

Llanelli 10K - Results 2008

RN	Forename	Surname	Gen Pos	Cat	Cat Pos	Pos	Chip Time
846	MARK	POOLMAN	1	Wheelchair	1	1	00:28:20
831	JOHN	OSBOURNE	2	Wheelchair	2	2	00:33:13
592	ADAM	BITCHELL	3	MS	1	3	00:33:23
550	DANIEL	GURMIN	4	MS	2	4	00:33:42
829	DAVID	SANDLES	5	Wheelchair	3	5	00:34:47
578	PETER	COLES	6	M40	1	6	00:34:49
642	STUART	CREES	7	MS	3	7	00:34:52
828	PAUL	RICHARDS	8	M40	2	8	00:35:03
775	LEE	LADD	9	MS	4	9	00:35:43
626	LEWYS	WINFIELD YOUNG	10	MS	5	10	00:35:53
768	ALUN	WOOD	11	MS	6	11	00:36:10
586	CHRIS	PARKER	12	M40	3	12	00:37:00
813	GRANT	HOWELS	13	M40	4	13	00:37:10
170	BARRIE	GRIFFITHS	14	M40	5	14	00:37:14
413	PAUL	REYNOLDS	15	MS	7	15	00:37:15
134	SCOTT	EVANS	16	MS	8	16	00:37:17
351	JAMES	NUNN	17	MS	9	17	00:37:30
384	RHYS	PITMAN	18	MS	10	18	00:37:43
812	STEFFAN	HUGHES	19	MS	11	19	00:37:57
579	MARTIN	WEBBORN	20	M40	6	20	00:38:04
203	DAVID ANTHONY	HOOLE	21	M40	7	21	00:38:03
161	MARTIN	GEORGE	22	MS	12	22	00:38:19
843	RON	JENKINS	23	M50	1	23	00:38:27
405	JAMIE	REES	24	MS	13	24	00:38:41
262	OWAIN	JONES	25	MS	14	25	00:38:44
305	KIERAN	MACKINTOSH	26	MS	15	26	00:38:59
188	HAYDN	HARTNELL	27	M40	8	27	00:39:15
839	CLEM	CLEMENT	28	M40	9	28	00:39:17
254	KELVIN	JONES	29	M40	10	29	00:39:18
827	SANDY	JOHNSTON	30	M50	2	30	00:39:32
808	MATTHEW	HARVEY	31	MS	16	31	00:39:45
759	ANDREW	PALMER T44	32	MS	17	32	00:39:44
689	JEROME	EVANS	33	MS	18	33	00:39:47
678	GAVIN	MORRIS	34	MS	19	34	00:39:49
136	ROB	FALCONER	35	M40	11	35	00:39:52
608	STEPHEN	WILLIAMS	36	M40	12	36	00:39:54
341	ADAM	MORTON	37	MS	20	37	00:39:53
339	LEE	MORRIS	38	MS	21	38	00:40:07
122	ALUN WYN	EVANS	39	M40	13	39	00:40:19
560	STEVEN	OUSELEY	40	MS	22	40	00:40:20
613	K	THOMPSON	41	M40	14	41	00:40:21
809	GERARD	CRISPIE	42	M40	15	42	00:40:23
677	RHYS	HARRIES	43	MS	23	43	00:40:54
569	GARETH	JEHU	44	MS	24	44	00:40:54
213	DAVE	HUGHES	45	M40	16	45	00:41:04
447	TASHA	SEXTON	1	FS	1	46	00:41:12
379	NEIL	PHILLIPS	46	M40	17	47	00:41:16
507	ADRIAN	WEAVER	47	MS	25	48	00:41:22
571	ROB	WILLIAMS	48	M40	18	49	00:41:25
515	PAUL	WILKINSON	49	MS	26	50	00:41:18

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442	JAMIE	SEEKINGS	50	MS	27	51	00:41:27
17	NIGEL	BARNES	51	M40	19	52	00:41:27
649	ALUN	REES	52	MS	28	53	00:41:32
106	JOHN	DIFFEY	53	M40	20	54	00:41:28
573	ALAN	JONES	54	M40	21	55	00:41:30
463	MARK	TERRY	55	M50	3	56	00:41:40
374	CLARE	PHILLIPS	2	F35	1	57	00:41:43
648	MARK	JONES	56	M40	22	58	00:41:46
149	NIGEL	FRANCISCO	57	M40	23	59	00:41:48
720	NIGEL	PHILLIPS	58	MS	29	60	00:41:51
625	PAUL	JELLEY	59	M40	24	61	00:41:56
758	ALAW	BEYNON-THOMAS	3	FS	2	62	00:42:25
770	LEIGH	SEARLE	60	MS	30	63	00:42:24
585	KATIE	BEECHER	4	FS	3	64	00:42:27
496	STEVE	WALSH	61	MS	31	65	00:42:29
478	STEVE A	THOMAS	62	MS	32	66	00:42:30
506	NICHOLAS	WATTS	63	MS	33	67	00:42:40
103	PAUL	DAVIES	64	M40	25	68	00:42:39
510	DEAN	WEBSTER	65	MS	34	69	00:42:40
159	DAVID	GARLICK	66	M50	4	70	00:42:50
82	PETER	CURRAN	67	M40	26	71	00:42:56
805	GWYN	LLOYD	68	M50	5	72	00:42:56
58	ANTHONY	CHADD	69	M40	27	73	00:43:02
523	ELEANOR	WILLIAMS	5	F35	2	74	00:42:41
836	PETER	WALTERS	70	M40	28	75	00:43:00
617	EMMA	HATHERALL	6	FS	4	76	00:43:01
517	ALEC	WILLIAMS	71	M40	29	77	00:42:59
566	ADRIAN	FOULKES	72	MS	35	78	00:42:37
786	DOMINIC	SHIELDS	73	M40	30	79	00:43:20
826	ERIC	DAVEY	74	M50	6	80	00:43:25
286	CHRISTOPHER	LEWIS	75	MS	36	81	00:43:25
197	JULIAN	HOARE	76	MS	37	82	00:43:02
723	DARREN	STEVENS	77	MS	38	83	00:43:29
660	BRIAN	MOGFORD	78	M40	31	84	00:43:30
193	MATTHEW	HERBERT	79	MS	39	85	00:43:34
684	ANDREW	RUSSEL	80	MS	40	86	00:43:27
688	JAMES	MURPHY	81	M40	32	87	00:43:39
690	STEVE	DAVIES	82	M40	33	88	00:43:39
446	CHRISTOPHER	SEXTON	83	M40	34	89	00:43:46
477	SIMON	THOMAS	84	MS	41	90	00:43:44
131	MICHAEL	EVANS	85	M40	35	91	00:43:48
533	STEVEN	WILLIAMS	86	MS	42	92	00:43:48
22	NICK	BAYLISS	87	MS	43	93	00:43:52
74	JOHN	COOK	88	M60	1	94	00:43:55
72	BARBARA	COOK	7	F45	1	95	00:43:53
247	CAROLINE JOAN	JONES	8	F45	2	96	00:43:59
401	ABYD	QUINN AZIZ	89	M50	7	97	00:43:55
842	RACHEL	ALCOCK	9	F35	3	98	00:44:04
237	NICK	JOHNSON	90	MS	44	99	00:43:42
615	KELLY	MORGAN	10	FS	5	100	00:44:02

