

## Llanelli Waterside 10k Results 2007

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

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

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

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

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Race No	Firstname	Surname	Gen	Gun Pos	Gun Time	Chip Pos	Chip Time	Cat	Cat Pos	Club Name
387	Lisa	Thomas	Female	121	00:44:09	123	00:44:07	FS	4	AMMAN VALLEY HARRIERS
185	Christina	Smith	Female	122	00:44:09	122	00:44:03	F45	4	3M'S
347	Tom	Marston	Male	123	00:44:12	116	00:43:35	MS	60	
66	Chris	Birch	Male	124	00:44:20	124	00:44:12	M40	35	
521	Caroline	John	Female	125	00:44:31	127	00:44:23	F35	5	Sarn Helen
632	Simon	Mansfield	Male	126	00:44:33	126	00:44:22	M40	36	CARMARTHEN HARRIERS
696	Philip	Turner	Male	127	00:44:36	132	00:44:35	MS	61	
194	Richard	Otten	Male	128	00:44:37	128	00:44:26	M40	37	
233	Lee	Williams	Male	129	00:44:42	130	00:44:31	M40	38	
272	Clive	Denton	Male	130	00:44:43	131	00:44:33	MS	62	Rhondda Valley Runners
352	Mark	Bevan	Male	131	00:44:45	134	00:44:41	MS	63	
402	Mark	Wyatt	Male	132	00:44:47	125	00:44:20	MS	64	
651	Paul	Davies	Male	133	00:44:51	135	00:44:47	M40	39	
644	Stephen	Cray	Male	134	00:44:53	133	00:44:41	M40	40	
390	Vaughan	Evans	Male	135	00:45:01	129	00:44:29	MS	65	
523	Michelle	Thomas-Luisi	Female	136	00:45:11	136	00:45:04	F35	6	3M'S
204	Helen	Jones	Female	137	00:45:25	141	00:45:20	F35	7	
27	Nigel	Thomas	Male	138	00:45:25	140	00:45:18	M40	41	
13	Ben	Seabourne	Male	139	00:45:30	139	00:45:16	MS	66	
253	Russell	Crocker	Male	140	00:45:35	138	00:45:13	MS	67	
285	Gary	Davidson	Male	141	00:45:36	143	00:45:23	M40	42	
384	Steve	Brown	Male	142	00:45:37	144	00:45:28	M40	43	Pembrokeshire Harriers
52	Phil	Protheroe	Male	143	00:45:37	142	00:45:21	MS	68	BRAKLA HARRIERS
438	Gareth	Williams	Male	144	00:45:40	145	00:45:28	MS	69	
154	Philippa	Williams	Female	145	00:45:44	147	00:45:33	F35	8	
343	Nick	Barrand	Male	146	00:45:48	137	00:45:11	MS	70	
55	Debbie	Garner	Female	147	00:45:51	152	00:45:50	FS	5	
293	Keith	Verheyden	Male	148	00:45:57	150	00:45:44	M40	44	
71	Jason	Woodruff	Male	149	00:45:58	153	00:45:54	MS	71	
386	Rhys	Floyd	Male	150	00:46:00	154	00:45:56	MS	72	Road Runners Club

