40	105	367	00:53:36
614	ANWEN	BROWN	70	F35	25	368	00:53:36
226	IAN RICHARD	JENKINS	299	M40	106	369	00:53:36
647	SUE	SMITH	300	MS	154	370	00:53:43
646	MIKE	SMITH	301	MS	155	371	00:53:44
487	LOUISE	UDIWAR	71	FS	36	372	00:53:46
323	PAUL	MCDYER	302	MS	156	373	00:53:47
635	RACHEL	BOWEN	72	FS	37	374	00:53:48
796	RICHARD	THOMAS	303	MS	157	375	00:53:49
118	MARK	ELLIS	304	MS	158	376	00:53:53
313	JAMES CARL	MASON	305	MS	159	377	00:53:55
60	KEVIN	CHIDWICK	306	M40	107	378	00:53:57
121	HELEN	ELWARD	73	F35	26	379	00:53:57
785	CLARE	JONES	74	FS	38	380	00:54:03
232	CHRISTOPHER	JOHN	307	M50	31	381	00:54:03
342	SIAN	MOYNIHAN	75	F35	27	382	00:54:15
303	PAUL	LYNCH	308	MS	160	383	00:54:23
141	SARAH	FISH	76	F35	28	384	00:54:29
292	ANDREW	LIGHT	309	M40	108	385	00:54:34
797	CELYN	WILLIAMS	310	MS	161	386	00:54:35
421	CARYS	ROBERTS	77	FS	39	387	00:54:35
705	JASON LEE	PRICE	311	MS	162	388	00:54:37
565	RWTH	FOULKES	78	FS	40	389	00:54:39
807	RHIAN	DURHAM	79	FS	41	390	00:54:40
365	KIM	PARRY	80	F35	29	391	00:54:42
784	JULIE	LEWIS	81	F35	30	392	00:54:47
773	RUSSELL	VANSTONE	312	MS	163	393	00:54:47
7	JAYNE	AITKEN	82	F35	31	394	00:54:49
534	STEWART	WILLIAMS	313	M40	109	395	00:54:50
597	HUW LLEWELYN	THOMAS	314	MS	164	396	00:54:50
580	D	LAWRENCE	315	MS	165	397	00:54:56
490	HOLLY	VYSE	83	FS	42	398	00:54:56
606	GARETH	BAMSEY	316	M40	110	399	00:54:57
535	MARK	WILLIAMSON	317	M40	111	400	00:54:59

