

**Results of the 25th annual Carmarthen Mayor's Road Races held
in Carmarthen on Monday 17 April 2006**

OPEN 5K ROAD RACE

1	Jorge Thomas	WM23	Cardiff AAC	14.56
2	Andy Morgan Lee	M	Southampton RC	15.05
3	Ian Williams	WM23	Birm Univ/Trots	15.09
4	Gwyn Bellamy	WM23	Warwick U/Carm H	15.20
5	Michael Johnston	M	Cardiff AC	15.21
6	Marc Jenkins	WM	Bridgend AC	15.23
7	Martin Rees	WM50	Unattached	15.26
8	Gareth Jones	M	Swansea	16.19
9	Carwyn Jones	WM	UWA Aberystwyth	16.22
10	Gareth Thomas	WM40	Les Croupiers RC	16.23
11	Edward Takata	WM23	Cardiff AAC	16.40
12	Non Stanford	WL23	Swansea H	16.43
13	Paul Talbot	WM	Neath H	16.47
14	Mary Wilkinson	L	Skipton AC	16.50
15	Helen Tucker	WL23	Bridgend AC	16.55
16	Philip Crane	WM45	Neath H	16.59
17	Chris Meyler	WM	Bridgend AC	17.13
18	Paul Clarke	WM	Carmarthen H	17.19
19	Peter Crane	M40	Neath H	17.27
20	Dic Evans	WM55	Cardiff AAC	17.30
21	John Williams	WM45	Neath H	17.35
22	Greg Newhams	WM45	Bridgend AC	17.38
23	Roger Coombes	WM40	Trots	17.40
24	Kevin Griffiths	WM40	Trots	17.42
25	Arwel Lewis	WM45	Eryri H	17.46
26	Steve Williams	WM45	Neath H	18.02
27	Simon Osbourne	WM45	Bridgend AC	18.08
28	Sandy Johnson	WM55	Les Croupiers	18.11
29	Simon Type	M	Cardiff AC	18.13
30	Anna McLaughlin	WL	Ranelagh H	18.14
31	Steve Coupe	WM55	Sospan RR	18.14
32	Andrew Thomas	M40	Neath H	18.15
33	Peter Watkeys	WM	Swansea H	18.18
34	Patrick Martin	M	Milford Haven	18.18
35	John Simpson	M	Haverfordwest	18.22
36	Mike Evans	M	Trots	18.22
37	Melica Woodward	L	Aldershot AC	18.24
38	Glyn Price	M	Sarn Helen	18.27
39	Stephen Thomas	M40	Milford Haven	18.29
40	Darryn McAtee	WM45	Newport H	19.32
41	Paul Coker	WM45	Les Croupiers	18.34
42	Huw Price	M40	Sarn Helen	18.36
43	Phil Meyler	WM50	Pontypridd Roadents	18.37
44	Kelsham Hanna	M	Rhayader AC	18.43
45	Melissa Watson	WL40	Trots	18.59