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709	ANDREW	PREECE	91	MS	45	101	00:44:00
717	DARREN	CHEESMAN	92	MS	46	102	00:44:04
204	DAVID	HOPKINS	93	M50	8	103	00:43:52
651	WILLY	EDWARDS	94	MS	47	104	00:44:15
440	BEN	SEABOURNE	95	MS	48	105	00:44:10
39	LEE	BOWEN	96	MS	49	106	00:44:07
10	JEFFREY	ASTON	97	M60	2	107	00:44:15
563	STEVE	BROWN	98	M40	36	108	00:44:09
214	DORIAN	HUGHES	99	M40	37	109	00:44:12
757	ROGER	BERRY	100	M60	3	110	00:43:56
265	RICHARD	JONES	101	MS	50	111	00:44:20
429	JOHN RICHARD	ROGERS	102	M40	38	112	00:44:19
559	RICHARD	OTTEN	103	M40	39	113	00:44:27
598	MICHAEL	HALSALL	104	MS	51	114	00:44:26
755	CYRIL	WALTERS	105	M60	4	115	00:44:29
795	GERAINT	EVANS	106	M40	40	116	00:44:13
638	KIM	WEHDEN	107	M40	41	117	00:44:12
81	RUSSELL	CROCKER	108	MS	52	118	00:44:32
668	VAUGHAN	EVANS	109	MS	53	119	00:44:45
408	PAUL	REES	110	M40	42	120	00:44:41
397	DAVID	PROFFITT	111	M50	9	121	00:44:46
175	STUART	GRIFFITHS	112	MS	54	122	00:44:56
78	CHRISTOPHER	CRAY	113	MS	55	123	00:44:30
806	HUW	DURHAM	114	MS	56	124	00:45:09
433	HUW	ROWCLIFFE	115	MS	57	125	00:45:09
200	WAYNE	HOLMES	116	M40	43	126	00:44:52
640	DAVID	EDWARDS	117	M40	44	127	00:45:13
164	JON	GILL	118	MS	58	128	00:45:13
269	STEVEN	JONES	119	MS	59	129	00:45:16
574	PAUL JAMES	PADGET	120	M50	10	130	00:45:03
799	GARY	WATERS	121	M50	11	131	00:45:16
666	MATT	GRIFFITHS	122	MS	60	132	00:45:15
189	GARETH	HATTO	123	MS	61	133	00:44:41
733	JEREMY	ALFORD	124	M40	45	134	00:44:49
629	CRAIG	THOMAS	125	MS	62	135	00:45:01
252	HELEN	JONES	11	F35	4	136	00:45:27
91	CHRISTOPHER	DAVIES	126	M50	12	137	00:45:27
24	RICHARD	BEASLEY	127	M40	46	138	00:45:03
347	ALISON	NICHOLLS	12	F45	3	139	00:45:31
410	BEN	REID	128	MS	63	140	00:45:16
115	PAUL	EDWARDS	129	M40	47	141	00:45:31
484	PHILIP	TUCKER	130	MS	64	142	00:45:39
158	BOBBY	GARDINER	131	M40	48	143	00:45:38
568	ANDREW	LUCAS	132	M40	49	144	00:45:05
168	MICK	GRANT	133	M50	13	145	00:45:20
258	NICHOLAS	JONES	134	MS	65	146	00:45:35
306	RAY	MAJER	135	M50	14	147	00:45:31
607	MEIRION	DANIELS	136	M40	50	148	00:45:36
650	MATTHEW	BEAMISH	137	MS	66	149	00:45:28
90	ANDY	DAVIES	138	M40	51	150	00:45:56