Remember the **Llanelli Half Marathon ... 15th March 2009**

Llanelli 10K - Results 2008

RN	Forename	Surname	Gen Pos	Cat	Cat Pos	Pos	Chip Time
34	ANDREW	BOOTH	318	M50	32	401	00:54:59
479	TRACEY ANN	THOMAS	84	F35	32	402	00:55:03
187	MATTHEW	HARRIS	319	M40	112	403	00:55:06
152	CRAIG	FRENCH	320	M40	113	404	00:55:07
230	ANDREW	JOB	321	M40	114	405	00:55:09
44	BRONWEN	BROOKE	85	FS	43	406	00:55:11
63	JOHN	CLIFFORD	322	M50	33	407	00:55:12
772	TONY	HENEBERY	323	M40	115	408	00:55:16
847	MATT	BROWN	324	TBC	2	409	00:55:22
256	MARK	JONES	325	MS	166	410	00:55:25
587	DARYL	WATKINS	326	MS	167	411	00:55:26
89	ADRIAN	DAVIES	327	MS	168	412	00:55:29
542	ELINOR	YOUNG	86	FS	44	413	00:55:29
263	PETER	JONES	328	M40	116	414	00:55:32
603	STUART	HARRIES	329	M40	117	415	00:55:36
300	NICOLA	LYNAM	87	FS	45	416	00:55:48
199	CHRISTOPHER	HOCKLEY	330	MS	169	417	00:55:53
156	KEVIN	FUSSELL	331	MS	170	418	00:55:56
371	KARL	PERRY	332	M40	118	419	00:55:56
225	CLAIRE	JENKINS	88	F35	33	420	00:55:56
260	NIGEL LEIGHTON	JONES	333	M50	34	421	00:55:59
667	ANNA	HELSING	89	F45	10	422	00:56:00
277	DAVE	KEMENY	334	M40	119	423	00:56:03
420	ALAN J.	ROBERTS	335	M50	35	424	00:56:04
760	PAUL	READER	336	M40	120	425	00:56:07
316	SHIRLEY	MATHURIN	90	F45	11	426	00:56:09
428	ANDREW EVAN	ROCKLEY	337	M40	121	427	00:56:09
21	MATT	BASSETT	338	MS	171	428	00:56:24
783	HELEN	WOLSEY	91	F45	12	429	00:56:25
497	HELEN MARIE	WALTERS	92	FS	46	430	00:56:27
551	ANTHONY	HALL	339	M60	7	431	00:56:29
9	DAVID	ARMSTRONG	340	MS	172	432	00:56:29
674	HYWEL	LONGMAN	341	MS	173	433	00:56:29
459	MELANIE	STONE	93	F35	34	434	00:56:29
771	KIM	PHELPS	94	FS	47	435	00:56:30
609	GRAHAM	SINGER	342	M50	36	436	00:56:30
473	PAUL	THOMAS	343	M40	122	437	00:56:33
143	ERIKA	FITZGIBBON	95	F55	2	438	00:56:34
352	CATHERINE	O CONNOR	96	F35	35	439	00:56:39
627	KEL	MACKIE	344	MS	174	440	00:56:49
744	DEBORAH	PRICE	97	F45	13	441	00:56:50
328	GILLIAN	MERRYMAN	98	FS	48	442	00:56:51
742	CATHERINE	LLEWELLYN	99	F35	36	443	00:57:00
47	PETER	BURRAGE	345	M50	37	444	00:57:02
840	SIAN	TOMOS	100	F35	37	445	00:57:07
685	PETER	EVANS	346	M40	123	446	00:57:07
99	KATHRYN	DAVIES	101	F35	38	447	00:57:11
400	KATE	QUICK	102	FS	49	448	00:57:13
427	PAUL	ROBINSON	347	MS	175	449	00:57:18
190	JOANNA ZOE	HENDRY	103	F35	39	450	00:57:18