46	Mark Dunscombe	WM40	Sarn Helen	19.01
47	Matthew Birch	M	Univ of Bristol	19.02
48	David Griffiths	M40	Trots	19.06
49	Peter Foale	WM50	Aberystwyth AC	19.08
50	Tristan Vanhegan	M	London	19.08
51	David Clark	M	Whitland	19.12
52	Steve Brace	M45	Bridgend AC	19.13
53	Mary Bowen Rees	WL40	Trots	19.15
54	Helen Mansfield	WL40	Carmarthen H	19.15
55	Liam Bowden	M	Haverfordwest	19.17
56	Peter Turner	WM55	Cornelly Striders	19.20
57	Stephen Powell	M40	Port Talbot	19.24
58	Mike Evans	WM45	Neath H	19.25
59	Peter Davies	V50	Sarn Helen	19.33
60	Gareth Elliot	M	Pembs H	19.35
61	Sian Pritchard	WL	Coventry Godiva H	19.40
62	Dave Roberts	M40	AVH	19.41
63	Gordon Orme	V50	Birchfield H	19.42
64	Claire Cleathero	WL	Trots	19.42
65	Derek Rainbird	V50	Club 69	19.43
66	Michael Marshall	M45	Birchgrove	19.43
67	Cyril Walters	WM55	Trots	19.44
68	Sandra Pinkham	WL40	Neath H	19.48
69	Ian Morris	M45	Trots	19.50
70	Clive Evans	WM55	Aberystwyth AC	20.00
71	Steven Butterworth	M40	Peniel	20.02
72	Ingrid Taylor	WL35	3M Gorseinon	20.05
73	Adam Crumplin	M	Carmarthen	20.19
74	Peter Jones	M45	Cardiff	20.20
75	Julia Clarke	WL	Cardiff AAC	20.21
76	Stuart Mann	M	Pontarddulais	20.23
77	Gavin Roberts	M40	Swansea H	20.25
78	Jane Coker	WL45	Les Croupiers	20.25
79	Paul Smethurst	M40	Haverfordwest	20.27
80	Aled Evans	M45	Penllanfos	20.30
81	John Collins	WM65	Swansea H	30.31
82	Huw Davies	M40	Caerfyrddin	20.32
83	Gari Thomas	M	NCE	20.35
84	Dawn Kenwright	WL50	Sarn Helen	20.36
85	Dorian Jones	M	Ffriars Park	20.39
86	Jenny Phillips	WL35	Llanelli AAC	20.42
87	Andrew Richley	M	Blackwood	20.42
88	Richard Maddocks	M	Rawlins Quorn	20.47
89	Heulyn Roderick	M	Carmarthen	20.55
90	Huw Rowcliffe	M	Dyffryn Teifi	21.00
91	Mark Bryant	M	Burry Port	21.02
92	Caroline Jones	LV45	Carmarthen H	21.03
93	Helen Thomas	L	Milford Haven	21.04
94	Chris Birch	M45	Reynalton	21.04
95	Daniel Morris	M	Cwmffrwd	21.07

96	Nor Vanhegan	M	London	21.13
97	Leighton Hughes	M45	Neath	21.13
98	Julie Scholey	WL45	Les Croupiers	21.13
99	Simon Mansfield	WM40	Carmarthen H	21.16
100	Liz Clarke	WL45	Les Croupiers	21.28
101	Richard Springett	M40	Capel Iwan	21.38
102	Jacqueline Brace	WL45	Bridgend AC	21.39
103	Hayden Williams	M	Amman Valley	21.40
104	Mike Allen	M	Cardigan	21.40
105	Jeremy Bowen Rees	M45	Whitland	21.42
106	Michael Halsall	M	Bryn	21.43
107	Alex Williams	M	Swansea	21.44
108	Wendy Huggins	WL45	Swansea H	21.50
109	Mandy Morris	WL	Neath H	22.00
110	Jeffrey Lewis	M40	Nantgaredig	22.10
111	John Scally	M	Ranelagh H	22.11
112	Rob Woods	M	Carmarthen	22.12
113	Hywel Roderick	M	Ingli Runners	22.12
114	Peter Young	V50	Cwmdare	22.16
115	Bruce Morgan	V50	Llanelli	22.17
116	Ann Rowell	WL50	Trots	22.23
117	Gwen Smith	WL40	Swansea H	22.25
118	John Davies	WM55	Port Talbot H	22.30
119	Howard Brown	WM55	Les Croupiers	22.31
120	Andrew Hanney	M45	Llanelli	22.36
121	Chris Jones	M	Narberth	22.59
122	Steve Groves	M45	Cimla	23.02
123	Arthur Phillips	WM70	Sospan RR	23.06
124	Andrew Phillips	M	Cwmrhydyceirw	23.07
125	Stephen Williams	WM45	Les Croupiers RC	23.17
126	C Lewis	M40	Llannon	23.17
127	Kevin Phelps	M	Llanteg	23.15
128	Simon Ma	M40	Carmarthen	23.18
129	Simon Biggs	M	Trevaughan	23.19
130	Kirsten Tucker	WL	Swansea H	233.23
131	James Trace	M40	AVH	23.32
132	Sara Griffiths	WL23	Neath H	23.45
133	Edward Davies	M40	Sketty	23.46
134	Sue Neal	WL55	Les Croupiers	23.47
135	Paul Arthur	M45	Carmarthen	23.48
136	Peter Harding	WM65	Carmarthen H	23.53
137	Phillip Swan	M40	Sospan RR	23.55
138	Bob Elliott	M50	Pembs H	23.56
139	Michael Newnan	V50	Neath H	23.29
140	Rhidian Edwards	M	Kidwelly	24.27
141	Eryl Jones	M	Aberporth	24.28
142	Richard Rasmussen	M	Satorius	24.31
143	Hayley Furze	L	Cardiff	24.32
144	Suzanne Bevan	L40	Llanarthne	24.43
145	Unknown			24.44