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211	MARK	HOWELLS	139	MS	67	151	00:45:35
140	COLIN	FISH	140	MS	68	152	00:45:57
804	IAN	ROBINSON	141	M40	52	153	00:46:00
373	ANDREW	PHILLIPS	142	M40	53	154	00:46:02
113	MARK	EAKINS	143	MS	69	155	00:45:58
23	CAPTAIN	BEANY	144	M50	15	156	00:46:01
833	IAN	CARPENTER	145	MS	70	157	00:45:39
207	IAN	HOSKINS	146	MS	71	158	00:45:54
810	SARAH	WILLIAMS	13	FS	6	159	00:46:22
623	JON	LEAR	147	M40	54	160	00:45:50
703	ASHLEY	LEWIS	148	MS	72	161	00:46:21
86	STUART	DAVIDSON	149	MS	73	162	00:46:36
471	LISA	THOMAS	14	FS	7	163	00:46:33
404	GARETH	REES	150	MS	74	164	00:46:27
476	SARA	THOMAS	15	FS	8	165	00:46:14
297	ADRIAN	LUCKMAN	151	M40	55	166	00:46:52
222	TIM	JAMES	152	MS	75	167	00:46:20
403	PAUL	READ	153	MS	76	168	00:46:45
177	PAUL	GRIST	154	M40	56	169	00:46:55
835	ALED	JONES	155	MS	77	170	00:46:50
543	WAYNE ROBERT	CROSS	156	M40	57	171	00:47:11
383	SIAN	PHILLIPS	16	F45	4	172	00:47:12
167	MICK	GRANT	157	M50	16	173	00:46:53
687	MARIO	RABAIOTTI	158	M40	58	174	00:46:50
340	RHODRI	MORRIS	159	MS	78	175	00:47:00
54	PETER	CARLICK	160	M40	59	176	00:47:09
811	MARTIN	DAVIES	161	MS	79	177	00:47:16
618	LIZ	ASHTON	17	FS	9	178	00:47:21
291	TONIA	LEWIS	18	FS	10	179	00:47:25
645	JOHN	BAILEY	162	M40	60	180	00:47:13
725	HOWELL JOHN	THOMAS	163	MS	80	181	00:47:01
329	ANDREW	MILES	164	M40	61	182	00:47:28
686	PHILP	HOSKINS	165	M40	62	183	00:47:23
700	JAMIE	HITCHINGS	166	MS	81	184	00:47:09
538	MATTHEW	WILTON	167	MS	82	185	00:46:47
493	DAVE	WALKER	168	M50	17	186	00:47:21
68	JULIE	COLLINS	19	FS	11	187	00:46:53
382	RICHARD	PHILLIPS	169	MS	83	188	00:47:08
88	ADRIAN	DAVIES	170	MS	84	189	00:47:38
522	DAVID	WILLIAMS	171	MS	85	190	00:47:36
495	PETER ADAM	WALMSLEY	172	MS	86	191	00:47:18
36	DAVID	BOUCHER	173	M50	18	192	00:47:30
376	GARETH	PHILLIPS	174	MS	87	193	00:47:28
31	CATHARINE	BLEASDALE	20	F35	5	194	00:47:40
641	DEAN	LLEWELLYN	175	MS	88	195	00:47:04
96	GARETH	DAVIES	176	MS	89	196	00:47:29
693	SARA	GRIFFITHS	21	FS	12	197	00:47:52
764	STEWART	LUCITT	177	MS	90	198	00:47:42
763	SAMUEL	LUCITT-REES	178	TBC	1	199	00:47:42
679	SHAUN	BROOM	179	MS	91	200	00:47:46

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570	ANGELA	PAYNE	22	F35	6	201	00:47:41
38	CHRIS	BOWEN	180	M40	63	202	00:48:00
529	MARK	WILLIAMS	181	M40	64	203	00:47:42
834	DARRAN	REES	182	MS	92	204	00:47:34
516	ALWYN	WILLAIMS	183	M40	65	205	00:47:46
611	STEPHEN	WHITMARSH-KNIGHT	184	M60	5	206	00:47:49
536	CHRISTOPHER	WILLIS	185	MS	93	207	00:47:21
637	CARYL	JONES	23	FS	13	208	00:48:16
718	ANDREW	SIDNEY	186	MS	94	209	00:48:03
357	RYAN	ORTON	187	MS	95	210	00:47:48
576	JILL	WILLCOX	24	F35	7	211	00:48:05
800	MARK	WESTCOTT	188	M40	66	212	00:48:10
311	JOHN	MARTIN	189	M50	19	213	00:48:01
525	IAN	WILLIAMS	190	M40	67	214	00:48:24
658	WARREN	PERKINS	191	M40	68	215	00:48:01
57	SAMANTHA	CARTER	25	FS	14	216	00:47:59
548	STEPHEN CARL	MATTHEWS	192	MS	96	217	00:48:25
370	ROBERT	PENN	193	MS	97	218	00:48:21
334	EMMA	MORGAN	26	FS	15	219	00:48:38
671	LEE	JONES	194	MS	98	220	00:48:45
336	RHYS	MORGAN	195	MS	99	221	00:48:24
707	KEVIN	DRAPER	196	MS	100	222	00:48:16
64	STEVE	COCKWELL	197	MS	101	223	00:48:36
242	ANDY	JONES	198	MS	102	224	00:48:20
452	NICHOLAS	SPELLER	199	M40	69	225	00:48:04
539	MICHELLE K	WITHAM	27	FS	16	226	00:48:33
431	ANDREW	ROTHWELL	200	M50	20	227	00:48:24
104	STEPHEN	DAVIES	201	M40	70	228	00:48:52
788	GEOFF	HALL	202	M50	21	229	00:48:14
227	KEITH	JENKINS	203	MS	103	230	00:48:30
266	ROBERT	JONES	204	MS	104	231	00:48:35
526	LEE	WILLIAMS	205	M40	71	232	00:48:39
182	SIONED	HANCOCK	28	FS	17	233	00:48:54
737	GARETH	JONES	206	M40	72	234	00:49:05
95	GARETH	DAVIES	207	MS	105	235	00:48:56
706	MATTHEW	STOKES	208	MS	106	236	00:49:08
110	MARTYN	DULAKE	209	M40	73	237	00:48:30
472	LISA	THOMAS	29	F35	8	238	00:49:18
172	PAUL	GRIFFITHS	210	MS	107	239	00:49:22
174	RHIDIAN	GRIFFITHS	211	MS	108	240	00:48:47
453	RICHARD	SPRINGETT	212	M40	74	241	00:49:14
354	KEVIN	OLEARY	213	M40	75	242	00:49:21
27	SUZANNE	BEVAN	30	F35	9	243	00:49:24
343	GLEN	NEAL	214	MS	109	244	00:49:23
111	DAVID	DUNBAR	215	M40	76	245	00:49:04
767	PHILIP	GRAVELLE	216	M40	77	246	00:49:32
628	EURIG	JENKINS	217	M40	78	247	00:49:32
741	STEPHEN	OWENS	218	M40	79	248	00:49:29
299	EMILY	LUKE	31	FS	18	249	00:49:24
128	JEFF	EVANS	219	M40	80	250	00:49:01

