

Ammanford 10k - July 13th 2014

Position	Name	Time	Club	Cat	Gender
1	Gareth Ayres	35.38	Unattached	OM	M
2	Eamon Kirk	36.38	Swansea Harriers	MV40	M
3	James Dean	36.41	Unattached	OM	M
4	Alan Davies	36.52	3M Gorseinon R R	MV60	M
5	Chris Parker	37.10	Port Talbot Harriers	MV40	M
6	Jack James	37.31	Swansea Harriers	OM	M
7	Paul Reismann	37.55	Swansea Harriers	MV40	M
8	Alex Williams	38.28	Port Talbot Harriers	MV40	M
9	Matt Tippins	38.33	Amman Valley Harriers	OM	M
10	Carwin Davies	38.52	Sarn Helen	OM	M
11	Charles Walsh	40.27	Port Talbot Harriers	OM	M
12	Steven James	41.01	Port Talbot Harriers	MV40	M
13	Phillip Pearce	41.04	Unattached	OM	M
14	James Taylor	41.11	Port Talbot Harriers	OM	M
15	Lucy Marland	41.13	Neath Harriers	OF	F
16	Terry O Brien	41.19	Unattached	MV50	M
17	Paul Rees	41.28	Port Talbot Harriers	MV40	M
18	Dwayne Griffiths	41.33	Carmarthen Harriers	OM	M
19	Geraint Lewis	41.36	Porthcawl	OM	M
20	Carl Jones	41.39	Unattached	OM	M
21	Martin Reed	41.51	Llanelli A C	MV50	M
22	Hugh Janney	42.06	Amman Valley Harriers	MV40	M
23	Carl James	43.22	Unattached	OM	M
24	Nick Landeg	43.28	Unattached	OM	M
25	Richard Webster	43.52	3M Gorseinon R R	MV50	M
26	Bill Leslie	43.59	Amman Valley Harriers	MV40	M
27	Brian Pearce	44.04	Unattached	MV50	M
28	Josh Hanbury	44.08	Unattached	OM	M
29	Helen Jones	44.10	Port Talbot Harriers	FV45	F
30	Linos Jones	44.21	Amman Valley Harriers	OF	F
31	Andrew Rees	44.37	Amman Valley Harriers	MV40	M
32	Adam Jones	44.39	Chiltern Harriers	MV40	M

33	Ian Williams	44.44	Port Talbot Harriers	MV40	M
34	Matt Yelland	44.57	Unattached	OM	M
35	John Marson	45.10	Sospan R R	MV40	M
36	Rachel Allcock	45.28	Amman Valley Harriers	FV35	F
37	Steve Bendle	45.46	Swansea harriers	MV50	M
38	Chris Lewis	46.25	Run4All Neath	OM	M
39	Paul Watts	46.25	Unattached	MV50	M
40	Mick Grant	46.37	R R C	MV50	M
41	Mario Rabaiotti	46.49	Port Talbot Harriers	MV50	M
42	Andrew Stoneman	46.55	Unattached	OM	M
43	Caroline Bleasdale	47.07	TROTS	FV45	F
44	Mark Bleasdale	47.27	Unattached	MV40	M
45	Phillip Hoskins	47.49	Neath Harriers	MV50	M
46	John Evans	47.51	Aberystwyth	MV60	M
47	Eric Davey	48.10	Llanelli A C	MV60	M
48	Rhys Morgan	48.18	Unattached	OM	M
49	Mitchell Readwin	48.23	Sarn Helen	OM	M
50	Simon Shepherd	48.28	Amman Valley Harriers	MV40	M
51	Robert Smith	48.30	Pembroke Harriers	MV50	M
52	Paul Williams	48.32	Unattached	OM	M
53	Amanda John	49.18	Amman Valley Harriers	FV45	F
54	Keith Harris	49.37	Mumbles Milers	MV50	M
55	Gary Davies	49.41	Unattached	OM	M
56	Tanwen Randall Davie	49.54	Amman Valley Harriers	OF	F
57	Gavin Hary	50.17	Unattached	OM	M
58	Michael Halsall	50.42	Llanelli A C	MV40	M
59	Chris Maddon	51.02	Mumbles Milers	MV50	M
60	Del Eyre	51.25	3M Gorseinon R R	FV45	F
61	Anwen Jones	52.02	TROTS	OF	F
62	Helen Janney	52.07	Amman Valley Harriers	FV35	F
63	Ross Bamsey	52.22	Port Talbot Harriers	OM	M
64	Alan Perkins	52.23	Port Talbot Harriers	MV60	M
65	Oona Crawford	53.05	TROTS	FV45	F
66	Linda Rees	53.13	3M Gorseinon R R	FV45	F
67	Pamela Carter	53.24	Unattached	OF	F
68	Alun Morgan	53.44	Unattached	OM	M

69	Sian Thomas	53.51	Amman Valley Harriers	OF	F
70	Liz Tremlett	53.52	TROTS	FV35	F
71	Andrew Williams	53.56	Unattached	OM	M
72	Nigel Best	54.12	Unattached	MV50	M
73	Helen Garland	54.17	Unattached	OF	F
74	Dora Pearce	54.42	Unattached	FV45	F
75	Nigel Watts	54.56	Unattached	MV50	M
76	Ffion Davies	54.58	Unattached	OF	F
77	Helen Phillips	55.24	Amman Valley Harriers	FV45	F
78	Zara Tippins	55.46	Celtic Tri	OF	F
79	Paul James	55.54	Sospan R R	MV50	M
80	Mark Lock	56.09	Unattached	OM	M
81	Arwyn Thomas	56.26	Unattached	MV40	M
82	N Weed	57.31	Unattached	MV50	M
83	Melanie Tancock	57.47	Amman Valley Harriers	FV35	F
84	A Hoare	58.40	Unattached	OM	M
85	Kath Treharne	58.45	Amman Valley Harriers	FV45	F
86	Fay Sharpe	58.50	3M Gorseinon R R	FV45	F
87	Richard Donne	59.05	3M Gorseinon R R	MV50	M
88	Neil Lewis	59.35	Mumbles Milers	MV50	M
89	Ian Swanson	60.44	Port Talbot Harriers	MV60	M
90	Helen Williams	61.09	Unattached	OF	F
91	Sian Evans	61.36	Unattached	OF	F
92	Nigel James	61.42	Llanelli A C	MV50	M
93	Daina Jones	63.38	Unattached	FV35	F
94	Carolann Healey	63.59	Amman Valley Harriers	FV35	F
95	Louise Evans	66.05	Unattached	OF	F
96	Pauline Thomas	66.58	TROTS	FV45	F
97	Gary Taylor	76.58	Mumbles Milers	OM	M
98	Rob Fowler	76.58	Amman Valley Harriers	MV60	M