

## Llanelli Waterside 10K - 2009 - Results

Race Pos	Race No	First Name	Surname	Club	Gun Time	Cat	Cat Pos	Chip Time
1	8	DAVID	SANDLES	HAND CYCLING UK	00:22:09	HC	1	00:22:09
1	469	STEVE	REES	PORT TALBOT HARRIERS	00:33:38	MS	1	00:33:37
2	397	LEE	LADD	CARMARTHEN HARRIERS	00:34:39	MS	2	00:34:38
3	862	MATHEW	HARVEY	NEATH HARRIERS	00:35:08	MS	3	00:35:07
4	60	LAURENCE	HUMPHREYS	FAIRWATER RUNNERS	00:35:15	MS	4	00:35:14
5	476	CARL	ELLIS	PORT TALBOT HARRIERS	00:36:15	MS	5	00:36:14
6	192	SAMUEL	WEBSTER	CARDIFF TRIATHLETES	00:36:23	MS	6	00:36:21
7	744	CHRIS	MORGAN	FAIRWATER RUNNERS	00:36:32	M40	1	00:36:31
8	662	MARTIN	WILLIAMS	LES CROUPIERS	00:36:52	M40	2	00:36:49
9	239	STUART	KEEN	NORTHBROOK AC	00:36:56	MS	7	00:36:54
10	468	ANDREW	REYNOLDS	NEATH HARRIERS	00:37:09	MS	8	00:37:08
11	763	MARK	REYNOLDS	NEATH HARRIERS	00:37:12	MS	9	00:37:11
12	340	RICHARD	MULVANY	ABINGDON AMBLERS	00:37:15	MS	10	00:37:13
13	89	GARETH	LYNCH	LES CROUPIERS	00:37:19	MS	11	00:37:16
14	882	IAN	WEBB		00:37:19	M50	1	00:37:18
15	714	JONATHON	BARNES	HEREFORD & COUNTY A.C.	00:37:20	MS	12	00:37:16
16	73	MELANIE	ELLIS	SHAFTESBURY BARNET	00:37:26	F45	1	00:37:25
17	629	ERYL	JONES		00:37:29	M40	3	00:37:26
18	782	KEVIN	LEWIS	NEATH HARRIERS	00:37:40	M40	4	00:37:38
19	443	ADRIAN	WEAVER	PORT TALBOT HARRIERS	00:37:42	MS	13	00:37:36
20	823	STEVEN	HOOPER	PONTYPRIDD ROADENTS	00:37:46	M40	5	00:37:43
21	334	MATT	HURFORD	LES CROUPIERS	00:37:49	MS	14	00:37:47
22	249	CHARLES	WALSH	PORT TALBOT HARRIERS	00:37:50	MS	15	00:37:44

**Don't forget the Llanelli Waterside Half Marathon ..... 14th March 2010**

## Llanelli Waterside 10K - 2009 - Results

Race Pos	Race No	First Name	Surname	Club	Gun Time	Cat	Cat Pos	Chip Time
23	548	ANDREW	DAWE	PEMBROKESHIRE HARRIERS	00:37:53	M40	6	00:37:50
24	11	NIGEL	PHILLIPS		00:38:10	MS	16	00:38:07
25	678	STUART	DOYLE	PORT TALBOT HARRIERS	00:38:15	MS	17	00:38:11
26	758	BEN	FARAG	LES CROUPIERS	00:38:33	M40	7	00:38:29
27	543	ALUN	EVANS		00:38:46	M40	8	00:38:44
28	431	MARK	DUNSCOMBE	SARN HELEN	00:38:49	M40	9	00:38:46
29	236	EDWARD	PRICE	GADE VALLEY HARRIER	00:38:55	M60	1	00:38:51
30	360	RHYDIAN	RESTON		00:38:58	MS	18	00:38:56
31	530	STEPHEN	WILLIAMS	NEATH HARRIERS	00:38:59	M50	2	00:38:54
32	272	MATT	TOOZE		00:39:11	MS	19	00:39:04
33	743	GERARD	CRISPIE	LES CROUPIERS	00:39:12	M40	10	00:39:09
34	34	PAUL	PRICE		00:39:23	M40	11	00:39:20
35	210	CHRIS	FULCHER	PORT TALBOT HARRIERS	00:39:24	M40	12	00:39:22
36	503	GARETH	RICHARDS		00:39:31	MS	20	00:39:23
37	134	LEE	WATTS		00:39:32	MS	21	00:39:28
38	367	PAUL	REES	3MS GORSEINON ROAD RUNNERS	00:39:45	M40	13	00:39:43
39	327	CLARE	PHILLIPS	SWANSEA HARRIERS	00:39:51	F35	1	00:39:49
40	346	CLEM	CLEMENT	PENARTH & DINAS RUNNERS	00:39:54	M40	14	00:39:49
41	845	MATT	HOPKINS	LES CROUPIERS	00:39:59	MS	22	00:39:55
42	877	ROBERT	WILCOX		00:40:09	M40	15	00:40:04
43	607	PHILIP	MILLER		00:40:09	MS	23	00:40:00
44	733	MARTIN	WEBBORN	SWANSEA HARRIERS	00:40:12	M40	16	00:40:11
45	879	BERNARD	HENDERSON	PORT TALBOT HARRIERS	00:40:13	M50	3	00:40:10

**Don't forget the Llanelli Waterside Half Marathon ..... 14th March 2010**

## Llanelli Waterside 10K - 2009 - Results

Race Pos	Race No	First Name	Surname	Club	Gun Time	Cat	Cat Pos	Chip Time
46	497	DAVID	PROUD	LES CROUPIERS	00:40:13	M40	17	00:40:09
47	569	MICHAEL	MURPHY	LES CROUPIERS	00:40:25	M50	4	00:40:21
48	669	ANDREW	RUSSELL	LES CROUPIERS	00:40:33	MS	24	00:40:26
49	836	SEAN	TRELOAR	PORT TALBOT HARRIERS	00:40:34	M40	18	00:40:32
50	358	ALEX	WILLIAMS	PORT TALBOT HARRIERS	00:40:36	M40	19	00:40:33
51	852	KELVIN	JONES		00:40:38	M40	20	00:40:33
52	518	JULIAN	HOARE		00:40:41	MS	25	00:40:33
53	94	MARCUS NEIL	COLES	LES CROUPIERS	00:40:52	MS	26	00:40:45
54	2	PETER	WALTERS	TROTS	00:40:55	M40	21	00:40:50
55	344	DEAN	WEBSTER	3MS GORSEINON ROAD RUNNERS	00:40:58	MS	27	00:40:56
56	383	S	CABLE	3MS GORSEINON ROAD RUNNERS	00:41:11	MS	28	00:41:07
57	650	DAVID	HOPKINS		00:41:12	M50	5	00:41:08
58	692	KEV	JOYCE	PEMBROKESHIRE HARRIERS	00:41:22	M40	22	00:41:13
59	582	MARK	TERRY	TROTS	00:41:22	M50	6	00:41:19
60	55	MATTHEW RICHARD	NANKIVELL		00:41:25	MS	29	00:41:22
61	612	JOHN	MILLS		00:41:28	MS	30	00:41:18
62	48	STEVE	WALSH	3MS GORSEINON ROAD RUNNERS	00:41:35	M40	23	00:41:33
63	753	CAROLINE	JONES	TROTS	00:41:40	F45	2	00:41:37
64	602	SIMON	DARKE		00:41:46	M50	7	00:41:38
65	868	DARREN	STEVENS		00:41:46	MS	31	00:41:43
66	104	CLIVE GEOFFREY	OSMOND	LES CROUPIERS	00:41:52	M40	24	00:41:48
67	765	MICHELLE	COLE		00:41:59	FS	1	00:41:58
68	665	JEREMY	ALFORD	WELSH ATHLETICS	00:42:02	M40	25	00:41:58

**Don't forget the Llanelli Waterside Half Marathon ..... 14th March 2010**

## Llanelli Waterside 10K - 2009 - Results

Race Pos	Race No	First Name	Surname	Club	Gun Time	Cat	Cat Pos	Chip Time
69	179	NIKI	PULEIO		00:42:03	MS	32	00:42:00
70	538	ROBERT	REES		00:42:07	MS	33	00:41:56
71	864	LEE	BOWEN		00:42:10	MS	34	00:42:03
72	496	BRENDAN	AMEY-JONES		00:42:13	M40	26	00:41:53
73	447	ANDREW	WILLIAMSON	ROAD RUNNERS CLUB	00:42:16	MS	35	00:42:04
74	446	MARK	WILLIAMSON	ROAD RUNNERS CLUB	00:42:20	M40	27	00:42:10
75	355	PAUL	BOXER		00:42:20	MS	36	00:42:16
76	838	DARREN	EVANS	TRIEXERCISE	00:42:24	MS	37	00:42:15
77	620	TIM	JOHN		00:42:27	MS	38	00:42:17
78	84	ELLIE	JONES		00:42:27	FS	2	00:42:16
79	279	CHRISTOPHER	NELLINS	PENARTH & DINAS RUNNERS	00:42:28	M50	8	00:42:23
80	679	EMMA	HATHERALL		00:42:29	FS	3	00:42:24
81	712	DAVID	GARLICK		00:42:34	M50	9	00:42:26
82	786	MARK	POLLARD		00:42:37	MS	39	00:42:10
83	713	STEVE	BROWN	PEMBROKESHIRE HARRIERS	00:42:39	M40	28	00:42:31
84	693	MEIRION	DANIELS		00:42:46	M50	10	00:42:39
85	486	ANDREW	BEATON		00:42:46	MS	40	00:42:43
86	794	MARK	JONES		00:42:48	M40	29	00:42:44
87	524	PAUL	EDWARDS	PEMBROKESHIRE HARRIERS	00:42:50	M40	30	00:42:44
88	579	WAYNE	HOYLAND		00:42:51	MS	41	00:42:42
89	276	STEPHEN	MORATH		00:42:51	MS	42	00:42:42
90	621	LUKE	JAMES		00:42:51	MS	43	00:42:47
91	807	LEON	MURNIEKS		00:42:52	MS	44	00:42:46