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184	DANIEL	HARRIES	220	MS	110	251	00:48:59
682	LEE	KWOK	221	MS	111	252	00:49:32
546	JOHANNA	BARTLEY	32	F35	10	253	00:49:22
567	OWEN	CLARK	222	MS	112	254	00:49:37
675	CLARE	LLOYD	33	FS	19	255	00:48:58
100	LIAM	DAVIES	223	M50	22	256	00:49:35
774	MICHAEL	PYNN	224	MS	113	257	00:49:18
848	FFION	EVANS	34	FS	20	258	00:49:31
378	MATTHEW	PHILLIPS	225	MS	114	259	00:49:53
655	NICOLA	JAMES	35	FS	21	260	00:49:43
719	JAMES	GLADWIN	226	MS	115	261	00:49:42
145	MARTIN	FORD	227	M40	81	262	00:49:34
695	JAMES	SAUNDERS	228	MS	116	263	00:50:03
97	HUW	DAVIES	229	MS	117	264	00:50:15
35	PHILIP	BOSLEY	230	M40	82	265	00:50:09
283	STUART RICHARD	LAWTON	231	MS	118	266	00:49:32
202	RICHARD	HONEYMAN	232	M40	83	267	00:49:56
238	YVETTE	JOHNSON	36	F35	11	268	00:49:41
98	JEFF	DAVIES	233	MS	119	269	00:50:12
769	RAY	FISHER	234	M50	23	270	00:50:09
66	KEITH	COLEMAN	235	MS	120	271	00:50:01
144	CRAIG	FLANNERY	236	MS	121	272	00:50:00
787	RICHARD	PAYNE	237	M40	84	273	00:50:31
75	LORRAINE	COOPEY	37	F35	12	274	00:50:22
691	RAYMOND	SHARRATT	238	M60	6	275	00:50:04
521	CLARE	WILLIAMS	38	F35	13	276	00:50:35
12	MIKE	BAILEY	239	M40	85	277	00:50:48
502	MICHAEL	WATKINS	240	M40	86	278	00:50:39
205	RHIAN	HOPKINS	39	FS	22	279	00:50:42
112	SIMONE	EADE	40	FS	23	280	00:50:54
620	RICHARD	SKINNER	241	MS	122	281	00:50:58
600	PETER	CHOWDHURY	242	MS	123	282	00:50:40
345	RUTH	NEWMAN	41	F35	14	283	00:50:10
337	VICKI	MORGAN	42	F35	15	284	00:50:40
740	ANDREW	BISTON	243	M40	87	285	00:50:40
818	HYWEL	PHILLIPS	244	MS	124	286	00:50:58
319	BRIAN	MATTHEWS	245	M50	24	287	00:51:09
670	PAUL	BUNYAN	246	MS	125	288	00:51:23
273	MATTHEW	KAVANAGH	247	MS	126	289	00:50:47
582	OWEN	MORGAN	248	M40	88	290	00:50:52
18	STUART	BARNES	249	M40	89	291	00:51:16
124	DAVID MARK	EVANS	250	M40	90	292	00:50:59
87	A	DAVIES	43	F45	5	293	00:51:12
416	CARYL	RICHARDS	44	FS	24	294	00:51:16
117	TRACY	EDWARDS	45	F35	16	295	00:51:24
469	IDRIS	THOMAS	251	MS	127	296	00:51:23
294	ANDREW	LLOYD	252	MS	128	297	00:51:38
724	RICHARD	DAVIES	253	MS	129	298	00:51:01
673	ANDREW	THOMAS	254	MS	130	299	00:50:57
360	STEPHEN	PALMER	255	M40	91	300	00:51:15

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762	DAVID	THOMAS	256	MS	131	301	00:51:28
643	GEORGINA	GOVIER	46	F35	17	302	00:51:22
366	LYNNE	PARRY	47	FS	25	303	00:51:20
790	PAUL	JONES	257	MS	132	304	00:51:28
176	HUGH	GRIPPER	258	MS	133	305	00:51:27
330	BEN	MINTON	259	MS	134	306	00:51:27
481	AARON	TREAGUS	260	MS	135	307	00:51:25
381	RACHEL	PHILLIPS	48	F35	18	308	00:51:37
288	KEIR	LEWIS	261	MS	136	309	00:51:31
102	MICHAEL	DAVIES	262	M40	92	310	00:51:13
437	STEVEN	SARGEANT	263	MS	137	311	00:51:24
14	RICHARD	BAKER	264	MS	138	312	00:51:21
596	MEL	OWEN	49	FS	26	313	00:51:36
43	NINA	BROCKLEBANK	50	F35	19	314	00:51:46
448	TRACEY	SHARRATT	51	FS	27	315	00:52:06
4	ROLAND	ADAMS	265	M50	25	316	00:51:47
451	JOHN	SORENSEN	266	M40	93	317	00:51:47
59	TIM	CHARLTON	267	M40	94	318	00:52:14
287	DAVID	LEWIS	268	M40	95	319	00:51:31
552	TERESA	SHANKLIN	52	F45	6	320	00:51:55
411	DEAN	REYNOLDS	269	M40	96	321	00:51:51
317	RICHARD	MATTEY	270	M40	97	322	00:51:52
8	TIMOTHY	ANTHONY	271	MS	139	323	00:51:32
387	DYLAN	POWELL	272	MS	140	324	00:51:32
28	BILL	BEYNON	273	M40	98	325	00:51:38
183	JEFF	HANLEY	274	MS	141	326	00:51:45
439	ALASTAIR	SCOTT	275	MS	142	327	00:52:09
659	CARLOS	LAND	276	MS	143	328	00:51:50
766	LYNNE	JONES	53	FS	28	329	00:51:56
223	AMANDA LOUISE	JENKINS	54	F35	20	330	00:52:25
348	JONATHAN	NIXON	277	MS	144	331	00:51:50
499	CICELY	WARREN	55	FS	29	332	00:51:53
326	KATHARINA	MEERPOHL	56	FS	30	333	00:51:58
739	DAVID	ELVY	278	M40	99	334	00:51:43
436	HERMAN	SANDROCK	279	MS	145	335	00:52:33
312	GILLIAN	MASON	57	F45	7	336	00:52:31
753	STEPHEN	BROWN	280	M50	26	337	00:52:24
464	MICHAEL	TERRY	281	M50	27	338	00:52:27
353	ALEX	OKEEFE	282	MS	146	339	00:52:32
792	BETHAN	WILLIAMS	58	FS	31	340	00:52:15
622	STEPHEN	NEWBURY	283	M50	28	341	00:52:31
749	PAUL	ROWLEY	284	M50	29	342	00:52:17
364	ALUN	PARRY	285	MS	147	343	00:52:07
419	EMMA	RIDGILL	59	FS	32	344	00:52:43
488	GERRIT	VAN RENSBURG	286	MS	148	345	00:52:51
198	J	HOBBS	287	M40	100	346	00:52:17
500	DARREN	WATKINS	288	MS	149	347	00:52:36
665	CHRIS	COGSWELL	289	MS	150	348	00:52:22
395	IAN	PRICE	290	M40	101	349	00:52:26
195	ANNA	HILL	60	F35	21	350	00:52:25