Remember the **Llanelli Half Marathon ... 15th March 2009**

Llanelli 10K - Results 2008

RN	Forename	Surname	Gen Pos	Cat	Cat Pos	Pos	Chip Time
276	LINDA MARY	KEELAN	104	F45	14	451	00:57:19
782	ADELE	EVANS	105	FS	50	452	00:57:23
468	DAVID	THOMAS	348	M50	38	453	00:57:28
512	CELIA	WELLS	349	M50	39	454	00:57:28
285	ALUN	LEWIS	350	M40	124	455	00:57:29
241	ANDREW	JONES	351	M40	125	456	00:57:31
852	GARETH	DANIEL	352	MS	176	457	00:57:32
619	SARAH	RIGDEN	106	F45	15	458	00:57:33
751	JOHN	PRICE	353	M50	40	459	00:57:36
430	CARL	ROSE	354	M40	126	460	00:57:37
108	RICHARD	DONNE	355	M40	127	461	00:57:38
445	TINA	SEWARD	107	FS	51	462	00:57:40
610	ALUN	POWELL	356	M60	8	463	00:57:42
696	STEVE	JAMES	357	MS	177	464	00:57:42
486	KAREN	TURNER	108	F35	40	465	00:57:43
426	LLINOS	ROBERTS	109	FS	52	466	00:57:47
56	CLARE	CARPENTER	110	F35	41	467	00:57:47
180	CARLA	GROENEWALD	111	F35	42	468	00:57:59
470	LEE MALCOLM	THOMAS	358	MS	178	469	00:58:00
662	JOANNA	MOGFORD	112	FS	53	470	00:58:05
321	GARETH	MCCARTHY	359	MS	179	471	00:58:06
253	KATIE	JONES	113	FS	54	472	00:58:08
173	PAUL	GRIFFITHS	360	M40	128	473	00:58:12
780	GRANT	DUNCAN	361	M50	41	474	00:58:17
268	SIMON	JONES	362	M40	129	475	00:58:25
710	BRONWEN	WILLIAMS	114	FS	55	476	00:58:26
844	ALISON	JONES	115	FS	56	477	00:58:28
324	CARON	MCKEE-HANDS	116	F35	43	478	00:58:28
206	PETER	HOPPING	363	MS	180	479	00:58:33
76	MARTIN	CORRAL	364	M50	42	480	00:58:39
372	DAVID	PHELPS	365	M40	130	481	00:58:44
346	JOHN	NICHOLAS	366	M40	131	482	00:58:45
350	OLIVIA	NORRIS	117	F35	44	483	00:58:45
601	TERISA	MADDISON	118	F35	45	484	00:58:46
698	MARTIN	WILLIAMS	367	MS	181	485	00:58:52
661	ALEX	ETHERIDGE	368	MS	182	486	00:58:55
335	KERRY	MORGAN	369	MS	183	487	00:58:58
398	DANIEL	PUGH	370	MS	184	488	00:58:59
832	MARK	EVANS	371	MS	185	489	00:59:01
460	STELLA	SYMONS	119	F35	46	490	00:59:02
482	STEVE	TREVENNA	372	M40	132	491	00:59:03
272	WAYNE	JONES	373	MS	186	492	00:59:06
298	SAIRA	LUCKMAN	120	F35	47	493	00:59:10
557	ROGER	HOWELLS	374	M60	9	494	00:59:13
851	AMANDA	WILSON	121	TBC	3	495	00:59:15
514	SIAN	WIGLEY	122	F45	16	496	00:59:16
178	CORNELIUS	GROBBELAAR	375	MS	187	497	00:59:16
179	RENEE	GROBBELAAR	123	FS	57	498	00:59:16
327	DEBBIE	MEINTJES	124	F35	48	499	00:59:18
816	PATRICIA	COTTNAM	125	F45	17	500	00:59:20