**Don't forget the Llanelli Waterside Half Marathon ..... 14th March 2010**

## Llanelli Waterside 10K - 2009 - Results

Race Pos	Race No	First Name	Surname	Club	Gun Time	Cat	Cat Pos	Chip Time
92	826	DEAN	BIRT	PONTYPRIDD ROADENTS	00:42:53	MS	45	00:42:31
93	30	MICHAEL ROBERT	EVANS	NEATH HARRIERS	00:42:59	M40	31	00:42:44
94	776	BRIAN	MOGFORD	AMMAN VALLEY HARRIERS	00:43:12	M40	32	00:43:09
95	102	PHILLIP RICHARD	TURNER	LLANELLI TRI CLUB	00:43:14	M40	33	00:43:06
96	658	GARETH	HATTO		00:43:15	MS	46	00:42:47
97	470	RICHARD	BEASLEY		00:43:27	M40	34	00:43:12
98	853	MATTHEW	HAINES		00:43:28	M40	35	00:43:21
99	407	PAUL	EVANS	BRECON AC	00:43:32	MS	47	00:43:15
100	842	DOMINIC	SHIELDS	SAN DOMENICO	00:43:37	M40	36	00:43:27
101	195	KEITH	JAMES		00:43:46	MS	48	00:43:40
102	851	JOHN	ROGERS		00:43:48	M40	37	00:43:41
103	205	ANDREW	MILES		00:43:53	M40	38	00:43:33
104	529	CERI	STEPHENS		00:43:54	MS	49	00:43:53
105	17	MICHAEL	FLYNN		00:43:58	M60	2	00:43:39
106	436	CHRISTOPHER	EVANS		00:43:58	MS	50	00:43:44
107	563	KELLINU	PORTELLI	LES CROUPIERS	00:44:01	M40	39	00:43:31
108	550	COMERY	DAVID		00:44:02	M40	40	00:44:01
109	706	MICHAEL ANTHONY	THOMAS		00:44:04	M40	41	00:44:01
110	399	ABYD	QUINN AZIZ	PENARTH & DINAS RUNNERS	00:44:06	M50	11	00:43:34
111	13	LOUISE	FLYNN		00:44:07	FS	4	00:43:48
112	812	NIGEL	CLARKE	HEREFORD COURIERS	00:44:09	M40	42	00:43:45
113	294	STEVEN	JONES		00:44:10	MS	51	00:44:01
114	527	JON	GILL		00:44:12	MS	52	00:43:47

**Don't forget the Llanelli Waterside Half Marathon ..... 14th March 2010**

## Llanelli Waterside 10K - 2009 - Results

Race Pos	Race No	First Name	Surname	Club	Gun Time	Cat	Cat Pos	Chip Time
115	310	DAVID	THOMAS		00:44:14	MS	53	00:43:42
116	300	GARETH	REES	SOSPAN ROAD RUNNERS	00:44:16	MS	54	00:44:11
117	803	RAY	MAJER		00:44:20	M50	12	00:44:14
118	430	DANIEL	LUFFMAN		00:44:21	MS	55	00:44:05
119	711	CYRIL	WALTERS	TROTS	00:44:22	M60	3	00:44:11
120	445	RICHARD	BEECH	LES CROUPIERS	00:44:25	MS	56	00:43:56
121	444	GERAINT	PHILLIPS		00:44:26	MS	57	00:44:10
122	561	JAMES	RIDLEY		00:44:27	MS	58	00:44:02
123	502	JEFFREY	ASTON	LES CROUPIERS	00:44:29	M60	4	00:44:13
124	186	PAUL	REES		00:44:36	M40	43	00:44:23
125	1	ANDREW	HERBERT		00:44:38	MS	59	00:44:32
126	513	SAMUEL	LUCITT-REES		00:44:40	MS	60	00:44:11
127	214	DANIEL	HUMPHREYS		00:44:40	MS	61	00:44:19
128	738	CAROL	MOSELEY	PORT TALBOT HARRIERS	00:44:48	FS	5	00:44:45
129	720	STUART	KEEPING		00:44:48	M40	44	00:44:35
130	429	EVAN	PHILLIPS		00:44:49	MS	62	00:44:32
131	637	AMANDA	GIBBON		00:44:50	F45	3	00:44:39
132	82	STEVEN	WILLIAMS		00:44:55	MS	63	00:44:19
133	835	HUW	THOMAS		00:44:58	M40	45	00:44:47
134	500	IAN	HOLT		00:45:00	MS	64	00:44:17
135	673	ALAW	BEYNON - THOMAS	CARMARTHEN HARRIERS	00:45:02	FS	6	00:45:02
136	216	SIMON	O'BRIEN		00:45:05	M40	46	00:44:57
137	605	ELSPETH	JENKINS	BRACKLA HARRIERS	00:45:05	F35	2	00:44:49

**Don't forget the Llanelli Waterside Half Marathon ..... 14th March 2010**

## Llanelli Waterside 10K - 2009 - Results

Race Pos	Race No	First Name	Surname	Club	Gun Time	Cat	Cat Pos	Chip Time
138	259	ALAN	PORTER		00:45:05	M40	47	00:44:47
139	565	STEVE	LAWRENCE		00:45:06	MS	65	00:44:54
140	865	GARY	WATERS	SWANSEA HARRIERS	00:45:07	M60	5	00:45:02
141	36	ROBERT MARK	PRESTON		00:45:09	M40	48	00:44:19
142	49	GARETH	THOMAS		00:45:11	MS	66	00:45:06
143	427	TONY	HOLLING	PORT TALBOT HARRIERS	00:45:11	M50	13	00:45:09
144	491	MARK	OVERTON		00:45:15	M40	49	00:45:06
145	677	ROBERT	FORD	PONTYPRIDD ROADENTS	00:45:20	M50	14	00:45:08
146	539	STUART	TYRRELL		00:45:20	MS	67	00:44:39
147	295	HELEN	JONES		00:45:24	F35	3	00:45:15
148	51	CHRIS	SETTLE		00:45:25	MS	68	00:44:50
149	681	DAVID	JAMES		00:45:26	MS	69	00:45:18
150	724	STEPHEN	JONES		00:45:26	M40	50	00:45:03
151	147	MIKE	EVASON		00:45:28	M50	15	00:45:11
152	860	IAN	ROBINSON		00:45:30	M40	51	00:45:23
153	759	VIVIAN	THOMAS		00:45:34	M60	6	00:45:11
154	575	JUSTIN	JOHNSON		00:45:36	MS	70	00:45:24
155	670	MARK	EDWARDS		00:45:43	MS	71	00:45:32
156	267	BRIAN	COTTON		00:45:45	MS	72	00:45:27
157	434	CHRISTINA	SMITH	3MS GORSEINON ROAD RUNNERS	00:45:45	F45	4	00:45:34
158	660	JAY	AGER		00:45:46	MS	73	00:45:19
159	808	JULIAN	DANIEL		00:45:46	M50	16	00:45:38
160	709	JULIE	SCHOLEY	LES CROUPIERS	00:45:47	F45	5	00:45:43