146	Oona Crawford	LV45	Carmarthen	24.45
147	Aled John	M	Narberth	24.56
148	Bridget Parkinson	WL23	Aberystwyth AC	25.00
149	Rob Monk	M	Caldecote	25.03
150	Roy Morgan	M40	Port Talbot	25.06
151	Gill Edwards	L35	Carmarthen	25.10
152	Nigel Jones	V50	Llanelli	25.24
153	Mark Rees	M40	Neath	25.27
154	Carol Jones	L40	Drefach	25.30
155	John Price	V50	Llanelli	25.31
156	Pauline Thomas	WL60	Trots	25.44
157	Peter Loughran	V50	Abergwili	25.50
158	Mark Turtle	V50	Carmarthen	25.50
159	David Phillips	WM60	Pembs H	25.54
160	Brian Slate	V50	Llanllwch	25.57
161	Edward Takata	V50	Llandaff	25.57
162	Gareth Davies	M	Cwmdu	25.59
163	Wayne Evans	M	Llanelli	26.02
164	Susan Thomas	WL55	Trots	26.02
165	Amy Westcott	L	Llanelli AAC	26.09
166	Lynwen Griffiths	L	Bancyfelin	26.10
167	Stewart Williams	M40	Peniel	26.16
168	Richard Green	M	Bridgend AC	26.17
169	Caroline Jones	L40	Swansea H	26.25
170	Jeff Jones	M45	Llanelli	26.32
171	Susan Morgan	L40	Cheltenham	23.36
172	Anita Howells	WL55	Aberdare V AC	26.39
173	Andrea Reynolds	WL40	Swansea H	26.56
174	Delyth Rees	L40	Pelanffos	26.59
175	Jennifer Campbell	L40	Sartorius	27.16
176	Tracey Thomas	L	Pontargoithi	27.24
177	Colin Thomas	V50	Carmarthen	27.24
178	Viv Edwards	LV45	Llanwnda	27.39
179	Pauline Williams	WL45	Neath H	27.49
180	Katherine Lewis	L	Peniel	28.15
181	David Hawkins	M40	Meidrim	28.22
182	Clare Kirk	LV45	Tycoch	28.22
183	Tina Roderick	L35	Carmarthen	28.36
184	Alex Cooper	L35	Sywell	28.37
185	Helen Morgan	L	Trinity College	28.44
186	Michael Jones	M	Gowerton	28.57
187	Elwyna Thomas	L40	Johnstown	29.30
188	Menna Ward	L40	Foelgastell	29.30
189	Esther Armstrong	L40	Llandeilo	29.31
190	Chris Kidner	M	Carmarthen	29.33
191	Helen Brown	L	Whitland	30.03
192	Rhian Jones	L	Friars Park	30.04
193	Susan Thomas	L35	NCE	30.20
194	Sian Jenkins	L	Sarn Helen	30.38
195	Jackie Evans	L	Sospan RR	30.46

196	Lynne Jones	L35	Carmarthen	30.47
197	Phil Westcott	M45	Swiss Valley	31.23
198	John Hopkins	M45	Peniel	
199	Aneurin Heath	M40	Carmarthen	
200	John Wilkins	M45	Tumble	
201	Wynne Rees	V50	Four Roads	
202	Alison Atherton	L40	Walsall	