Remember the **Llanelli Half Marathon ... 15th March 2009**

Llanelli 10K - Results 2008

RN	Forename	Surname	Gen Pos	Cat	Cat Pos	Pos	Chip Time
817	PETER	COTTNAM	376	M40	133	501	00:59:20
697	TELERI	JENKINS	126	F35	49	502	00:59:24
589	ANDRE	MCPHERSON	377	MS	188	503	00:59:29
244	ANN	JONES	127	F55	3	504	00:59:30
162	BEN	GIESBRECAD	378	M50	43	505	00:59:34
163	GARTH	GIESBRECHT	379	M50	44	506	00:59:35
504	STEVEN	WATKINS	380	M40	134	507	00:59:38
845	RICHARD	CAIE	381	TBC	4	508	00:59:41
220	LAURENCE	JACKMAN	382	M40	135	509	00:59:43
77	OONA	CRAWFORD	128	F55	4	510	00:59:44
530	MARTYN	WILLIAMS	383	M40	136	511	00:59:51
166	SARAH	GOULD-DAVIES	129	FS	58	512	00:59:52
819	JEFFREY	LEWIS	384	MS	189	513	00:59:53
820	CLARE	WALTERS	130	F35	50	514	00:59:53
822	KAREN	LEWIS	131	F35	51	515	00:59:53
821	STEVEN	WALTERS	385	MS	190	516	00:59:53
776	EMMA	SMITH	132	FS	59	517	00:59:54
778	STEWART	SMITH	386	M50	45	518	00:59:55
165	JONATHON	GOODMAN	387	M40	137	519	1:0:00
554	STEPHEN DENNIS	COATES	388	M50	46	520	01:00:11
127	HUW	EVANS	389	MS	191	521	01:00:12
394	IAN	PRICE	390	MS	192	522	01:00:13
683	CHRIS	PLAICE	391	M60	10	523	01:00:13
664	ANN	MOGFORD	392	M40	138	524	01:00:14
333	CATH	MORGAN	133	F45	18	525	01:00:16
633	MARI	HOBBS	134	F45	19	526	01:00:16
101	MARK	DAVIES	393	MS	193	527	01:00:19
520	ANNETTE	WILLIAMS	135	F35	52	528	01:00:20
271	TINA	JONES	136	F45	20	529	01:00:21
602	JONATHAN	EVANS	394	MS	194	530	01:00:21
396	HELEN	PROCTOR	137	F35	53	531	01:00:21
318	GEMMA	MATTHEWMAN	138	FS	60	532	01:00:26
591	CLIVE	ROWE	395	M40	139	533	01:00:30
595	SIAN	ROBERTS	139	FS	61	534	01:00:32
636	MEILYR	GRUFFUDD	396	MS	195	535	01:00:35
663	SAMANTHA	MOGFORD	140	FS	62	536	01:00:39
458	HANNAH	STOCKHAM	141	FS	63	537	01:00:39
70	JOHANNES	CONRADIE	397	MS	196	538	01:00:41
793	ELIN	AARON	142	FS	64	539	01:00:43
417	GARY	RICHARDS	398	M40	140	540	01:00:45
160	JAYNE	GAVAGHAN	143	F35	54	541	01:00:46
824	SANDRA	STEVENS	144	F55	5	542	01:00:47
355	REBECCA	OLEARY	145	FS	65	543	01:00:49
632	HAZEL	MORGAN	146	F35	55	544	01:00:52
777	GARY	TAYLOR	399	MS	197	545	01:00:57
794	IONA	THOMAS	147	FS	66	546	01:01:14
196	JACQUELINE	HINDS	148	F45	21	547	01:01:14
219	LISA	ISAAC	149	FS	67	548	01:01:17
581	STEVE	PRITCHARD	400	MS	198	549	01:01:24
52	MARTIN	CANNON	401	M50	47	550	01:01:29

Remember the **Llanelli Half Marathon ... 15th March 2009**

Llanelli 10K - Results 2008

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51	JAN	CANNON	150	F45	22	551	01:01:30
375	DAN	PHILLIPS	402	MS	199	552	01:01:38
130	MARA LEAH	EVANS	151	F35	56	553	01:01:40
802	JOHN	LAMBERT	403	M60	11	554	01:01:51
854	BROGANE	COLCLOUGH	152	FS	68	555	01:01:52
425	HELEN	ROBERTS	153	F35	57	556	01:01:53
338	JANE	MORRIS	154	F35	58	557	01:01:53
45	OWEN	BROWN	404	MS	200	558	01:01:58
450	LINZI	SOPER	155	FS	69	559	01:01:59
541	CERI	YADOLLAHI	156	F45	23	560	01:02:01
483	LINDA	TUCKER	157	F45	24	561	01:02:01
194	ANTHONY MALCOM	HICKEY	405	M50	48	562	01:02:24
761	MARIANNE	EVANS	158	FS	70	563	01:02:31
359	GILL	PALMER	159	F35	59	564	01:02:31
798	POLLY	SINNETT-JONES	160	FS	71	565	01:02:33
33	ISLA JOANNE	BONNING	161	FS	72	566	01:02:33
80	ANTHONY TONY	CRIBB	406	M50	49	567	01:02:39
69	ANNERIE	CONRADIE	162	FS	73	568	01:02:41
399	IAIN	QUICK	407	MS	201	569	01:02:43
634	ANGELA	MORGAN	163	F45	25	570	01:02:48
572	DASOS	ZANGOVAS	408	M40	141	571	01:02:57
385	SARAH	POPE	164	F45	26	572	01:03:08
501	DAVID	WATKINS	409	M40	142	573	01:03:09
748	CELIA	MELVIN	165	F45	27	574	01:03:14
494	HEATHER	WALLER	166	F45	28	575	01:03:15
681	IAN	EVANS	410	MS	202	576	01:03:15
838	MATTI	STITHOS	411	MS	203	577	01:03:15
449	PAUL	SIM	412	MS	204	578	01:03:22
356	KATIE	ONEILL	167	FS	74	579	01:03:22
837	DAVID	THOMAS	413	M40	143	580	01:03:32
699	KEIRON	ONEILL	414	MS	205	581	01:03:35
246	BETHAN	JONES	168	FS	75	582	01:03:41
264	PHILIP	JONES	415	M50	50	583	01:03:41
267	SIAN	JONES	169	FS	76	584	01:03:41
25	AMIT	BENJAMIN	416	MS	206	585	01:03:45
191	PAUL RHYS	HENTON	417	MS	207	586	01:03:53
192	SHARON PATRICIA	HENTON	170	F35	60	587	01:03:53
735	NIA	DICKIE	418	M40	144	588	01:4:00
528	LYNWEN	WILLIAMS	171	FS	77	589	01:4:00
26	ELINOR	BENNETT-THOMAS	172	F35	61	590	01:04:08
84	KRISTIAN PAUL	DALLEY	419	MS	208	591	01:04:11
731	GARETH	PRYOR	420	MS	209	592	01:04:24
216	CHRIS MICHEAL	HUNT	421	MS	210	593	01:04:26
849	IAN	WRIGHT	422	MS	211	594	01:04:31
850	ROBERT	SEARS	423	MS	212	595	01:04:37
208	MICHAEL	HOWELL	424	M40	145	596	01:04:45
185	KEITH	HARRIES	425	M40	146	597	01:04:45
255	MARI-ANN	JONES	173	FS	78	598	01:04:47
669	ANDRE	HOPKINS	426	MS	213	599	01:04:48
412	HELEN	REYNOLDS	174	F45	29	600	01:05:18