**Don't forget the Llanelli Waterside Half Marathon ..... 14th March 2010**

## Llanelli Waterside 10K - 2009 - Results

Race Pos	Race No	First Name	Surname	Club	Gun Time	Cat	Cat Pos	Chip Time
161	622	PIERS	MORGAN-HARVEY	MUMBLES MILERS	00:45:49	MS	74	00:45:36
162	508	PAUL	CARMAN		00:45:51	M50	17	00:45:33
163	211	STEVE	HILL	PENARTH & DINAS RUNNERS	00:45:51	M40	52	00:45:44
164	359	ANDREA	WILLIAMS	ROAD RUNNERS CLUB	00:45:52	F35	4	00:45:43
165	734	NICOLA	QUINN	EMLYN RUNNERS	00:45:53	F35	5	00:45:31
166	623	ALWYN	WILLAIMS		00:45:55	M40	53	00:45:24
167	856	ALEX	BROWN		00:45:56	MS	75	00:45:34
168	515	STUART	BEASLEY		00:45:56	MS	76	00:45:41
169	404	MARTIN	DONOVAN		00:45:59	M40	54	00:45:49
170	408	STEFFAN	THOMAS		00:46:00	MS	77	00:45:41
171	101	MARK	WESTCOTT		00:46:03	M40	55	00:45:55
172	99	NEIL PATRICK	CONFREY		00:46:05	M50	18	00:45:25
173	40	SAMANTHA	CARTER		00:46:06	FS	7	00:45:58
174	737	STUART	LAWTON		00:46:08	MS	78	00:45:40
175	881	CHRISTOPHER	COOK		00:46:16	M40	56	00:46:02
176	321	JUDI	RHYS	LES CROUPIERS	00:46:20	F45	6	00:46:11
177	18	MICHAEL	TERRY		00:46:24	M50	19	00:46:15
178	293	LANA	BRACE		00:46:25	F35	6	00:46:15
179	96	STEVE	AUSTINS		00:46:31	MS	79	00:46:10
180	83	AMY	EDWARDS	RHONDDA VALLEY RUNNERS	00:46:32	FS	8	00:46:27
181	545	STEPHEN	MATTHEWS		00:46:36	MS	80	00:46:03
182	184	DAVID	GRIFFITHS		00:46:38	MS	81	00:46:04
183	489	CHRISTOPHER	WOODWARD		00:46:39	MS	82	00:46:29

**Don't forget the Llanelli Waterside Half Marathon ..... 14th March 2010**

## Llanelli Waterside 10K - 2009 - Results

Race Pos	Race No	First Name	Surname	Club	Gun Time	Cat	Cat Pos	Chip Time
184	514	STEWART	LUCITT		00:46:42	MS	83	00:46:13
185	258	HYWEL	TOMOS		00:46:44	M40	57	00:46:09
186	653	ALISON	YATES		00:46:44	FS	9	00:46:08
187	493	AMANDA	JOHN	AMMAN VALLEY HARRIERS	00:46:47	F45	7	00:46:32
188	16	MATTHEW	LAWLOR		00:46:47	MS	84	00:46:26
189	454	STUART	URCH		00:46:52	MS	85	00:46:39
190	71	ANDREA	HURMAN	PENARTH & DINAS RUNNERS	00:46:54	F35	7	00:46:29
191	843	MICHAEL	ORCHARD	HAYLE RUNNERS	00:47:00	M50	20	00:46:49
192	726	KEVIN	BARNES	HEREFORD COURIERS	00:47:01	M40	58	00:46:37
193	238	MATT	GRIFFITHS		00:47:07	MS	86	00:46:40
194	142	MARTIN	DAVIES	SOSPAN ROAD RUNNERS	00:47:15	MS	87	00:46:39
195	19	VAUGHAN	EVANS		00:47:15	MS	88	00:46:44
196	532	JENKINS	GERAINT	AMMAN VALLEY HARRIERS	00:47:17	M40	59	00:47:11
197	814	CLARE	LLOYD		00:47:18	FS	10	00:46:56
198	790	NIGEL	TAYLOR		00:47:21	M40	60	00:46:53
199	405	MARK	BEVAN		00:47:22	MS	89	00:46:50
200	318	MATT	ROGERSON		00:47:32	MS	90	00:47:18
201	834	NEIL	GABRIEL		00:47:34	MS	91	00:47:13
202	423	JOANNE	TUCKER		00:47:38	F35	8	00:47:21
203	674	HELEN	STEVENSON		00:47:39	F35	9	00:47:02
204	435	RICHARD	EVANS		00:47:40	M40	61	00:47:33
205	584	HUSSAIN	RUBBAN		00:47:42	MS	92	00:47:03
206	641	ALUN	MORRIS		00:47:43	MS	93	00:47:18

**Don't forget the Llanelli Waterside Half Marathon ..... 14th March 2010**

## Llanelli Waterside 10K - 2009 - Results

Race Pos	Race No	First Name	Surname	Club	Gun Time	Cat	Cat Pos	Chip Time
207	638	JAMES	ASHWIN		00:47:44	MS	94	00:47:21
208	536	KEITH	VERHEYDEN		00:47:45	M40	62	00:47:02
209	473	IAN	DERRICK	LES CROUPIERS	00:47:48	M40	63	00:47:16
210	335	NEALE	DAVIES		00:47:50	M40	64	00:47:28
211	264	BARRI	EDWARDS		00:47:53	MS	95	00:47:04
212	269	COLIN	WEBB		00:47:56	MS	96	00:47:09
213	829	BEN	MATTHEWS		00:47:57	MS	97	00:47:43
214	704	JOHN	DAVIES	PORT TALBOT HARRIERS	00:47:59	M60	7	00:47:54
215	362	MARK	EAKINS		00:47:59	MS	98	00:47:45
216	363	LOUISE	EAKINS		00:47:59	F35	10	00:47:45
217	630	HENRY	WRIGHT		00:48:09	MS	99	00:47:46
218	806	STUART	JAMES		00:48:10	M40	65	00:47:37
219	844	ALAN	GEDDES		00:48:10	M50	21	00:47:43
220	440	CERI	MELHUIISH-THOMAS		00:48:14	MS	100	00:48:07
221	857	SIAN	EVANS	LES CROUPIERS	00:48:16	F35	11	00:47:41
222	848	ROBERT	PHILLIPS	PONTYPRIDD ROADENTS	00:48:18	M40	66	00:47:56
223	185	EMMA	SHAW		00:48:20	F35	12	00:48:09
224	9	DAVID	BOUCHER		00:48:24	M50	22	00:47:26
225	805	LOIS	REED		00:48:26	FS	11	00:48:11
226	109	DAVID MARTIN	WALKER		00:48:28	M50	23	00:47:54
227	209	NINA	BROCKLEBANK	3MS GORSEINON ROAD RUNNERS	00:48:30	F35	13	00:48:18
228	564	DAVID	MCDONALD	LES CROUPIERS	00:48:33	M40	67	00:48:01
229	187	VICKI	MORGAN	FOREST OF DEAN ATHLETIC CLUB	00:48:34	F35	14	00:48:11

**Don't forget the Llanelli Waterside Half Marathon ..... 14th March 2010**

## Llanelli Waterside 10K - 2009 - Results

Race Pos	Race No	First Name	Surname	Club	Gun Time	Cat	Cat Pos	Chip Time
230	402	JOHN	MARTIN		00:48:35	M50	24	00:48:19
231	756	HYWEL	THOMAS		00:48:44	MS	101	00:48:21
232	352	DAVID	THOMAS	PEMBROKESHIRE HARRIERS	00:48:45	MS	102	00:48:13
233	581	NICK	CLARK		00:48:47	MS	103	00:48:03
234	418	PETER	CURRAN		00:48:48	M40	68	00:48:28
235	409	BRENDAN	SWEENEY	ROB CLARKES GYM	00:48:53	F45	8	00:48:12
236	651	PAUL	BENJAMIN		00:49:02	M40	69	00:48:39
237	652	DANIEL	BENJAMIN		00:49:03	MS	104	00:48:40
238	596	STEPHEN	WILLIAMS	LES CROUPIERS	00:49:06	M50	25	00:48:33
239	643	SUE	SMITH		00:49:09	F35	15	00:48:34
240	757	RICHARD	DAVIES		00:49:10	MS	105	00:49:02
241	715	PAUL ANTHONY	WILLIAMS		00:49:13	M40	70	00:48:33
242	14	MARK	DAVIES		00:49:15	M40	71	00:48:44
243	401	KEVIN	DALLING		00:49:17	M40	72	00:48:54
244	252	LIAM J	DAVIES		00:49:18	M50	26	00:49:09
245	262	CHRISTIAN	REES		00:49:19	MS	106	00:48:40
246	608	ANDREW	HOBBY		00:49:19	MS	107	00:49:01
247	736	GARETH	MORRIS		00:49:20	MS	108	00:48:56
248	458	MARTYN	DULAKE		00:49:21	M40	73	00:49:12
249	146	ANDREW	EVASON		00:49:23	M50	27	00:49:06
250	841	TRACY	EDWARDS	RHONDDA VALLEY RUNNERS	00:49:24	F35	16	00:49:18
251	342	CLIVE	JONES		00:49:25	MS	109	00:48:57
252	194	STEVE	JONES		00:49:26	M40	74	00:49:19