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RN	Forename	Surname	Gen Pos	Cat	Cat Pos	Pos	Chip Time
29	SANDRA	BEYNON	61	F45	8	351	00:52:16
553	STEVEN	THOMAS	291	M40	102	352	00:52:04
652	RUTH	TREHARNE	62	F35	22	353	00:52:45
432	JOANNA	ROTHWELL	63	FS	33	354	00:52:44
791	GARY	ROBERTSON	292	MS	151	355	00:52:26
657	PAUL	DAVIES	293	MS	152	356	00:52:38
467	DAVID	THOMAS	294	MS	153	357	00:52:48
301	AMANDA	LYNCH	64	F35	23	358	00:52:23
738	ROBERT ALLEN	HICKS	295	M40	103	359	00:52:51
549	PAULINE	THOMAS	65	F55	1	360	00:53:11
11	MICK	ASTON	296	M50	30	361	00:53:12
61	JANICE	CLEMENT	66	F45	9	362	00:52:51
605	JAN	JONES	67	F35	24	363	00:53:19
257	NATALIE	JONES	68	FS	34	364	00:53:13
231	STEPHEN	JOB	297	M40	104	365	00:53:12
654	ALISON	COOK	69	FS	35	366	00:53:16
363	ALEX	PARRY	298	M40	105	367	00:52:35
614	ANWEN	BROWN	70	F35	25	368	00:52:57
226	IAN RICHARD	JENKINS	299	M40	106	369	00:53:01
647	SUE	SMITH	300	MS	154	370	00:53:35
646	MIKE	SMITH	301	MS	155	371	00:53:35
487	LOUISE	UDIAWAR	71	FS	36	372	00:53:09
323	PAUL	MCDYER	302	MS	156	373	00:53:19
635	RACHEL	BOWEN	72	FS	37	374	00:52:52
796	RICHARD	THOMAS	303	MS	157	375	00:52:57
118	MARK	ELLIS	304	MS	158	376	00:53:48
313	JAMES CARL	MASON	305	MS	159	377	00:53:38
60	KEVIN	CHIDWICK	306	M40	107	378	00:53:40
121	HELEN	ELWARD	73	F35	26	379	00:53:22
785	CLARE	JONES	74	FS	38	380	00:53:23
232	CHRISTOPHER	JOHN	307	M50	31	381	00:53:44
342	SIAN	MOYNIHAN	75	F35	27	382	00:53:25
303	PAUL	LYNCH	308	MS	160	383	00:53:23
141	SARAH	FISH	76	F35	28	384	00:54:18
292	ANDREW	LIGHT	309	M40	108	385	00:54:08
797	CELYN	WILLIAMS	310	MS	161	386	00:53:37
421	CARYS	ROBERTS	77	FS	39	387	00:53:46
705	JASON LEE	PRICE	311	MS	162	388	00:54:23
565	RWTH	FOULKES	78	FS	40	389	00:53:53
807	RHIAN	DURHAM	79	FS	41	390	00:54:19
365	KIM	PARRY	80	F35	29	391	00:53:41
784	JULIE	LEWIS	81	F35	30	392	00:54:33
773	RUSSELL	VANSTONE	312	MS	163	393	00:54:33
7	JAYNE	AITKEN	82	F35	31	394	00:54:25
534	STEWART	WILLIAMS	313	M40	109	395	00:53:59
597	HUW LLEWELYN	THOMAS	314	MS	164	396	00:54:10
580	D	LAWRENCE	315	MS	165	397	00:54:37
490	HOLLY	VYSE	83	FS	42	398	00:54:05
606	GARETH	BAMSEY	316	M40	110	399	00:54:16
535	MARK	WILLIAMSON	317	M40	111	400	00:54:41

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RN	Forename	Surname	Gen Pos	Cat	Cat Pos	Pos	Chip Time
34	ANDREW	BOOTH	318	M50	32	401	00:54:41
479	TRACEY ANN	THOMAS	84	F35	32	402	00:54:17
187	MATTHEW	HARRIS	319	M40	112	403	00:54:59
152	CRAIG	FRENCH	320	M40	113	404	00:54:21
230	ANDREW	JOB	321	M40	114	405	00:54:49
44	BRONWEN	BROOKE	85	FS	43	406	00:54:46
63	JOHN	CLIFFORD	322	M50	33	407	00:54:46
772	TONY	HENEBERY	323	M40	115	408	00:54:53
847	MATT	BROWN	324	TBC	2	409	00:54:54
256	MARK	JONES	325	MS	166	410	00:54:19
587	DARYL	WATKINS	326	MS	167	411	00:54:30
89	ADRIAN	DAVIES	327	MS	168	412	00:54:28
542	ELINOR	YOUNG	86	FS	44	413	00:54:51
263	PETER	JONES	328	M40	116	414	00:54:34
603	STUART	HARRIES	329	M40	117	415	00:54:56
300	NICOLA	LYNAM	87	FS	45	416	00:55:02
199	CHRISTOPHER	HOCKLEY	330	MS	169	417	00:55:11
156	KEVIN	FUSSELL	331	MS	170	418	00:55:01
371	KARL	PERRY	332	M40	118	419	00:54:57
225	CLAIRE	JENKINS	88	F35	33	420	00:55:04
260	NIGEL LEIGHTON	JONES	333	M50	34	421	00:55:29
667	ANNA	HELSING	89	F45	10	422	00:55:18
277	DAVE	KEMENY	334	M40	119	423	00:55:09
420	ALAN J.	ROBERTS	335	M50	35	424	00:55:49
760	PAUL	READER	336	M40	120	425	00:55:19
316	SHIRLEY	MATHURIN	90	F45	11	426	00:55:50
428	ANDREW EVAN	ROCKLEY	337	M40	121	427	00:55:30
21	MATT	BASSETT	338	MS	171	428	00:55:51
783	HELEN	WOLSEY	91	F45	12	429	00:55:55
497	HELEN MARIE	WALTERS	92	FS	46	430	00:55:54
551	ANTHONY	HALL	339	M60	7	431	00:55:35
9	DAVID	ARMSTRONG	340	MS	172	432	00:55:41
674	HYWEL	LONGMAN	341	MS	173	433	00:55:45
459	MELANIE	STONE	93	F35	34	434	00:56:19
771	KIM	PHELPS	94	FS	47	435	00:55:34
609	GRAHAM	SINGER	342	M50	36	436	00:55:48
473	PAUL	THOMAS	343	M40	122	437	00:56:07
143	ERIKA	FITZGIBBON	95	F55	2	438	00:56:02
352	CATHERINE	O CONNOR	96	F35	35	439	00:56:37
627	KEL	MACKIE	344	MS	174	440	00:56:12
744	DEBORAH	PRICE	97	F45	13	441	00:56:25
328	GILLIAN	MERRYMAN	98	FS	48	442	00:56:16
742	CATHERINE	LLEWELLYN	99	F35	36	443	00:56:47
47	PETER	BURRAGE	345	M50	37	444	00:56:12
840	SIAN	TOMOS	100	F35	37	445	00:56:14
685	PETER	EVANS	346	M40	123	446	00:56:15
99	KATHRYN	DAVIES	101	F35	38	447	00:57:00
400	KATE	QUICK	102	FS	49	448	00:56:11
427	PAUL	ROBINSON	347	MS	175	449	00:56:53
190	JOANNA ZOE	HENDRY	103	F35	39	450	00:56:37