Remember the **Llanelli Half Marathon ... 15th March 2009**

Llanelli 10K - Results 2008

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46	CARLY	BUCKINGHAM	175	FS	79	601	01:05:20
630	SIMON	CROSS	427	MS	214	602	01:05:30
803	HEFIN	JONES	428	MS	215	603	01:05:30
186	HELEN	HARRIS	176	F35	62	604	01:06:14
418	SUZANNE	RICHARDS	177	F35	63	605	01:06:14
779	BARBARA	TATE	178	F45	30	606	01:06:40
750	ROBERT	SANDERS	429	M50	51	607	01:06:46
701	NATALYA	ROMANIW	179	FS	80	608	01:06:46
456	LEYTON	STEVENS	430	M40	147	609	01:06:48
233	GARETH	JOHN	431	MS	216	610	01:07:02
135	ANDREW	EVERED	432	M40	148	611	01:07:02
53	JAYNE	CAPARROS	180	F35	64	612	01:07:03
282	FFLUR	LAWTON	181	FS	81	613	01:07:07
229	VIV	JENKINS	433	M50	52	614	01:07:22
736	JACKIE	ORWIN	182	F35	65	615	01:07:25
715	JOELI	SWEENEY	183	FS	82	616	01:07:25
729	LISA	TAYLOR	184	F35	66	617	01:07:25
711	EMMA	BRADSHAW	185	FS	83	618	01:07:25
726	KIM	NIBLEH	186	F35	67	619	01:07:26
728	LISA	KEAR	187	F35	68	620	01:07:26
732	HELENE	COOK	188	F35	69	621	01:07:27
558	PHILIP	ABBOTT	434	M40	149	622	01:07:31
653	DARYL	HARRIES	435	M40	150	623	01:07:37
621	STEWART	WILLIAMS	436	M50	53	624	01:07:41
702	KIMBERLEY	RICHARDS	189	FS	84	625	01:07:42
248	CAVEY JAYNE	JONES	190	F45	31	626	01:07:42
123	CONNIE	EVANS	191	F55	6	627	01:07:42
730	MICHELLE	JAMES	192	F35	70	628	01:07:52
743	RICHARD	JAMES	437	M40	151	629	01:07:52
369	EMMA	PAWSEY	193	FS	85	630	01:07:58
201	ALISON KATE	HOLTON	194	F35	71	631	01:08:06
2	ADRIAN	ADAMS	438	M40	152	632	01:08:12
67	MELANIE JAN	COLEMAN	195	F35	72	633	01:08:17
153	JULIAN	FRY	439	MS	217	634	01:08:26
680	CLAIRE	EVANS	196	F35	73	635	01:08:32
577	WYNNE	REES	440	M50	54	636	01:08:33
676	DAVID	EVANS	441	M40	153	637	01:08:46
765	VICTORIA	HAWKINS	197	FS	86	638	01:09:07
422	CATHERINE	ROBERTS	198	F35	74	639	01:09:23
853	GWEN	THOMAS	199	FS	87	640	01:09:25
503	SARAH	WATKINS	200	FS	88	641	01:09:25
392	BLEDDYN	PRICE	442	M40	154	642	01:09:38
588	JANINE	JENKINS	201	F35	75	643	01:09:56
498	KATRIN MARIE	WALTERS	202	FS	89	644	01:09:56
599	GERARD	PITT	443	MS	218	645	01:09:57
169	YASMIN	GREGORY	444	MS	219	646	01:10:18
361	YERASSIMOU	PAMELA	203	F35	76	647	01:10:41
444	PAUL	SELLARS	445	MS	220	648	01:10:43
454	DEON	STANDER	446	MS	221	649	01:10:44
296	CHARLENE	LOEDOLFF	204	FS	90	650	01:10:44