Welsh U20 and U17 5K championship

1	Ieuan Thomas	M20	Cwmbran H	15.25
2	Afan Humphries	M20	Cwmbran H	15.44
3	Dewi Griffiths	M17	Carmarthen H	15.47
4	Nick Jones	M17	Carmarthen H	16.03
5	Matthew Williams	M17	Aberdare AC	16.04
6	Lee Ladd	M20	Carmarthen H	16.04
7	Ricky Challinor	M17	Deeside AC	16.10
8	Nathan Hardee	M17	Cwmbran H	16.40
9	Richard Stephenson	M17	Carmarthen H	17.23
10	Gethin Edwards	M17	Menai	18.40
11	Jonathan Lloyd	M17	Llandybie	18.44
12	Elinor Kirk	F17	Swansea H	18.47
13	Kayleigh Brown	F17	Carmarthen H	20.02
14	Jason Stewart	M20	Carmarthen H	20.08
15	Rachel Marfleet	F17	Carmarthen H	20.20
16	Rhydian Evans	M17	Carmarthen H	20.30
17	Alaw Beynon-Thomas	F17	Carmarthen H	20.45
18	Sara Beynon-Thomas	F20	Carmarthen H	22.34
19	Megan Thomas	F20	Carmarthen H	23.48

Teams

1 U17 men Carmarthen H 9 pts
 1 U17 women Carmarthen H 6 pts

One mile Years 9/10

1	Geraint Mansfield	MB10	QEHS/Carmarthen H	5.07
2	Michael Kallenburg	MB10	Cardigan/Cardigan RC	5.26
3	Adam Marshall	MB10	Dwr y Felin/Neath H	5.28
4	Angharad Davies	FY9	Llandoverly C/Carmarthen H	5.40
5	Dean Mead	MY9	QEHS Carmarthen H	5.40
6	Gethin Jenkins	MB10	Llambled/Sarn Helen	5.44
7	Joshua Davies	MY9	Tregaron/Sarn Helen	5.48
8	Ceri Lewis	MY9	Bishop Vaughan/Swansea H	5.50
9	Drusilla Griffiths	FY10	Bishop Gore/Swansea H	5.54
10	Sophie Thomas	FY9	Pembs H	5.58
11	Aneura Phillips	FY9	Preseli/Carmarthen H	6.00

12	Rachel Atherton	FY9	Cannock and Staffs	6.07
13	Alice Johnston	FY9	Howells/Cardiff AAC	6.10
14	Llyr Davies	MB10	QEHS Carmarthen	6.16
15	Nia Lewis	FY9	Bishop Vaughan/Swansea H	6.18
16	Elin Jones	FY9	Cardigan/Carmarthen H	6.22
17	Sian Trace	FY9	Amman Valley/AVH	6.24
18	Hywel Roberts	MY9	Porthcawl/Bridgend AC	6.28
19	Grace Osbourne	FY9	Llanilltud Fawr/Bridgend AC	6.32
20	Ffion Evans	FY10	Amman V/AVH	6.34
21	Beth Caddell	FY9	AV/AVH	6.37
22	Danielle Harrison	FY9	AVH	6.39
23	Matthew Harwood	MB10	Dyffryn Teifi/ Cardigan RC	6.43
24	Donna Jones	FY10	Coedcae/Llanelli	6.53
25	Aled Edwards	MY9	Bro Myrddin	7.08
26	Daniel Hancock	MB10	QEHS	7.14
27	Ryan Wyeth	MB10	QEHS Carmarthen	7.24
28	Stephen Griffiths	MY9	Bro Myrddin	7.47
29	Rebecca Davies	FY10	Bro Myrddin	7.49
30	Elin Thomas	FY9	Dyffryn Teifi	8.25
31	Elizabeth Harries	FY10	Bro Myrddin	8.38
32	Kirsty Brown	FY10	QEHS	8.46
33	Caryl Evans	FY9	Bro Myrddin	10.03
34	Cerys Griffiths	FY10	Bro Myrddin	