**Don't forget the Llanelli Waterside Half Marathon ..... 14th March 2010**

## Llanelli Waterside 10K - 2009 - Results

Race Pos	Race No	First Name	Surname	Club	Gun Time	Cat	Cat Pos	Chip Time
253	847	GEORGINA	GOVIER		00:49:32	F45	9	00:49:12
254	288	ANDREW	BISTON		00:49:34	M40	75	00:49:20
255	498	CORDELIA	JONES		00:49:38	FS	12	00:49:24
256	764	FRANCIS	MULLETT		00:49:42	MS	110	00:48:58
257	710	CHRIS	BOWNE		00:49:50	M40	76	00:49:32
258	298	HOLLY	LEWIS		00:49:51	FS	13	00:49:30
259	685	KATHRYN	JOHN	3MS GORSEINON ROAD RUNNERS	00:49:52	F35	17	00:49:38
260	671	TONIA	LEWIS		00:49:52	FS	14	00:49:37
261	393	BILL	BEYNON	WLA	00:49:52	M40	77	00:49:10
262	802	DAVID	ELVY		00:49:54	M40	78	00:49:13
263	664	PAUL	JONES	MUMBLES MILERS	00:49:55	MS	111	00:49:23
264	200	JASON	DONOVAN		00:49:55	MS	112	00:49:16
265	661	LEE	KWOK	GLAMORGAN HEALTH & RACQUET CLU	00:49:55	MS	113	00:49:21
266	127	DAVID	HENRY		00:49:58	M40	79	00:49:39
267	535	CHRIS	PURNELL	CARDIGAN	00:50:00	M40	80	00:49:38
268	411	SUZANNE	BEVAN		00:50:02	F35	18	00:49:39
269	246	BRIAN	MATTHEWS		00:50:02	M50	28	00:49:48
270	739	JULIE	ARCHER	WOMEN'S RUNNING NETWORK	00:50:02	F35	19	00:49:36
271	647	FFION AUR	EVANS	AMMAN VALLEY HARRIERS	00:50:04	FS	15	00:49:58
272	541	ANTHONY	MITCHELL		00:50:08	M40	81	00:49:35
273	606	NICOLA	COLE	PEMBROKESHIRE HARRIERS	00:50:09	F35	20	00:49:51
274	562	MIKE	ALLEN		00:50:10	M40	82	00:49:44
275	580	PETER	CARLICK		00:50:13	M40	83	00:49:40

**Don't forget the Llanelli Waterside Half Marathon ..... 14th March 2010**

## Llanelli Waterside 10K - 2009 - Results

Race Pos	Race No	First Name	Surname	Club	Gun Time	Cat	Cat Pos	Chip Time
276	72	PHILIPPA	FRANCIS		00:50:17	F45	10	00:50:02
277	151	NEILL	CRAWSHAW		00:50:17	MS	114	00:49:41
278	63	DAVID	EVANS		00:50:19	MS	115	00:49:37
279	268	KRISTIAN	EPTON		00:50:19	MS	116	00:50:01
280	347	ALED	JONES		00:50:23	M40	84	00:49:36
281	540	ANDY	JONES		00:50:24	MS	117	00:49:57
282	705	IAN OWEN GLYNDWR	WILLIAMS		00:50:26	M40	85	00:50:13
283	202	JOANNE	HALE		00:50:27	FS	16	00:50:21
284	824	BRYAN	REES	EMLYN RUNNERS	00:50:29	M50	29	00:50:07
285	85	DIANA MARY	FOX		00:50:31	F45	11	00:49:49
286	566	MICHAEL	PASCOE		00:50:34	MS	118	00:50:22
287	197	LYDIA	SMITH		00:50:36	F35	21	00:50:30
288	150	GARETH	THOMAS		00:50:38	MS	119	00:50:01
289	59	IAN	DOBBY		00:50:40	M60	8	00:50:02
290	477	RICHARD	HOUSE		00:50:41	MS	120	00:50:17
291	351	PAUL	JONES		00:50:48	MS	121	00:50:03
292	791	EMMA	MORRIS		00:50:52	FS	17	00:50:25
293	800	WAYNE	EVANS		00:50:54	MS	122	00:50:41
294	626	GWAWR MARTHA	LLOYD		00:50:55	FS	18	00:50:34
295	663	DARREN	HOYLAND		00:50:55	MS	123	00:50:45
296	343	STEWART	LI		00:50:55	MS	124	00:50:18
297	196	KATE	LEWIS		00:51:00	FS	19	00:50:43
298	286	ANDREW	CURPHEY		00:51:02	MS	125	00:50:32

**Don't forget the Llanelli Waterside Half Marathon ..... 14th March 2010**

## Llanelli Waterside 10K - 2009 - Results

Race Pos	Race No	First Name	Surname	Club	Gun Time	Cat	Cat Pos	Chip Time
299	485	LINDY	BEATON		00:51:06	F45	12	00:50:54
300	345	JANICE	CLEMENT	PENARTH & DINAS RUNNERS	00:51:07	F45	13	00:50:28
301	67	MALCOLM	MARSHALL		00:51:09	M50	30	00:50:25
302	526	TONY	SPILLER		00:51:09	MS	126	00:50:56
303	188	MATTHEW	OTTESON		00:51:11	MS	127	00:50:56
304	668	PHILIP	BOSLEY		00:51:12	M40	86	00:50:51
305	152	PHILLIPS	GARY		00:51:14	M40	87	00:50:33
306	380	VICTORIA	BETTS		00:51:15	F35	22	00:50:33
307	117	RICHARD WYNNE	THOMAS		00:51:17	M40	88	00:50:39
308	684	LYNNE	PARRY	3MS GORSEINON ROAD RUNNERS	00:51:19	FS	20	00:51:07
309	451	RICHARD	DONNE	3MS GORSEINON ROAD RUNNERS	00:51:22	M40	89	00:51:08
310	516	CHRISTOPHER	BEVAN		00:51:25	MS	128	00:51:01
311	598	ROD	MACKAY		00:51:25	M50	31	00:50:53
312	625	ELERI	CONNOR	PENARTH & DINAS RUNNERS	00:51:29	FS	21	00:51:08
313	481	MICHAEL	HINCHLIFFE		00:51:30	MS	129	00:51:23
314	646	BRYAN	DOWNEY		00:51:31	MS	130	00:50:41
315	234	OWEN	HATHWAY		00:51:35	MS	131	00:50:48
316	275	RACHEL	HARRIS		00:51:36	FS	22	00:51:26
317	768	ALLAN	SMITH	3MS GORSEINON ROAD RUNNERS	00:51:38	M60	9	00:51:36
318	432	MATTEW	HOLDSWORTH		00:51:39	MS	132	00:51:24
319	442	PAUL	ROWLEY		00:51:40	M50	32	00:51:19
320	523	JOHN RYAN	BEVAN		00:51:42	MS	133	00:51:18
321	290	KATHLEEN	BRADBURY	AMMAN VALLEY HARRIERS	00:51:52	F45	14	00:51:08

**Don't forget the Llanelli Waterside Half Marathon ..... 14th March 2010**

## Llanelli Waterside 10K - 2009 - Results

Race Pos	Race No	First Name	Surname	Club	Gun Time	Cat	Cat Pos	Chip Time
322	312	MARK	IBBITSON		00:51:53	MS	134	00:51:36
323	371	LEE	JONES	H4H	00:51:54	MS	135	00:51:30
324	463	CHRIS	DIX		00:51:59	M40	90	00:51:43
325	235	RHIAN	DAVIES		00:52:02	FS	23	00:51:47
326	456	CHRISTOPHER	LEEKE		00:52:07	MS	136	00:51:46
327	368	LINDA	REES	3MS GORSEINON ROAD RUNNERS	00:52:14	F45	15	00:52:01
328	183	CHRIS	MORGAN	LES CROUPIERS	00:52:14	M40	91	00:51:41
329	649	CLAIRE	CURRIE		00:52:16	FS	24	00:51:53
330	619	CHRISTOPHER	LANE		00:52:19	M50	33	00:52:10
331	297	TRACEY	SCOTCHER		00:52:23	F35	23	00:52:14
332	717	MARK	LLOYD		00:52:25	M50	34	00:51:59
333	716	SARAH	JAMES		00:52:25	FS	25	00:52:00
334	672	LAURENCE	JACKMAN		00:52:27	M40	92	00:51:57
335	396	MIKE	DAVIES		00:52:27	MS	137	00:52:10
336	3	EMILY	LUKE	PENARTH & DINAS RUNNERS	00:52:28	FS	26	00:52:21
337	827	MICHELLE	PHILLIPS	AMMAN VALLEY HARRIERS	00:52:28	MS	138	00:52:23
338	546	MARCIA	VOWLES	GREAT WESTERN RUNNERS	00:52:29	F45	16	00:52:12
339	277	KEITH	POWELL		00:52:31	M50	35	00:52:05
340	155	JAMES	HOBBS		00:52:33	M40	93	00:52:06
341	750	JONATHAN	JONES		00:52:37	MS	139	00:52:03
342	337	ERIC	FREW		00:52:39	M40	94	00:52:17
343	632	CHRIS	COGSWELL		00:52:39	MS	140	00:52:14
344	796	SARAH	FISH		00:52:48	F35	24	00:52:38

