

TALLY

5k 2010

<u>No.</u>	<u>Position</u>	<u>Name</u>	<u>Club</u>	<u>Age</u>	<u>Class</u>	<u>Time</u>
208	1	Steve Davies	Swansea Harriers	26	M	16.16
176	2	Jack Davey	Carmarthen	21	M	16.31
177	3	Felpe Jones	Aberystwyth	34	M	16.57
147	4	Glyn Price	Sarn Helen	43	M40	17.19
149	5	Mike Davies	Sarn Helen	41	M40	17.59
222	6	Kevin Griffiths	Trots	46	M40	18.11
131	7	John Morris	Amman Valley	29	M	18.15
179	8	Stuart Griffiths	3M's Groseinon RR	34	M	18.51
218	9	Alex Williams	Port Talbot	42	M40	18.53
128	10	Richard Simpson		37	M	19.21
189	11	Simon Hall	Sarn Helen	30	M	19.23
232	12	James Thomas	Sarn Helen	28	M	19.30

196	13	Gethin Jones	Sarn Helen	37	M	19.31
221	14	Martin Davies	Trots	28	M	19.32
151	15	Huw Price	Sarn Helen	47	M40	19.33
137	16	Tim John		37	M	19.34
144	17	Christian Lovatt	Carmarthen	13	MU18	19.42
220	18	Richard Marks	Sarn Helen	60	M40	19.48
136	19	Daniel Hooper		37	M	19.58
150	20	Jonathan Jones	Carmarthen	40	M40	20.02
166	21	Ruan Austin	Sarn Helen	33	M	20.08
152	22	Kev Joyce	Pembs Harriers	45	M40	20.09
132	23	Jason Griffiths	Corus Multi Sport	41	M40	20.11
130	24	Kevin Taylor	Amman Valley	49	M40	20.14
198	25	Scott Stringer		30	M	20.19
175	26	Clifford Evans	Aberystwyth Uni	51	M40	20.22
120	27	David Williams		39	M	20.23
164	28	Adam Crumplin		31	M	20.26

165	29	Barry Owen	Rhedwyr Emlyn	35	M	20.33
190	30	Dee Jolly	Sarn Helen	23	F	20.37
123	31	Gordon Orme	Cardigan	67	M40	20.38
193	32	Tony Hall	Sarn Helen	55	M40	20.43
122	33	Brian Russell	Cardigan	51	M40	20.44
191	34	Stuart Davies		43	M40	20.54
192	35	Ricky Reynolds		20	M	20.57
178	36	Amanda Evans	3M's Groseinon RR	40	F35	20.58
219	37	Haydn Lloyd	Sarn Helen	38	M	21.09.44
231	38	Carwyn Thomas	Sarn Helen		M	21.09.72
139	39	Eric Davey		60	M40	21.16
202	40	Claire Cleathero	Trots	36	F35	21.35
161	41	Carwyn Davies		33	M	21.41
173	42	Murray Kisbee	Sarn Helen	60	M40	21.57
158	43	Shivan Lawes	Tregib	16	MU18	22.03
199	44	David Thomas	Sarn Helen	47	M40	22.04

160	45	Alyson Hayes	Cardigan	40	F35	22.07
154	46	Martin Dyde	Pembs Harriers	51	M40	22.12.07
227	47	Andrew Edgell	Sarn Helen	33	M	22.12.51
224	48	Geraint Smith		39	M	22.12.91
135	49	Lindy Eynon	Trots	49	F35	22.18
210	50	Raymond Thomas		45	M40	22.19
182	51	Kari O'Neill	Carmarthen Harriers	14	FU18	22.23
223	52	Trystan Davies	Sarn Helen	17	MU18	22.33
125	53	Chris Jones	Amman Valley	42	M40	22.39
228	54	Lee Williams		43	M40	22.49
201	55	Gwen Morris		25	F	22.53
124	56	Laurence Worth	Pebbs Harriers	47	M40	23.02
133	57	Geraint Jenkins	Amman Valley	42	M40	23.04
114	58	Gwydion Williams		16	MU18	23.11
159	59	Ianto Grant	Tregib	14	MU18	23.17
184	60	Gareth Jones	Sarn Helen	44	M40	23.25