One mile Years 7/8

1	Elliott Hardee	MY7	Bettws/Cwmbran H	5.26
2	Andrew Drakeley	MY8	Penweddig/Carmarthen H	5.30
3	Jade Williams	FY8	Amman V/AVH	5.45
4	Jack Lear	MY7	Grenhill/CarmarthenH	5.49
5	Catrin Lewis	FY8	Cardigan/Carmarthen H	5.52
6	Cerys Morgan	FY8	Penyrheol/ Swansea H	5.59.
7	Davy Lewis	MY7	Cardigan/Carmarthen H	6.01
8	Glen Elsdon	MY8	BM/Carmarthen H	6.04
9	Matthew Richards	MY8	STP/PembsH	6.07
10	Phillip Mayhew	MY8	Tasker Milward	6.07
11	Not Known			6.09
12	Thomas Williams	MY7	Aberdare/Aberdare AAC	6.11
13	Rhidian Mansfield	MY8	QEHS/Carmarthen H	6.11
14	Joseph Fisher	MY7	Lampeter/Carmarthen H	6.11
15	Matt Davie	MY8	Greenhill	6.19
16	Grant Westcott	MY7	Bryngwyn	6.21
17	Florence Bowen Rees	FY7	Dyffryn Taf/Carmarthen H	6.24
18	Steffan Jones	MY8	QEHS	6.26
19	Josh Palin	MY8	Pembs H	6.26
20	Liam Lloyd	MY7	Coedcae	6.26
21	George Lewis	MY8	D Taf/Carmarthen H	6.29
22	Iwan Howells	MY8	Bro Myrddin	6.29
23	Harry Lewis	MY7	D Taf/Carmarthen H	6.29
24	Gethin Dyer Davies	MY7	BM/Carmarthen H	6.29

25	Ffion Rees	FY8	Bromyrdin/Carmarthen H	
26	Joelle Lucy Drummond	FY7	Pontarddulais/Swansea H	
27	Miranda Davies	FY7	Greenhill	
28	Ben Hughes	MY7	Emlyn	
29	Jennie Brock	FY8	TM/Pembs H	6.37
30	Rhys Schavone	MY8	Bromyrdin	
31	Liam Price	MY8	Dyffryn Taf/Carmarthen H	
32	Holly Powell	FY7	St Josephs/SwanseaH	
33	Nia Davies	FY8	Cardigan/Carmarthen H	6.44
34	Jodie Jones	FY7	Maes YrYrfa/Carm H	
35	Gethin Harries	MY8	Preseli	6.48
36	Tomos George	MY8	Preseli	
37	Ffion Eleri James	FY7	Bromyrdin	6.50
38	Rhys Evans	MY8	Tregaron/Sarn Helen	
39	Alex Evans	MY8	QEHS	6.55
40	Sam Durrell	MY8	QEHS	
41	Tommy Everett-Woolston	MY8	Cefn Coed	
42	Aron Williams	MY8	Strade/LLanelli AAC	6.59
43	Heather Lewis	FY7	STP	
44	Arwel John Dyer	MY7	Bro Myrddin	
45	Aled Jones	MY7	Bromyrdin	
46	Catrin Mair Davies	FY7	Bro Myrddin	
47	Nathan Davies	MY8	QEHS	7.04
48	Catherine Williams	FY8	Swansea H	
49	Emyr Jones	MY8	Tre-gib/Carmarthen H	
50	Daniel Elphick	MY8	Bromyrdin	
51	Michael Bryan	MY8	QEHS	
52	Rhodri Wyn Evans	MY8	Bro Myrddin	7.07
53	Lauren Tynan	FY7	Pantycelyn	7.10
54	Kathryn Goddard	FY7	Pantycelyn	
55	Daniel Allen	MY7	Cardigan	7.16
56	Sam Bevan	MY7	Tre-gib	
57	Thomas Drakley	MY7	Penweddig/Carmarthen H	
58	Heddwen Daniel	FY7	Penweddig	
59	Stephanie Taylor Williams	FY7	QEHS	
60	Catrin Mair Rees	FY7	Bro Myrddin	
61	Cai Hill	MY8	QEHS	
62	Alice Reynolds	FY7	QEHS	
63	Rhian Tralo	FY7	Amman Valley/AVH	
64	Ifan Johnston	MY8	Bro Myrddin	
65	Rebekah Cartledge	FY8	Lampeter/Carmarthen H	
66	Matthew Davies	MY7	Olchfa	
67	Gareth Spiers	MY7	Bromyrdin	
68	Cadi Thomas	FY8	Dyffryn Teifi	
69	Gareth Swann	MY7	Glanymor/Sospan RR	
70	Sam Hesford	MY7	Bro Myrddin	
71	Cerys Ann Rees	FY7	Bro Myrddin	
72	Ben Edwards	MY7	QEHS	
73	Hayley Springett	FY8	Emlyn	
74	Joshua Morgan-Jones	MY7	Bro Myrddin	