**Don't forget the Llanelli Waterside Half Marathon ..... 14th March 2010**

## Llanelli Waterside 10K - 2009 - Results

Race Pos	Race No	First Name	Surname	Club	Gun Time	Cat	Cat Pos	Chip Time
345	412	JOHN	JONES		00:52:50	M40	95	00:52:31
346	309	EIROS	DAVIES		00:52:53	M40	96	00:52:45
347	130	RHIANYDD	EDWARDS		00:52:53	F35	25	00:52:35
348	867	ALAN	CHESTERS		00:52:54	M50	36	00:52:03
349	506	DANIEL	READ	"TEAM ""LIND"""	00:52:55	MS	141	00:52:24
350	645	NIA	DOWNEY		00:52:58	FS	27	00:52:08
351	728	HEULWEN	JAMES	RHEDWYR EMLYN	00:53:00	F35	26	00:52:23
352	727	RICHARD	JAMES	RHEDWYR EMLYN	00:53:00	M40	97	00:52:24
353	406	ALISON	NICHOLLS		00:53:01	F45	17	00:52:31
354	110	MATTHEW	BANNISTER		00:53:02	MS	142	00:52:39
355	701	JENNY	HUGHES		00:53:07	FS	28	00:52:54
356	702	CLARE	HINGOTT		00:53:08	FS	29	00:52:55
357	732	PAUL EIRVIL	JONES		00:53:10	M40	98	00:52:37
358	667	MARK	ELLIS		00:53:10	MS	143	00:52:52
359	394	SANDRA	BEYNON	WLA	00:53:11	F45	18	00:52:29
360	762	ROBERT	BEER		00:53:14	MS	144	00:52:56
361	801	ADRIAN	HOPKINS		00:53:15	MS	145	00:52:57
362	243	JOANNE	DAVIES	SWANSEA UNIVERSITY	00:53:22	FS	30	00:52:56
363	242	NEIL	DAVIES		00:53:22	M60	10	00:52:57
364	594	TASMIN	THOMAS		00:53:26	FS	31	00:53:09
365	221	SHARON	ROGERS		00:53:26	F35	27	00:53:11
366	452	IAN	PRICE		00:53:27	MS	146	00:53:04
367	577	MARK	SMITH		00:53:30	M40	99	00:52:37

**Don't forget the Llanelli Waterside Half Marathon ..... 14th March 2010**

## Llanelli Waterside 10K - 2009 - Results

Race Pos	Race No	First Name	Surname	Club	Gun Time	Cat	Cat Pos	Chip Time
368	729	BEVERLEY	WARBURTON		00:53:32	F45	19	00:53:20
369	746	RAY	FISHER		00:53:36	M50	37	00:53:14
370	455	DELLA	OWEN		00:53:43	F35	28	00:53:05
371	303	MARK	BASS	REALBUZZRUNBRITAIN RUNNING CLU	00:53:43	M40	100	00:53:01
372	585	MARK	ROWLANDS		00:53:44	MS	147	00:53:05
373	23	GARTH	GIESBRECHT		00:53:48	M50	38	00:53:26
374	291	JAMES	BRADBURY		00:53:50	M50	39	00:53:05
375	251	A	DAVIES		00:53:53	F45	20	00:53:32
376	460	STEVEN	NADEN		00:53:54	M40	101	00:53:16
377	379	FRAN	KNIGHT		00:53:56	F45	21	00:53:22
378	870	MALCOLM	BULLOUGH		00:53:57	M50	40	00:53:06
379	233	PETER	GRIFFIN		00:54:00	MS	148	00:53:14
380	282	NEIL	BALL		00:54:01	MS	149	00:53:22
381	462	MATTHEW	PHILLIPS		00:54:03	MS	150	00:53:17
382	683	SIAN	THOMAS		00:54:05	FS	32	00:53:52
383	386	SARAH	HAWKER		00:54:09	F35	29	00:53:35
384	95	LEIGH	STEVENS		00:54:13	M40	102	00:53:41
385	86	REBECCA	KINDRED		00:54:15	F35	30	00:53:33
386	854	CARL	RHODES		00:54:16	MS	151	00:54:07
387	322	LISA	PHILLIPS		00:54:17	F35	31	00:54:08
388	98	DEBRA ELIZABETH	CONFREY		00:54:18	F35	32	00:53:37
389	703	ANNA	STICKLAND		00:54:19	F35	33	00:54:10
390	624	ANDREW	JOHNSON		00:54:19	M40	103	00:54:12

**Don't forget the Llanelli Waterside Half Marathon ..... 14th March 2010**

## Llanelli Waterside 10K - 2009 - Results

Race Pos	Race No	First Name	Surname	Club	Gun Time	Cat	Cat Pos	Chip Time
391	260	LYNNE	PORTER		00:54:26	F35	34	00:54:06
392	788	ANTHONY	HENEBERY	MUMBLES MILERS RRC	00:54:28	M40	104	00:54:08
393	572	LEIGH	LLEWELLYN		00:54:30	MS	152	00:54:05
394	749	STEPHEN	NEWBURY		00:54:32	M50	41	00:54:11
395	771	SARAH	CARSWELL		00:54:35	FS	33	00:54:29
396	817	JOHNATHEN	COLE		00:54:36	M40	105	00:54:04
397	52	NICHOLAS	McGINN	NEATH HARRIERS	00:54:41	MS	153	00:53:49
398	501	MICHAEL	OWEN		00:54:41	MS	154	00:53:49
399	232	ANDREW	DAVIES		00:54:43	MS	155	00:53:52
400	741	CARWYN	FOWLER		00:54:49	MS	156	00:54:15
401	636	DEAN	WILLIAMS		00:54:57	MS	157	00:54:22
402	722	NIGEL LEIGHTON	JONES		00:54:59	M50	42	00:54:25
403	659	MARK	LAWTON		00:55:00	MS	158	00:54:33
404	492	DAVID	WILLIAMS		00:55:01	MS	159	00:54:44
405	747	TRISH	GALE		00:55:01	M40	106	00:54:49
406	766	LINDA	KEELAN		00:55:10	F45	22	00:54:45
407	576	NICOLA	HARRISON		00:55:13	F35	35	00:54:47
408	795	CHRISTOPHER	COLEMAN		00:55:16	M50	43	00:54:44
409	20	SHARON	HENTON		00:55:16	F35	36	00:54:45
410	21	PAUL	HENTON		00:55:16	MS	160	00:54:46
411	449	LEIGH	MULVIHILL		00:55:18	FS	34	00:54:36
412	745	ROBERT	HICKS		00:55:19	M40	107	00:54:41
413	392	GEOFFREY	POWELL		00:55:19	M40	108	00:54:55

**Don't forget the Llanelli Waterside Half Marathon ..... 14th March 2010**

## Llanelli Waterside 10K - 2009 - Results

Race Pos	Race No	First Name	Surname	Club	Gun Time	Cat	Cat Pos	Chip Time
414	457	OWAIN	MAINWARING		00:55:21	MS	161	00:54:59
415	228	GARETH	JOHN	ALZHEIMER'S SOCIETY	00:55:23	M40	109	00:54:58
416	837	MICHELLE	OWEN	AMMAN VALLEY HARRIERS	00:55:24	F35	37	00:54:58
417	395	JANET	DAVIES		00:55:26	F45	23	00:55:09
418	593	MARTYN	BIDWELL		00:55:27	M40	110	00:54:51
419	413	ANDREW	GIBBS		00:55:29	MS	162	00:54:46
420	777	JOHN	SANDERSON	3MS GORSEINON ROAD RUNNERS	00:55:33	M50	44	00:54:52
421	122	LEE MALCOLM	THOMAS		00:55:34	MS	163	00:55:14
422	573	ROBIN	PARKER		00:55:35	MS	164	00:54:54
423	113	CHRISTOPHER	HOCKLEY		00:55:36	M40	111	00:54:58
424	419	RHODRI	REES		00:55:36	MS	165	00:55:13
425	169	GRANT	REES		00:55:42	MS	166	00:55:14
426	770	MARI	EVANS		00:55:45	FS	35	00:55:27
427	696	RHODRI	EVANS		00:55:45	MS	167	00:55:27
428	57	PATRICIA	HOWELLS		00:55:47	F35	38	00:55:05
429	162	JAMES	DAVIES		00:55:50	MS	168	00:55:05
430	682	NIGEL	THOMAS		00:55:52	M50	45	00:55:32
431	448	ANDREW	BOOTH	ROAD RUNNERS CLUB	00:55:53	M50	46	00:55:38
432	35	ROB	SMITH		00:55:54	M40	112	00:55:10
433	285	KAREN	BINFIELD	WOMEN'S RUNNING NETWORK	00:55:55	F45	24	00:55:28
434	878	NEAL	LEWIS		00:55:59	M49	1	00:55:27
435	357	DEAN	ISRAEL		00:56:01	M40	113	00:55:15
436	257	SIAN	TOMOS		00:56:02	F35	39	00:55:18