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RN	Forename	Surname	Gen Pos	Cat	Cat Pos	Pos	Chip Time
276	LINDA MARY	KEELAN	104	F45	14	451	00:56:48
782	ADELE	EVANS	105	FS	50	452	00:56:29
468	DAVID	THOMAS	348	M50	38	453	00:56:35
512	CELIA	WELLS	349	M50	39	454	00:56:35
285	ALUN	LEWIS	350	M40	124	455	00:56:57
241	ANDREW	JONES	351	M40	125	456	00:56:39
852	GARETH	DANIEL	352	MS	176	457	00:56:59
619	SARAH	RIGDEN	106	F45	15	458	00:56:54
751	JOHN	PRICE	353	M50	40	459	00:57:12
430	CARL	ROSE	354	M40	126	460	00:57:17
108	RICHARD	DONNE	355	M40	127	461	00:57:23
445	TINA	SEWARD	107	FS	51	462	00:56:56
610	ALUN	POWELL	356	M60	8	463	00:56:55
696	STEVE	JAMES	357	MS	177	464	00:57:14
486	KAREN	TURNER	108	F35	40	465	00:56:50
426	LLINOS	ROBERTS	109	FS	52	466	00:57:16
56	CLARE	CARPENTER	110	F35	41	467	00:57:16
180	CARLA	GROENEWALD	111	F35	42	468	00:57:46
470	LEE MALCOLM	THOMAS	358	MS	178	469	00:56:58
662	JOANNA	MOGFORD	112	FS	53	470	00:57:22
321	GARETH	MCCARTHY	359	MS	179	471	00:57:39
253	KATIE	JONES	113	FS	54	472	00:57:36
173	PAUL	GRIFFITHS	360	M40	128	473	00:57:23
780	GRANT	DUNCAN	361	M50	41	474	00:57:32
268	SIMON	JONES	362	M40	129	475	00:57:43
710	BRONWEN	WILLIAMS	114	FS	55	476	00:58:04
844	ALISON	JONES	115	FS	56	477	00:57:37
324	CARON	MCKEE-HANDS	116	F35	43	478	00:57:34
206	PETER	HOPPING	363	MS	180	479	00:58:08
76	MARTIN	CORRAL	364	M50	42	480	00:57:58
372	DAVID	PHELPS	365	M40	130	481	00:58:02
346	JOHN	NICHOLAS	366	M40	131	482	00:58:18
350	OLIVIA	NORRIS	117	F35	44	483	00:58:18
601	TERISA	MADDISON	118	F35	45	484	00:58:04
698	MARTIN	WILLIAMS	367	MS	181	485	00:58:52
661	ALEX	ETHERIDGE	368	MS	182	486	00:58:12
335	KERRY	MORGAN	369	MS	183	487	00:58:09
398	DANIEL	PUGH	370	MS	184	488	00:58:39
832	MARK	EVANS	371	MS	185	489	00:58:26
460	STELLA	SYMONS	119	F35	46	490	00:58:34
482	STEVE	TREVENNA	372	M40	132	491	00:58:34
272	WAYNE	JONES	373	MS	186	492	00:58:15
298	SAIRA	LUCKMAN	120	F35	47	493	00:58:14
557	ROGER	HOWELLS	374	M60	9	494	00:58:32
851	AMANDA	WILSON	121	TBC	3	495	00:58:13
514	SIAN	WIGLEY	122	F45	16	496	00:59:01
178	CORNELIUS	GROBBELAAR	375	MS	187	497	00:59:02
179	RENEE	GROBBELAAR	123	FS	57	498	00:59:03
327	DEBBIE	MEINTJES	124	F35	48	499	00:59:03
816	PATRICIA	COTTNAM	125	F45	17	500	00:58:21