Remember the **Llanelli Half Marathon ... 15th March 2009**

Llanelli 10K - Results 2008

RN	Forename	Surname	Gen Pos	Cat	Cat Pos	Pos	Chip Time
83	LES	CUTHBERT	447	M50	55	651	01:10:56
801	RHIAN	WILLIAMS	205	FS	91	652	01:11:22
217	HELEN	HUTSON	206	F35	77	653	01:11:47
157	KELLY	GAFFNEY	207	FS	92	654	01:11:55
704	EMMA	JONES	208	FS	93	655	01:12:02
590	ARWEL	DAVIES	448	M40	155	656	01:12:06
212	MARTIN	HOWELLS	449	MS	222	657	01:12:43
209	CAROLINE	HOWELLS	209	FS	94	658	01:12:44
409	SARAH	REES	210	FS	95	659	01:13:21
5	VICTORIA	ADAMS	211	F35	78	660	01:13:26
155	KATHRYN	FURLONG	212	F45	32	661	01:14:22
132	MIKE	EVANS	213	F45	33	662	01:14:32
129	KATH	EVANS	214	F35	79	663	01:14:35
708	DARYEL	OWEN	450	MS	223	664	01:14:44
125	HAYLEY	EVANS	215	FS	96	665	01:14:48
151	ALAN	FREIMUT	451	M40	156	666	01:14:59
62	PETER EDWIN	CLEMENT	452	MS	224	667	01:15:00
92	DONNA MARIE	DAVIES	216	F35	80	668	01:15:02
235	MATTHEW	JOHN	453	MS	225	669	01:15:36
423	CHRISTOPHER	ROBERTS	454	M40	157	670	01:15:40
561	DAVID	WATKINS	455	M40	158	671	01:16:10
562	CATHERINE	WATKINS	217	F45	34	672	01:16:10
434	KEVIN WYN	ROWCLIFFE	456	M50	56	673	01:16:36
210	HAYLEY	HOWELLS	218	FS	97	674	01:17:53
555	ALLEN	WATTS	457	M60	12	675	01:18:04
20	ELIZABETH	BARTON	219	FS	98	676	01:23:43
752	DOROTHY	WHITEMAN	220	F45	35	677	01:25:54
814	ANWEN	DAVIES	221	F45	36	678	01:29:00
712	SIAN	BERRY	222	FS	99	679	01:34:37
754	HOWARD	BERRY	458	M50	57	680	01:34:37
443	JULIA	SELLARS	223	F45	37	681	01:38:19

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