**Don't forget the Llanelli Waterside Half Marathon ..... 14th March 2010**

## Llanelli Waterside 10K - 2009 - Results

Race Pos	Race No	First Name	Surname	Club	Gun Time	Cat	Cat Pos	Chip Time
437	694	JACQUELINE	KING		00:56:03	F35	40	00:55:19
438	350	NEIL	BRIDCUT		00:56:06	MS	169	00:55:21
439	721	VICKY	NEWSWAY	WOMEN'S RUNNING NETWORK	00:56:06	F45	25	00:55:38
440	595	ALUN	FOULKES		00:56:09	M60	11	00:55:31
441	388	LOUISE	UDIAWAR		00:56:09	FS	36	00:55:31
442	825	MALCOLM	PARKER	ISLWYN RUNNING CLUB	00:56:14	M60	12	00:55:25
443	568	GILLIAN	MURPHY	LES CROUPIERS	00:56:14	F55	1	00:55:58
444	869	RACHEL	COLLINS		00:56:16	FS	37	00:56:02
445	785	JAMES	MASON		00:56:21	MS	170	00:55:47
446	425	JANE	CHAPPELLE		00:56:22	F45	26	00:56:12
447	735	CARL	SEAMAN	RHONDDA VALLEY RUNNERS	00:56:22	MS	171	00:55:46
448	120	ALAN RICHARD	OLDFIELD		00:56:27	MS	172	00:55:57
449	522	OBAN	SKEY		00:56:37	MS	173	00:56:05
450	521	KATE	SKEY		00:56:37	FS	38	00:56:05
451	190	ROBERT	WARLOW		00:56:38	MS	174	00:55:53
452	690	EMMA	MANFORD		00:56:44	FS	39	00:56:14
453	603	JON	LEWIS		00:56:45	MS	175	00:56:30
454	244	FIONA	EVANS		00:56:48	F35	41	00:56:39
455	604	CLIVE	POUND		00:56:48	MS	176	00:56:31
456	639	PAULA	JAMES	PONTYPRIDD ROADENTS	00:56:49	F35	42	00:56:37
457	849	CATHERINE	LLEWELLYN		00:56:52	F45	27	00:56:42
458	818	MICHAEL	COLE		00:56:54	MS	177	00:56:02
459	831	ROBERT	HOLT		00:57:01	MS	178	00:56:49

**Don't forget the Llanelli Waterside Half Marathon ..... 14th March 2010**

## Llanelli Waterside 10K - 2009 - Results

Race Pos	Race No	First Name	Surname	Club	Gun Time	Cat	Cat Pos	Chip Time
460	100	RACHEL	MERRIMAN		00:57:03	F35	43	00:56:50
461	70	CHARLOTTE	DAVIES		00:57:03	F45	28	00:56:50
462	654	ADRIAN	GREEN		00:57:05	M40	114	00:56:29
463	201	NICOLA	DONOVAN		00:57:07	F35	44	00:56:27
464	686	CERI	EVANS		00:57:07	F35	45	00:56:28
465	634	PETER	HOPPING		00:57:10	MS	179	00:56:35
466	317	AMANDA	BARRINGTON	WOMEN'S RUNNING NETWORK	00:57:12	F35	46	00:56:45
467	280	KAY	NELLINS	WOMEN'S RUNNING NETWORK	00:57:13	F45	29	00:56:45
468	240	DIANE	KEEN	NORTHBROOK AC	00:57:17	F45	30	00:56:45
469	255	ROBERT	DAVIES		00:57:19	M50	47	00:57:04
470	466	LISA	MATHIAS		00:57:25	F35	47	00:56:54
471	54	CLAIRE HELEN	WILLIAMS		00:57:28	FS	40	00:57:10
472	273	MANDY	BEER	WOMEN'S RUNNING NETWORK	00:57:30	F45	31	00:57:17
473	116	LYNSEY	HOLLEY		00:57:38	FS	41	00:57:22
474	484	PETER	BURRAGE		00:57:39	M50	48	00:56:50
475	114	SIAN	HARTSTILL		00:57:40	FS	42	00:57:24
476	644	GERARD	PITT		00:57:43	MS	180	00:57:09
477	542	ROBERT	MEAD		00:57:52	M40	115	00:57:17
478	833	CLAIRE	THOMAS		00:57:52	FS	43	00:57:42
479	203	EMMA	RADFORD		00:57:53	FS	44	00:57:25
480	53	HANNAH	RICHARDS		00:57:54	FS	45	00:57:37
481	839	JULIE	EVANS	TRIEXERCISE	00:58:02	F45	32	00:57:35
482	479	MARI	HOBBS	LILIS Y CNWC	00:58:02	F45	33	00:57:36

**Don't forget the Llanelli Waterside Half Marathon ..... 14th March 2010**

## Llanelli Waterside 10K - 2009 - Results

Race Pos	Race No	First Name	Surname	Club	Gun Time	Cat	Cat Pos	Chip Time
483	755	VIVIENNE	JONES	SOSPAN ROAD RUNNERS	00:58:03	F35	48	00:57:53
484	769	JANE	HAIGH		00:58:04	F35	49	00:57:59
485	353	KIRSTY	RIMMER		00:58:08	FS	46	00:57:42
486	333	GARY	JONES		00:58:09	M50	49	00:57:52
487	332	SADIE	JONES		00:58:10	FS	47	00:57:52
488	880	SHIRLEY	DAVIES		00:58:10	F45	34	00:57:53
489	204	ALISON	KNEEN		00:58:10	F45	35	00:57:41
490	191	MARK	KNEEN		00:58:10	M50	50	00:57:41
491	784	LES	PAGE		00:58:11	M40	116	00:58:05
492	531	JAMES	BROWNH		00:58:12	MS	181	00:57:27
493	108	DAVID	WATKINS		00:58:12	M40	117	00:57:37
494	370	JENNIFER	FRIGGENS		00:58:15	FS	48	00:57:38
495	783	DAVID	WILDING		00:58:15	M40	118	00:58:08
496	45	CARON	McKEE HANDS		00:58:23	F35	50	00:57:51
497	633	LINDA	THOMAS	SOSPAN ROAD RUNNERS	00:58:23	F45	36	00:58:13
498	316	JOSEPHINE	MILLGATE		00:58:23	F45	37	00:58:03
499	330	HYWEL	THOMAS		00:58:29	MS	182	00:57:55
500	428	GARETH	PROSSER		00:58:32	M40	119	00:58:16
501	437	JONATHAN	BOURNE		00:58:35	MS	183	00:57:47
502	483	DANIEL	HUBBALL		00:58:36	MS	184	00:58:12
503	773	SAMANTHA	MOGFORD	AMMAN VALLEY HARRIERS	00:58:37	FS	49	00:58:10
504	774	JOANNA	MOGFORD	AMMAN VALLEY HARRIERS	00:58:37	FS	50	00:58:11
505	119	STEVE PETER	OLDFIELD		00:58:40	MS	185	00:58:10

**Don't forget the Llanelli Waterside Half Marathon ..... 14th March 2010**

## Llanelli Waterside 10K - 2009 - Results

Race Pos	Race No	First Name	Surname	Club	Gun Time	Cat	Cat Pos	Chip Time
506	299	RACHEL	EVANS		00:58:43	F35	51	00:58:22
507	863	GARY	TAYLOR	MUMBLES MILERS RRC	00:58:49	MS	186	00:58:30
508	815	LEAH	EVANS		00:58:54	F35	52	00:58:26
509	46	CLAIRE	JENKINS		00:59:01	F35	53	00:58:10
510	43	ADRIAN	DEMOULPIED		00:59:02	M40	120	00:58:11
511	389	BRONWEN	WILLIAMS		00:59:03	FS	51	00:58:13
512	666	GREG	MULLETT		00:59:04	M50	51	00:58:19
513	349	CLAIRE	LEWIS		00:59:12	F35	54	00:58:52
514	7	JOEL	WILLIAMS		00:59:14	MS	187	00:58:51
515	775	ANN	MOGFORD	AMMAN VALLEY HARRIERS	00:59:16	F45	38	00:58:49
516	640	DELE	ABODERIN	ESPORTA BRISTOL	00:59:18	F45	39	00:58:30
517	157	TRACY	PRICE		00:59:19	F35	55	00:58:29
518	339	KATIE	JONES	WOMEN'S RUNNING NETWORK	00:59:20	FS	52	00:58:58
519	400	CHRIS	PRITCHARD		00:59:30	MS	188	00:59:11
520	265	HELEN	MITFORD		00:59:31	FS	53	00:58:47
521	433	CHRISTOPHER	DAVIES		00:59:31	M40	121	00:59:23
522	859	YVETTE	HITCHIN		00:59:33	FS	54	00:59:02
523	218	RACHAEL	PARKINSON		00:59:37	FS	55	00:59:02
524	846	CATHERINE	RICHARDS		00:59:40	F45	40	00:59:23
525	459	ALED	LEWIS		00:59:41	MS	189	00:59:03
526	158	JAMES	PROSSER		00:59:43	MS	190	00:59:02
527	38	EMMA	CLINKER		00:59:46	F35	56	00:59:46
528	587	CARL	ROSE		00:59:49	M40	122	00:59:28