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Race No	Firstname	Surname	Gen	Gun Pos	Gun Time	Chip Pos	Chip Time	Cat	Cat Pos	Club Name
665	James	Lewindon	Male	151	00:46:00	146	00:45:31	MS	73	
351	Liz	Ashton	Female	152	00:46:01	148	00:45:33	FS	6	Les Croupiers
474	Stephen	Lewis	Male	153	00:46:03	149	00:45:43	M40	45	
32	Robert	Ford	Male	154	00:46:07	156	00:46:04	M50	17	Pontypridd Roadents
605	Adrian	Powell	Male	155	00:46:11	155	00:45:56	MS	74	
376	Kev	Joyce	Male	156	00:46:21	151	00:45:47	M40	46	
546	Vicky	Coopey	Female	157	00:46:21	161	00:46:17	FS	7	Pontypridd Roadents
405	Adam	Edwards	Male	158	00:46:22	160	00:46:16	MS	75	
372	Mark	Jenkins	Male	159	00:46:24	158	00:46:07	MS	76	
104	James	Horner	Male	160	00:46:28	162	00:46:21	MS	77	
271	Christopher	Griffiths	Male	161	00:46:31	164	00:46:21	MS	78	
120	Marc	Jones	Male	162	00:46:41	166	00:46:26	M40	47	
167	Julian	Hoare	Male	163	00:46:42	159	00:46:11	MS	79	
147	Elaine	Ferguson	Female	164	00:46:45	167	00:46:36	FS	8	Cardiff Triathletes
392	Ian	Evans	Male	165	00:46:47	172	00:46:45	MS	80	
498	Allen	Geddes	Male	166	00:46:51	165	00:46:24	M50	18	
348	Ian	Hopwood	Male	167	00:46:52	169	00:46:38	MS	81	
223	Ian	Morris	Male	168	00:46:54	157	00:46:06	MS	82	
631	Andrew	Phillips	Male	169	00:46:55	163	00:46:21	M40	48	
362	Jon	Henderson	Male	170	00:46:58	173	00:46:48	MS	83	
709	Rob	Hughes	Male	171	00:46:59	174	00:46:53	MS	84	
118	Matthew	Kavanagh	Male	172	00:47:08	171	00:46:42	MS	85	
165	John	Ivins	Male	173	00:47:10	176	00:47:00	M40	49	
144	Rhian	Rogers	Female	174	00:47:12	175	00:46:53	FS	9	
295	Sara	Griffiths	Female	175	00:47:14	182	00:47:14	FS	10	Neath Harriers
99	Russell	Bailey	Male	176	00:47:19	168	00:46:37	MS	86	
9	Nigel	Morse	Male	177	00:47:22	180	00:47:11	MS	87	celtic tri
90	Simon	Jenkins	Male	178	00:47:31	187	00:47:22	M40	50	
394	Hugh	Morgan	Male	179	00:47:34	170	00:46:40	MS	88	
505	Jeanette	Ashton	Female	180	00:47:35	185	00:47:18	F45	5	WHITNEY ROAD RUNNERS

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Race No	Firstname	Surname	Gen	Gun Pos	Gun Time	Chip Pos	Chip Time	Cat	Cat Pos	Club Name
381	Peter	Abbott	Male	181	00:47:36	188	00:47:30	MS	89	
320	Samuel	Lucitt-Rees	Male	182	00:47:42	178	00:47:03	MS	90	
321	Stewart	Lucitt	Male	183	00:47:42	179	00:47:04	MS	91	
660	Robert	Mainwaring	Male	184	00:47:45	177	00:47:03	MS	92	
75	Matthew	Wilton	Male	185	00:47:45	184	00:47:17	MS	93	
19	Gavin	Watts	Male	186	00:47:51	181	00:47:11	MS	94	
14	Arfon John	Rees	Male	187	00:47:53	192	00:47:38	MS	95	WECORI
332	Mark	Mcnelis	Male	188	00:47:55	194	00:47:45	MS	96	
197	Simon	Williams	Male	189	00:47:55	195	00:47:46	MS	97	
710	Carl	Jones	Male	190	00:47:56	183	00:47:17	MS	98	
359	Kate	Dale	Female	191	00:47:56	191	00:47:36	FS	11	
472	Andrew	Rothwell	Male	192	00:47:56	193	00:47:41	M40	51	
245	Peter	Chowdhury	Male	193	00:47:57	190	00:47:36	MS	99	
96	Andrew	Oram	Male	194	00:48:00	196	00:47:50	MS	100	
21	Ian	Shield	Male	195	00:48:01	198	00:47:53	MS	101	Anster Haddies
17	Ray	Majer	Male	196	00:48:04	189	00:47:35	M50	19	
266	John	Martin	Male	197	00:48:05	186	00:47:19	M40	52	
537	Lynn	Goward	Female	198	00:48:05	200	00:47:57	F35	9	Village Vipers
608	Ann	Rowell	Female	199	00:48:11	201	00:47:58	F45	6	Trots
193	Lorraine	Coopey	Female	200	00:48:13	202	00:47:58	F35	10	
286	Rob	Vale	Male	201	00:48:13	210	00:48:09	MS	102	
442	Steve	Walsh	Male	202	00:48:14	199	00:47:54	MS	103	
335	Michael	Rossiter	Male	203	00:48:15	208	00:48:05	M40	53	Les Croupiers
139	Emma	Griffiths	Female	204	00:48:19	209	00:48:05	FS	12	
388	Mike	Allen	Male	205	00:48:24	197	00:47:52	MS	104	
479	Peter	Young	Male	206	00:48:25	204	00:48:03	M50	20	
675	Dave	Walker	Male	207	00:48:26	206	00:48:04	M50	21	
39	Richard	Davies	Male	208	00:48:30	203	00:48:03	MS	105	
48	Samantha	Carter	Female	209	00:48:30	214	00:48:18	FS	13	
229	Alex	Okeefe	Male	210	00:48:32	216	00:48:24	MS	106	Westbury Harriers