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RN	Forename	Surname	Gen Pos	Cat	Cat Pos	Pos	Chip Time
817	PETER	COTTNAM	376	M40	133	501	00:58:21
697	TELERI	JENKINS	126	F35	49	502	00:58:40
589	ANDRE	MCPHERSON	377	MS	188	503	00:58:53
244	ANN	JONES	127	F55	3	504	00:59:21
162	BEN	GIESBRECAD	378	M50	43	505	00:58:47
163	GARTH	GIESBRECHT	379	M50	44	506	00:58:47
504	STEVEN	WATKINS	380	M40	134	507	00:59:15
845	RICHARD	CAIE	381	TBC	4	508	00:58:38
220	LAURENCE	JACKMAN	382	M40	135	509	00:58:48
77	OONA	CRAWFORD	128	F55	4	510	00:59:31
530	MARTYN	WILLIAMS	383	M40	136	511	00:59:20
166	SARAH	GOULD-DAVIES	129	FS	58	512	00:59:16
819	JEFFREY	LEWIS	384	MS	189	513	00:58:57
820	CLARE	WALTERS	130	F35	50	514	00:58:58
822	KAREN	LEWIS	131	F35	51	515	00:58:58
821	STEVEN	WALTERS	385	MS	190	516	00:58:58
776	EMMA	SMITH	132	FS	59	517	00:59:08
778	STEWART	SMITH	386	M50	45	518	00:59:08
165	JONATHON	GOODMAN	387	M40	137	519	00:59:12
554	STEPHEN DENNIS	COATES	388	M50	46	520	00:59:31
127	HUW	EVANS	389	MS	191	521	00:59:10
394	IAN	PRICE	390	MS	192	522	00:59:14
683	CHRIS	PLAICE	391	M60	10	523	00:59:23
664	ANN	MOGFORD	392	M40	138	524	00:59:31
333	CATH	MORGAN	133	F45	18	525	00:59:24
633	MARI	HOBBS	134	F45	19	526	00:59:47
101	MARK	DAVIES	393	MS	193	527	00:59:32
520	ANNETTE	WILLIAMS	135	F35	52	528	00:59:52
271	TINA	JONES	136	F45	20	529	00:59:53
602	JONATHAN	EVANS	394	MS	194	530	00:59:40
396	HELEN	PROCTOR	137	F35	53	531	00:59:32
318	GEMMA	MATTHEWMAN	138	FS	60	532	00:59:53
591	CLIVE	ROWE	395	M40	139	533	00:59:56
595	SIAN	ROBERTS	139	FS	61	534	00:59:33
636	MEILYR	GRUFFUDD	396	MS	195	535	00:59:59
663	SAMANTHA	MOGFORD	140	FS	62	536	00:59:57
458	HANNAH	STOCKHAM	141	FS	63	537	00:59:59
70	JOHANNES	CONRADIE	397	MS	196	538	01:00:29
793	ELIN	AARON	142	FS	64	539	01:00:29
417	GARY	RICHARDS	398	M40	140	540	01:00:11
160	JAYNE	GAVAGHAN	143	F35	54	541	00:59:44
824	SANDRA	STEVENS	144	F55	5	542	01:00:04
355	REBECCA	OLEARY	145	FS	65	543	01:00:18
632	HAZEL	MORGAN	146	F35	55	544	01:00:23
777	GARY	TAYLOR	399	MS	197	545	01:00:33
794	IONA	THOMAS	147	FS	66	546	01:00:16
196	JACQUELINE	HINDS	148	F45	21	547	01:00:24
219	LISA	ISAAC	149	FS	67	548	01:01:13
581	STEVE	PRITCHARD	400	MS	198	549	01:01:06
52	MARTIN	CANNON	401	M50	47	550	01:00:35

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51	JAN	CANNON	150	F45	22	551	01:00:35
375	DAN	PHILLIPS	402	MS	199	552	01:01:07
130	MARA LEAH	EVANS	151	F35	56	553	01:00:48
802	JOHN	LAMBERT	403	M60	11	554	01:00:57
854	BROGANE	COLCLOUGH	152	FS	68	555	01:00:54
425	HELEN	ROBERTS	153	F35	57	556	01:01:31
338	JANE	MORRIS	154	F35	58	557	01:01:44
45	OWEN	BROWN	404	MS	200	558	01:01:12
450	LINZI	SOPER	155	FS	69	559	01:1:00
541	CERI	YADOLLAHI	156	F45	23	560	01:01:23
483	LINDA	TUCKER	157	F45	24	561	01:01:23
194	ANTHONY MALCOM	HICKEY	405	M50	48	562	01:01:56
761	MARIANNE	EVANS	158	FS	70	563	01:01:44
359	GILL	PALMER	159	F35	59	564	01:01:54
798	POLLY	SINNETT-JONES	160	FS	71	565	01:01:44
33	ISLA JOANNE	BONNING	161	FS	72	566	01:01:57
80	ANTHONY TONY	CRIBB	406	M50	49	567	01:02:32
69	ANNERIE	CONRADIE	162	FS	73	568	01:02:27
399	IAIN	QUICK	407	MS	201	569	01:01:40
634	ANGELA	MORGAN	163	F45	25	570	01:02:19
572	DASOS	ZANGOVAS	408	M40	141	571	01:2:00
385	SARAH	POPE	164	F45	26	572	01:02:34
501	DAVID	WATKINS	409	M40	142	573	01:02:14
748	CELIA	MELVIN	165	F45	27	574	01:02:53
494	HEATHER	WALLER	166	F45	28	575	01:02:27
681	IAN	EVANS	410	MS	202	576	01:02:31
838	MATTI	STITHOS	411	MS	203	577	01:02:23
449	PAUL	SIM	412	MS	204	578	01:02:21
356	KATIE	ONEILL	167	FS	74	579	01:02:21
837	DAVID	THOMAS	413	M40	143	580	01:02:34
699	KEIRON	ONEILL	414	MS	205	581	01:03:12
246	BETHAN	JONES	168	FS	75	582	01:03:03
264	PHILIP	JONES	415	M50	50	583	01:03:03
267	SIAN	JONES	169	FS	76	584	01:03:02
25	AMIT	BENJAMIN	416	MS	206	585	01:03:06
191	PAUL RHYS	HENTON	417	MS	207	586	01:03:08
192	SHARON PATRICIA	HENTON	170	F35	60	587	01:03:08
735	NIA	DICKIE	418	M40	144	588	01:03:30
528	LYNWEN	WILLIAMS	171	FS	77	589	01:03:10
26	ELINOR	BENNETT-THOMAS	172	F35	61	590	01:03:43
84	KRISTIAN PAUL	DALLEY	419	MS	208	591	01:03:16
731	GARETH	PRYOR	420	MS	209	592	01:4:00
216	CHRIS MICHEAL	HUNT	421	MS	210	593	01:03:37
849	IAN	WRIGHT	422	MS	211	594	01:04:07
850	ROBERT	SEARS	423	MS	212	595	01:04:29
208	MICHAEL	HOWELL	424	M40	145	596	01:03:55
185	KEITH	HARRIES	425	M40	146	597	01:04:25
255	MARI-ANN	JONES	173	FS	78	598	01:04:29
669	ANDRE	HOPKINS	426	MS	213	599	01:04:41
412	HELEN	REYNOLDS	174	F45	29	600	01:04:31