**Don't forget the Llanelli Waterside Half Marathon ..... 14th March 2010**

## Llanelli Waterside 10K - 2009 - Results

Race Pos	Race No	First Name	Surname	Club	Gun Time	Cat	Cat Pos	Chip Time
529	811	VICTORIA	ANDERSON	SOSPAN ROAD RUNNERS	00:59:53	FS	56	00:59:39
530	487	PENNY	LAUDER		01:00:00	F35	57	00:59:17
531	610	DAVID	SIDFORD		01:00:01	MS	191	00:59:13
532	361	HELEN	GRIFFITHS		01:00:01	F35	58	00:59:47
533	631	MARIE	BYRNE	AMAZING FEET	01:00:02	F45	41	00:59:30
534	465	RICHARD	HARRIS	ROB CLARKES GYM	01:00:05	MS	192	00:59:15
535	177	LUKE	HAMMOND		01:00:07	MS	193	00:59:20
536	178	MARK	HAMMOND		01:00:07	M40	123	00:59:20
537	42	TONY	MARSHALL		01:00:07	M50	52	00:59:21
538	464	JACQUELINE	MULVIHILL		01:00:08	F45	42	00:59:26
539	875	STUART	CHARLES		01:00:10	MS	194	00:59:59
540	215	KAREN	O'BRIEN		01:00:10	F45	43	00:59:59
541	222	ANNE	COLEMAN		01:00:13	F45	44	01:00:03
542	365	PHILIP	THOMAS		01:00:15	M50	53	00:59:45
543	364	HILARY	THOMAS	WOMEN'S RUNNING NETWORK	01:00:15	F45	45	00:59:45
544	478	HAZEL	MORGAN	LILIS Y CNWC	01:00:19	F45	46	00:59:53
545	816	JANINE	CARDY		01:00:19	F35	59	00:59:46
546	256	RHODRI	LEWIS		01:00:20	MS	195	00:59:51
547	220	JAN-MARIE	JONES		01:00:27	F35	60	01:00:25
548	700	NEIL LEONARD	PRICE	ISLWYN RUNNING CLUB	01:00:27	M60	13	00:59:38
549	154	JOHN	MORGAN		01:00:32	M40	124	00:59:57
550	453	KEVIN	FUSSELL		01:00:32	MS	196	01:00:04
551	555	BETHAN	JONES		01:00:34	FS	57	01:00:04

**Don't forget the Llanelli Waterside Half Marathon ..... 14th March 2010**

## Llanelli Waterside 10K - 2009 - Results

Race Pos	Race No	First Name	Surname	Club	Gun Time	Cat	Cat Pos	Chip Time
552	821	JULIE	NOBLE	CELTIC TRI	01:00:35	F35	61	01:00:10
553	820	LYNNE	PERROTT	WOMEN'S RUNNING NETWORK	01:00:38	F45	47	01:00:19
554	553	SIAN	JONES		01:00:39	FS	58	01:00:09
555	126	BLEDDYN JOHN	REES		01:00:39	MS	197	01:00:20
556	416	LINDA	GREENFIELD		01:00:40	F45	48	01:00:02
557	567	JOANNE	GAMBA	LES CROUPIERS	01:00:42	FS	59	01:00:05
558	822	SUSAN	FELSTEAD	CELTIC TRI	01:00:43	F35	62	01:00:18
559	369	MATTHEW	DAWE		01:00:44	MS	198	01:00:07
560	141	LLINOS	DAVIES		01:00:45	FS	60	01:00:27
561	61	GERAINT LLOYD	GRIFFITHS		01:01:00	M40	125	01:00:10
562	504	DEE	LAWRENCE	"TEAM ""LIND"""	01:01:00	M40	126	01:00:30
563	866	SHARON	EVANS		01:01:01	F35	63	01:00:15
564	314	MICHELLE	CAMPBELL - DAVIES		01:01:01	FS	61	01:00:23
565	106	LISA	ISAAC		01:01:02	FS	62	01:00:38
566	628	NIA	WALTERS		01:01:04	F35	64	01:00:28
567	461	BRIAN	JONES		01:01:07	MS	199	01:00:21
568	77	DAVID MICHAEL	KEMENY		01:01:16	M40	127	01:00:59
569	341	SARAH	POPE	WOMEN'S RUNNING NETWORK	01:01:16	F45	49	01:00:54
570	410	NIA	DICKIE		01:01:18	F35	65	01:00:57
571	505	CAROLYN	THOMAS	"TEAM ""LIND"""	01:01:22	F35	66	01:00:52
572	289	RHIAN	PRICE		01:01:22	FS	63	01:01:12
573	270	CARLY	BUCKINGHAM		01:01:23	FS	64	01:01:14
574	274	HOWELL JOHN	THOMAS		01:01:23	MS	200	01:01:14

**Don't forget the Llanelli Waterside Half Marathon ..... 14th March 2010**

## Llanelli Waterside 10K - 2009 - Results

Race Pos	Race No	First Name	Surname	Club	Gun Time	Cat	Cat Pos	Chip Time
575	482	PETER	GUARD	ROB CLARKES GYM	01:01:29	MS	201	01:00:39
576	558	TIMOTHY	SPEAR		01:01:31	M40	128	01:01:07
577	570	NEIL	HANFORD		01:01:31	MS	202	01:00:54
578	375	JULIAN	LLEWELLYN-DAVIS	RUNNING FOR RETINITIS PIGMENTO	01:01:33	MS	203	01:01:05
579	752	MICHELE	MARSHALL		01:01:37	F35	67	01:00:51
580	718	JULIE LYNNE	KEMP		01:01:38	F45	50	01:01:19
581	600	BETHAN	MORRIS		01:01:39	FS	65	01:01:18
582	601	EMMA	MORRIS		01:01:39	FS	66	01:01:19
583	719	LIZ	MALLEN		01:01:40	F35	68	01:01:27
584	781	NICOLA	JONES		01:01:41	FS	67	01:01:26
585	547	DAVID	TAPPER		01:01:43	M60	14	01:00:55
586	761	ANDREW THOMAS	BURNS		01:01:49	MS	204	01:01:20
587	207	RYAN	GILLETTE		01:01:52	MS	205	01:01:14
588	578	STEVE	MORGAN		01:01:52	M50	54	01:01:28
589	813	SIMON	HUDD		01:01:59	M40	129	01:01:09
590	787	NERYS	REES	-	01:02:06	FS	68	01:01:40
591	80	LISA	ELEN		01:02:06	FS	69	01:01:40
592	571	GARY	RICHARDS		01:02:06	M40	130	01:01:36
593	495	RHIAN	PHILLIPS		01:02:07	FS	70	01:01:41
594	731	VICKY	BASTON		01:02:07	FS	71	01:01:20
595	730	JULIAN	KERSLAKE		01:02:07	M40	131	01:01:20
596	32	HEATHER	PAYTON		01:02:12	F55	2	01:01:29
597	33	MICHAEL	MATTHEWS		01:02:13	M60	15	01:01:29

**Don't forget the Llanelli Waterside Half Marathon ..... 14th March 2010**

## Llanelli Waterside 10K - 2009 - Results

Race Pos	Race No	First Name	Surname	Club	Gun Time	Cat	Cat Pos	Chip Time
598	161	VICTORIA	DAVIES		01:02:15	FS	72	01:01:30
599	415	SARAH	WILLIAMS		01:02:17	FS	73	01:01:59
600	39	BRIAN	THOMAS		01:02:19	M40	132	01:01:42
601	271	JONATHAN	WEBB		01:02:19	M50	55	01:01:31
602	111	JONATHON	EVANS		01:02:22	M40	133	01:01:35
603	112	PHILLIP	YOUNG		01:02:30	M40	134	01:01:43
604	450	PAUL	SIM		01:02:32	MS	206	01:01:52
605	115	BENJAMIN ALAN	TUCKER		01:02:33	MS	207	01:01:50
606	5	CATHERINE	THOMAS		01:02:44	FS	74	01:02:04
607	166	ANNE	SEVENOAKS		01:02:57	F55	3	01:02:42
608	695	JOY	THOMAS	AMMAN VALLEY HARRIERS	01:03:08	F35	69	01:02:33
609	544	JULIA	MEAD		01:03:13	F35	70	01:02:40
610	551	RHIAN	JAMES		01:03:14	FS	75	01:02:35
611	778	HANNAH MAE	JOHNSON		01:03:20	FS	76	01:03:01
612	586	PAUL	CLARKE		01:03:21	MS	208	01:02:37
613	123	PAUL	EMANUEL		01:03:24	MS	209	01:02:34
614	348	JACKIE	EVANS	SOSPAN ROAD RUNNERS	01:03:31	F35	71	01:03:21
615	199	LISA	WORTON		01:03:35	F35	72	01:02:58
616	480	ANGELA	MORGAN	LILIS Y CNWC	01:03:37	F45	51	01:03:12
617	871	AMANDA	BAYLISS		01:03:52	FS	77	01:03:04
618	372	MARTYN	LEWIS		01:04:00	MS	210	01:03:32
619	373	VICKI	LEWIS		01:04:01	FS	78	01:03:33
620	723	PETER	CLEMENT		01:04:03	MS	211	01:03:34