116	61	Ffion Aur Evans	Amman Valley	18	F	23.47
197	62	Sian Roberts Jones	Sarn Helen	30	F	23.57.58
143	63	Mark Roblin	Carmarthen	43	M40	23.57.86
129	64	Daniel Quick	Tregib	15	MU18	24.01
171	65	Caryl Davies	Sarn Helen	22	F	24.07
155	66	Alison Griffiths	Pembs Harriers	40	F35	24.09
101	67	Mathew Williams		29	M	24.13
170	68	Nicholas Jones		13	MU18	24.23
205	69	Dewi Price	Carmarthen	56	M40	24.24
209	70	Martin Evans	Amman Valley	49	M40	24.25
106	71	Ann Rowell	Trots	54	F35	24.26
162	72	Jane Wilkins	Cardigan	47	F35	24.36.53
153	73	Sue Lloyd	Pembs Harriers	46	F35	24.36.79
140	74	Owen Morgan		43	M40	25.04
113	75	Ormond Williams		49	M40	25.33
146	76	Wendy Evans		36	F35	25.37

117	77	Elin Haf Evans	Amman Valley	15	FU18	25.59
148	78	Penny Graeper		49	F35	26.16
167	79	Donna Morgan	Amman Valley	38	F35	26.25
169	80	David Wayne Jones		44	M40	26.30
200	81	Graham Tuckwood		42	M40	26.54
181	82	Michael Aitkenhead		21	M	26.57
103	83	Selby Le Roux		43	M40	27.09
183	84	Lovne Evans		40	F35	27.28
188	85	Lottie Donnelly Williams	Carmarthen	14	FU18	27.36
121	86	Owen Thomas		39	M	27.44.66
185	87	Jan Jones	Sarn Helen	45	F35	27.44.92
109	88	Peter Harding	Trots	70	M40	27.45
187	89	Milli Bea Williams	Tregib	18	F	28.36
211	90	Carol Rees		36	F35	28.44
174	91	Zara Tippins		21	F	28.55
145	92	Janet Davies		43	F35	29.01

206	93	Lyn Parry	3M's Groseinon RR	34	F	29.06
207	94	Nina Brocklebank	3M's Groseinon RR	39	F35	29.07
141	95	Joy Thomas	Amman Valley	41	F35	29.24
104	96	Dana Webster	Tregib	12	FU18	29.42
142	97	Melanie Tancock	Amman Valley	39	F35	30.09
168	98	Arwel Davies	Bro Myrddin	13	MU18	30.25
186	99	Ffion Thomas	Tregib	17	FU18	30.29
156	100	Jan Bell	Pembs Harriers	65	F35	30.36
138	101	Bryn Bazzard		46	M40	30.46
163	102	Jess Davies	Tregib	14	FU18	30.57
118	103	Kevin Roberts		53	M40	31.18
212	104	Rhianydd Edwards		39	F35	31.24
213	104	Sioned Edwards	Amman Valley	16	FU18	31.24
180	106	Mathew Tippins		17	M	31.26
214	107	Anita James		48	F35	31.38
194	108	Rose Fitzgerald	Amman Valley	62	F35	31.46

134	109	Susannah Jenkins	Amman Valley	42	F35	31.51
195	110	Mary Irene Jones	Amman Valley	59	F35	31.54
157	111	Robert Fowler	Amman Valley	64	M40	31.55
203	112	Richard Hughes		58	M40	32.20
225	113	Gail Smith		38	F35	32.35
217	114	Cindy Coombes		48	F35	33.00
216	115	Louise Davies		34	F	33.52
127	116	Iona Llyr		45	F35	34.55
215	117	Nicola Thomas		32	F	35.19
126	118	Bronwen Bazzard	Tregib	13	FU18	35.55
229	119	Damian Monroe		33	M	36.42.27
230	120	Nicola Monroe		36	F35	36.42.68
172	121	Ruth Kisbee		61	F35	37.34
112	122	Katy Davis		38	F35	37.37
107	123	Sara Roberts	Tregib	12	FU18	37.45.29
111	124	Laura George	Pantycelyn	14	FU18	37.45.54

110	125	Carwen George	Tregib	14	FU18	37.45.87
105	126	Ffion Owen	Tregib	13	FU18	39.54.15
108	127	Katie Davies	Tregib	13	FU18	39.54.36
115	128	Phoebe Williams		24	F	40.48
119	129	Allen Watts	Sarn Helen	81	M40	43.08
204	130	Stephanie Day		52	F35	57.02
226	130	Karen Aston		49	F35	57.02
102		Llinos Davies		33	F	DNS