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46	CARLY	BUCKINGHAM	175	FS	79	601	01:04:25
630	SIMON	CROSS	427	MS	214	602	01:04:50
803	HEFIN	JONES	428	MS	215	603	01:04:49
186	HELEN	HARRIS	176	F35	62	604	01:05:35
418	SUZANNE	RICHARDS	177	F35	63	605	01:05:36
779	BARBARA	TATE	178	F45	30	606	01:05:54
750	ROBERT	SANDERS	429	M50	51	607	01:06:09
701	NATALYA	ROMANIW	179	FS	80	608	01:06:09
456	LEYTON	STEVENS	430	M40	147	609	01:05:50
233	GARETH	JOHN	431	MS	216	610	01:06:10
135	ANDREW	EVERED	432	M40	148	611	01:06:23
53	JAYNE	CAPARROS	180	F35	64	612	01:06:24
282	FFLUR	LAWTON	181	FS	81	613	01:06:10
229	VIV	JENKINS	433	M50	52	614	01:06:25
736	JACKIE	ORWIN	182	F35	65	615	01:06:20
715	JOELI	SWEENEY	183	FS	82	616	01:06:21
729	LISA	TAYLOR	184	F35	66	617	01:06:20
711	EMMA	BRADSHAW	185	FS	83	618	01:06:20
726	KIM	NIBLEH	186	F35	67	619	01:06:21
728	LISA	KEAR	187	F35	68	620	01:06:21
732	HELENE	COOK	188	F35	69	621	01:06:22
558	PHILIP	ABBOTT	434	M40	149	622	01:06:24
653	DARYL	HARRIES	435	M40	150	623	01:06:55
621	STEWART	WILLIAMS	436	M50	53	624	01:07:14
702	KIMBERLEY	RICHARDS	189	FS	84	625	01:07:18
248	CAVEY JAYNE	JONES	190	F45	31	626	01:07:04
123	CONNIE	EVANS	191	F55	6	627	01:07:04
730	MICHELLE	JAMES	192	F35	70	628	01:06:52
743	RICHARD	JAMES	437	M40	151	629	01:06:52
369	EMMA	PAWSEY	193	FS	85	630	01:07:12
201	ALISON KATE	HOLTON	194	F35	71	631	01:07:12
2	ADRIAN	ADAMS	438	M40	152	632	01:07:36
67	MELANIE JAN	COLEMAN	195	F35	72	633	01:07:57
153	JULIAN	FRY	439	MS	217	634	01:08:05
680	CLAIRE	EVANS	196	F35	73	635	01:07:47
577	WYNNE	REES	440	M50	54	636	01:08:12
676	DAVID	EVANS	441	M40	153	637	01:07:48
765	VICTORIA	HAWKINS	197	FS	86	638	01:08:19
422	CATHERINE	ROBERTS	198	F35	74	639	01:08:27
853	GWEN	THOMAS	199	FS	87	640	01:08:26
503	SARAH	WATKINS	200	FS	88	641	01:08:28
392	BLEDDYN	PRICE	442	M40	154	642	01:08:50
588	JANINE	JENKINS	201	F35	75	643	01:08:52
498	KATRIN MARIE	WALTERS	202	FS	89	644	01:09:23
599	GERARD	PITT	443	MS	218	645	01:09:04
169	YASMIN	GREGORY	444	MS	219	646	01:09:34
361	YERASSIMOU	PAMELA	203	F35	76	647	01:09:40
444	PAUL	SELLARS	445	MS	220	648	01:10:28
454	DEON	STANDER	446	MS	221	649	01:10:28
296	CHARLENE	LOEDOLFF	204	FS	90	650	01:10:28

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	01:09:59
801	RHIAN	WILLIAMS	205	FS	91	652	01:10:37
217	HELEN	HUTSON	206	F35	77	653	01:10:54
157	KELLY	GAFFNEY	207	FS	92	654	01:11:40
704	EMMA	JONES	208	FS	93	655	01:11:39
590	ARWEL	DAVIES	448	M40	155	656	01:11:02
212	MARTIN	HOWELLS	449	MS	222	657	01:11:50
209	CAROLINE	HOWELLS	209	FS	94	658	01:11:50
409	SARAH	REES	210	FS	95	659	01:12:28
5	VICTORIA	ADAMS	211	F35	78	660	01:12:50
155	KATHRYN	FURLONG	212	F45	32	661	01:13:22
132	MIKE	EVANS	213	F45	33	662	01:13:34
129	KATH	EVANS	214	F35	79	663	01:13:36
708	DARYEL	OWEN	450	MS	223	664	01:14:20
125	HAYLEY	EVANS	215	FS	96	665	01:14:05
151	ALAN	FREIMUT	451	M40	156	666	01:14:09
62	PETER EDWIN	CLEMENT	452	MS	224	667	01:14:09
92	DONNA MARIE	DAVIES	216	F35	80	668	01:14:10
235	MATTHEW	JOHN	453	MS	225	669	01:15:33
423	CHRISTOPHER	ROBERTS	454	M40	157	670	01:15:14
561	DAVID	WATKINS	455	M40	158	671	01:15:23
562	CATHERINE	WATKINS	217	F45	34	672	01:15:23
434	KEVIN WYN	ROWCLIFFE	456	M50	56	673	01:15:47
210	HAYLEY	HOWELLS	218	FS	97	674	01:17:19
555	ALLEN	WATTS	457	M60	12	675	01:17:53
20	ELIZABETH	BARTON	219	FS	98	676	01:22:39
752	DOROTHY	WHITEMAN	220	F45	35	677	01:25:28
814	ANWEN	DAVIES	221	F45	36	678	01:28:24
712	SIAN	BERRY	222	FS	99	679	01:33:53
754	HOWARD	BERRY	458	M50	57	680	01:33:54
443	JULIA	SELLARS	223	F45	37	681	01:38:04

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