**Don't forget the Llanelli Waterside Half Marathon ..... 14th March 2010**

## Llanelli Waterside 10K - 2009 - Results

Race Pos	Race No	First Name	Surname	Club	Gun Time	Cat	Cat Pos	Chip Time
621	76	JOHN	BROOKES		01:04:03	M60	16	01:03:03
622	616	SHARON	DAVIES		01:04:04	F35	73	01:03:19
623	655	IAN	EVANS		01:04:09	MS	212	01:03:33
624	56	DARRYLL DAVID	HOWELLS		01:04:17	M40	135	01:03:35
625	828	STEVE	HEPBURN		01:04:20	MS	213	01:04:18
626	699	AURELIO	MARIANI		01:04:22	M40	136	01:04:10
627	698	JACKIE	BENHAM		01:04:22	F35	74	01:04:09
628	301	SARAH	STEVENS		01:04:30	FS	79	01:03:58
629	118	DANIEL JAMES	TUCKER		01:04:40	MS	214	01:03:57
630	680	SARAH	MARSH	AMMAN VALLEY HARRIERS	01:04:41	FS	80	01:04:06
631	511	ANGELA	LEWIS		01:04:43	F45	52	01:04:11
632	329	SAMANTHA	GREEN		01:05:06	FS	81	01:04:22
633	519	ROGER	HOLBOROW		01:05:07	M50	56	01:04:27
634	751	MARK	EVANS		01:05:09	MS	215	01:04:22
635	635	IAN	BAMFORD		01:05:11	MS	216	01:04:23
636	227	SUSANNAH	JOHN	ALZHEIMER'S SOCIETY	01:05:20	F35	75	01:04:55
637	873	KIRSTY	MACDONALD		01:05:42	FS	82	01:05:06
638	874	CRAIG	PARRY		01:05:42	MS	217	01:05:06
639	611	LEANNE	DAVIES		01:05:46	FS	83	01:05:35
640	44	MARTIN	LEWIS		01:05:53	M40	137	01:05:03
641	876	MATTHEW	MOORE		01:05:56	MS	218	01:05:15
642	520	JUDY	HOLBOROW		01:05:58	F55	4	01:05:17
643	648	JULIE	NOLAN		01:05:58	F35	76	01:05:34

**Don't forget the Llanelli Waterside Half Marathon ..... 14th March 2010**

## Llanelli Waterside 10K - 2009 - Results

Race Pos	Race No	First Name	Surname	Club	Gun Time	Cat	Cat Pos	Chip Time
644	208	FRANCES	KEOGH-DAVIES	WOMEN'S RUNNING NETWORK	01:06:03	F45	53	01:05:29
645	261	CATHERINE	SWAIN	WOMEN'S RUNNING NETWORK	01:06:04	F45	54	01:05:30
646	223	GAYNOR	WAITE		01:06:04	F35	77	01:05:30
647	475	AMY	ADAMSON		01:06:05	FS	84	01:05:25
648	861	ELIZABETH	RICHARDS	TROTS	01:06:16	FS	85	01:06:08
649	254	SIOBHAN	DAVIES	STRIDERS OF CROYDON	01:06:27	FS	86	01:06:13
650	537	AMY	VERHEYDEN		01:06:29	FS	87	01:05:46
651	315	HELEN	JONES		01:06:38	FS	88	01:06:00
652	474	SARAH	ADAMSON		01:06:41	F35	78	01:06:01
653	676	LUKASZ	GORNY		01:06:54	MS	219	01:06:21
654	105	ELINOR	BENNETT-THOMAS		01:06:58	F35	79	01:06:40
655	614	HELEN	HARRIS		01:07:02	F45	55	01:06:25
656	613	SUZANNE	RICHARDS		01:07:02	F45	56	01:06:25
657	381	ALISON	HOLTON		01:07:06	F35	80	01:06:24
658	219	CAROLANN	HEALY		01:07:09	FS	89	01:06:39
659	615	DARYL	O'BRIEN		01:07:22	MS	220	01:07:17
660	217	ALEX	O'BRIEN		01:07:24	MS	221	01:07:17
661	657	CLAIRE	EVANS		01:07:37	F35	81	01:07:00
662	377	JULIE	MILFORD		01:07:59	F35	82	01:07:43
663	832	JOANNA	JONES		01:08:05	FS	90	01:07:26
664	163	ALUN	JONES		01:08:10	MS	222	01:07:30
665	609	VALERIE	SIDFORD		01:08:35	FS	91	01:07:47
666	840	STACEY	EVANS	TRIEXERCISE	01:08:36	MS	223	01:08:10

**Don't forget the Llanelli Waterside Half Marathon ..... 14th March 2010**

## Llanelli Waterside 10K - 2009 - Results

Race Pos	Race No	First Name	Surname	Club	Gun Time	Cat	Cat Pos	Chip Time
667	471	ALAN	PETERS		01:08:44	M60	17	01:08:04
668	779	PHILLIP	JOHNSON		01:08:44	M50	57	01:08:24
669	304	GARY	CURTIS		01:09:17	MS	224	01:08:33
670	385	PIP	DIMENT		01:09:21	F35	83	01:08:31
671	792	GEMMA	CARMODY		01:10:00	FS	92	01:09:18
672	793	DARREN	SIMPSON		01:10:00	MS	225	01:09:19
673	599	DEAN	BOLGIANI		01:10:01	MS	226	01:09:32
674	47	ANDREW	JENKINS		01:10:08	M40	138	01:09:14
675	772	ALISON	TODD		01:10:38	FS	93	01:09:52
676	767	ANTHONY	HICKEY		01:10:39	M50	58	01:10:13
677	253	ANNA	SMITH		01:10:39	FS	94	01:09:53
678	180	CARYS	MONAGHAN		01:11:08	FS	95	01:10:23
679	181	MATTHEW	MONAGHAN		01:11:08	MS	227	01:10:23
680	642	SARAH	DUDDRIDGE		01:11:08	F35	84	01:10:30
681	6	SUSAN	GULLY		01:11:42	F45	57	01:11:04
682	68	DARREN ANTHONY	HAVARD		01:11:53	MS	228	01:11:04
683	25	RICKY	LANGDON		01:12:18	MS	229	01:11:36
684	356	DARREN	HARDY		01:12:19	MS	230	01:11:37
685	588	KAREN	PAGE		01:12:39	F35	85	01:12:18
686	237	DONNA	WOODS		01:12:39	F35	86	01:12:19
687	424	KATE	LEWIS		01:12:53	FS	96	01:12:32
688	319	ELIZABETH	REES		01:13:18	FS	97	01:12:45
689	131	NIA JAYNE	GEORGE	SOSPAN ROAD RUNNERS	01:13:24	FS	98	01:13:14

**Don't forget the Llanelli Waterside Half Marathon ..... 14th March 2010**

## Llanelli Waterside 10K - 2009 - Results

Race Pos	Race No	First Name	Surname	Club	Gun Time	Cat	Cat Pos	Chip Time
690	266	KATHRYN	FURLONG		01:13:46	F45	58	01:12:57
691	58	LILLIAN	DOBBY		01:13:52	F55	5	01:13:14
692	107	CATHERINE	WATKINS		01:14:17	F45	59	01:13:42
693	510	LAURA	DAVIES		01:14:18	FS	99	01:13:35
694	129	CHRIS	EDWARDS		01:14:30	M40	139	01:13:39
695	707	NERYS WYN	PORCH		01:15:08	F35	87	01:14:29
696	708	TIM	PORCH		01:15:27	M40	140	01:14:48
697	554	DAVID	HILL		01:15:52	MS	231	01:15:03
698	65	DAVID	HEALD		01:16:36	MS	232	01:15:47
699	69	ZOE	HILL		01:16:36	FS	100	01:15:48
700	742	IEUAN WYN	JONES		01:17:48	MS	233	01:17:25
701	740	ALAN	PRITCHARD		01:17:48	MS	234	01:17:25
702	552	STEPHEN	POTTER		01:18:19	MS	235	01:17:30
703	398	ANNA	TEW		01:18:42	FS	101	01:18:06
704	354	LAUREN	GRIGG		01:18:54	FS	102	01:18:11
705	559	CHRISTINE	SWEENEY	ROB CLARKES GYM	01:19:20	F35	88	01:18:40
706	376	VANESSA	LLEWELLYN-DAVIS	RUNNING FOR RETINITIS PIGMENTO	01:21:27	FS	103	01:20:36
707	136	GWYDION	LYN		01:22:19	MS	236	01:21:33
708	697	ALLEN	WATTS	SARN HELEN	01:22:58	M60	18	01:22:31
709	171	MICHAEL	EDWARDS		01:28:44	MS	237	01:28:16
710	172	LISA	EDWARDS		01:29:03	FS	104	01:28:11
711	125	LISA MARIE	WILLIAMS		01:32:31	FS	105	01:31:39
712	872	NICOLA	THOMAS		01:32:31	FS	106	01:31:40

**Don't forget the Llanelli Waterside Half Marathon ..... 14th March 2010**

## Llanelli Waterside 10K - 2009 - Results

Race Pos	Race No	First Name	Surname	Club	Gun Time	Cat	Cat Pos	Chip Time
713	574	SARAH MICHELLE	PARKER		01:33:36	FS	107	01:32:54
714	313	ROBERT	CLARKE	ROB CLARKES GYM	01:46:29	M40	141	01:45:39
715	124	MARGARET	THOMAS		01:46:29	F45	60	01:45:49
716	75	NINA	HOLMAN-BROOKES		01:51:48	F55	6	01:50:48
717	74	LARA	HOLMAN-BROOKES		01:51:48	MS	238	01:50:48
718	378	ROBERT	JONES		01:51:48	MS	239	01:50:48

**Don't forget the Llanelli Waterside Half Marathon ..... 14th March 2010**