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Race No	Firstname	Surname	Gen	Gun Pos	Gun Time	Chip Pos	Chip Time	Cat	Cat Pos	Club Name
158	Mark	Williamson	Male	211	00:48:34	207	00:48:04	M40	54	Road Runners Club
279	Andrew	Williamson	Male	212	00:48:34	205	00:48:04	MS	107	
620	Michelle	Hughes	Female	213	00:48:35	215	00:48:22	FS	14	
86	Tim	Jones	Male	214	00:48:37	212	00:48:15	MS	108	
507	Richard	Springett	Male	215	00:48:42	218	00:48:26	M40	55	
679	Stephen	Knight	Male	216	00:48:43	211	00:48:09	M60	2	
610	Ray	Fisher	Male	217	00:48:43	221	00:48:32	M50	22	
529	Elizabeth	Rowlands	Female	218	00:48:45	224	00:48:37	F35	11	
303	Abyd	Quinn Aziz	Male	219	00:48:47	213	00:48:17	M50	23	PENARTH & DINAS RC
382	Mitch	Evans	Male	220	00:48:47	226	00:48:42	M40	56	
282	James	Storrar	Male	221	00:48:48	220	00:48:30	M40	57	
273	Sheila	James	Female	222	00:48:53	232	00:48:53	F35	12	
262	Adrian	Luckman	Male	223	00:48:56	217	00:48:25	M40	58	
525	Andrew	Daniel	Male	224	00:48:58	219	00:48:29	MS	109	
333	David	Hopkins	Male	225	00:48:59	225	00:48:38	M50	24	
326	Andy	Jones	Male	226	00:49:01	228	00:48:45	MS	110	
499	Stephen	Davies	Male	227	00:49:01	234	00:48:55	M40	59	
189	Aaron	Goldsmith	Male	228	00:49:04	230	00:48:46	MS	111	Cardiff Tri
42	Andrew	Russell	Male	229	00:49:05	231	00:48:50	MS	112	
539	Bruce	Morgan	Male	230	00:49:06	227	00:48:43	M50	25	LLANELLI AC
330	Bob	Gardiner	Male	231	00:49:09	233	00:48:54	M40	60	
37	Lee	Kwok	Male	232	00:49:11	235	00:49:03	MS	113	GLAMORGAN HEALTH & RACQUET CLU
482	Leighton	Davies	Male	233	00:49:12	229	00:48:45	MS	114	
522	Robert	Pryce	Male	234	00:49:14	237	00:49:07	MS	115	
50	David	Sweetman	Male	235	00:49:18	223	00:48:35	MS	116	
184	Philip	Tucker	Male	236	00:49:18	222	00:48:33	MS	117	
342	Antonio	Rodriguez	Male	237	00:49:24	238	00:49:10	MS	118	
403	Sharron	Kington	Female	238	00:49:26	244	00:49:19	F45	7	Taunton AC
512	Amy	Edwards	Female	239	00:49:26	243	00:49:17	FS	15	Rhondda Valley Runners
378	Dennis	Blunt	Male	240	00:49:26	240	00:49:10	M50	26	

Don't Forget the - **Llanelli 1/2 Marathon - March 2008**. Visit [www.HalfMarathon.org.uk](http://www.HalfMarathon.org.uk). Contact [enquiries@HalfMarathon.org.uk](mailto:enquiries@HalfMarathon.org.uk)



## Llanelli Waterside 10k Results 2007

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

## Llanelli Waterside 10k Results 2007

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

## Llanelli Waterside 10k Results 2007

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

## Llanelli Waterside 10k Results 2007

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

## Llanelli Waterside 10k Results 2007

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

## Llanelli Waterside 10k Results 2007

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

## Llanelli Waterside 10k Results 2007

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

## Llanelli Waterside 10k Results 2007

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



## Llanelli Waterside 10k Results 2007

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

## Llanelli Waterside 10k Results 2007

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

## Llanelli Waterside 10k Results 2007

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

## Llanelli Waterside 10k Results 2007

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