75	Lisa Davies	FY8	Bro Myrddin		
76	Becky Marshall	FY8	QEHS		
77	Gruffudd Tomas	MY8	Bro Myrddin		
78	Iestyn Owen	MY7	Bro Myrddin		
79	Matthew Rawcliffe	MY7	Dyffryn Teifi	8.25	
80	Emma Turtle	FY7	QEHS		
81	Clara Francis-Curtis	FY7	QEHS		
82	Jessica Roscoe	FY8	QEHS		
83	David Bowen	MY8	QEHS	8.59	
84	Shelley Thomas		FY7 QEHS		9.13
85	Ellen Rees	FY7	Bro Myrddin	9.19	
86	Stephanie Morris	FY8	QEHS		
87	Amy Bickerdike	FY7	QEHS		
88	Bethany Simpson	FY8	STP	9.23	
89	Sophie Jenkins	FY7	QEHS		
90	Laura Jenkins	FY7	QEHS	9.29	
91	Nia Thomas	FY7	QEHS	9.39	
92	Mark Collyer		MY8 QEHS		10.02
93	Sioned Davies	FY7	Tre-gib		10.21
94	Ffion Rees	FY8	Tre-gib		10.23
95	Elin Childs	FY7	Tre-gib		10.35
96	Ben Jones	MY7	QEHS	10.57	
97	Lee Hasdell	MY7	QEHS	11.02	
98	Jordan Chapman	MY7	Bromyrddin	11.03	
99	Melissa Hancock	FY7	QEHS		
100	Annita Turner	FY7	QEHS	11.14	
101	Holly Cillespie	FY7	QEHS		
102	Hannah Price	FY7	QEHS		
103	Sophie Wyeth	FY7	QEHS		
104	Shelley Davies	FY7	QEHS		
105	Laura Sutherland	FY7	QEHS	11.21	
106	Rebekah Shambrook	FY8	QEHS		
107	Holly Simcox	FY7	QEHS		
108	Katie Bergstrom	FY7	QEHS	11.35	
109	Catrin Brown	FY7	QEHS		

One mile Boys 5/6

1	Conor Simpson	Prendergast	5.52	
2	Daniel Lewis	Blaenhonddan/Neath H	5.54	
3	Stanley Harrison	Highgate		6.14
4	Adam Bowman	Johnstown/Carmarthen H	6.16	
5	Daniel Bailey		6.22	
6	Rhys Granville	Llangennech/Carmarthen H	6.22	
7	Kyran Roberts	Model/Carmarthen H	6.24	
8	Lloyd Heckler	Llansteffan/Carmarthen H	6.26	
9	Ceri Williams	Johnstown	6.29	
10	Iwan Hicks	Dewi Sant	6.30	
11	Gethin Daniel	Drefach	6.38	
12	Gareth Morse	Nantgaredig	6.38	

13	Luke Squires	Nantgaredig	6.40
14	Dylan Davies	Llanwenog	6.48
15	Liam Prothero	Nantgaredig	6.51
16	Jack Todd	Nantygroes/Amman VH	6.56
17	Thomas Marshall	Model	6.59
18	Ryan Vanderbrink	Model	7.00
19	Lewis Thomas	Model	7.00
20	Jonathan Gooding	Johnstown	7.01
21	Phillip Maddocks	St Barts Quorn	7.04
22	Nicholas Rees	Y Dderwen	7.04
23	Llifon Davies	Hafodwenog	7.07
24	Edward Strugnell	Nantgaredig	7.07
25	Jake Elsom	Model	7.08
26	Daniel Thomas	Cwrt Henri	7.08
27	Nathan John	Model	7.08
28	Jared Gwyther	Santes Tudfil	7.11
29	Curtis Thomas	Model	7.11
30	Gareth Drummond	Cwmrhydyceirw	7.15
31	Steffan Jones	Y Dderwen	7.15
32	Lewis Jones	Y Dderwen	7.15
33	Luke Baker	Abernant	7.15
34	Curtis Gwyther	Santes Tudfil	7.16
35	Daniel Jones	Y Dderwen	7.16
36	Robert James	Abergwili	7.16
37	Tomas Rees	Cwrt Henri	7.16
38	Huw Harries	Y Dderwen	7.22
39	Iwan Bowen Rees	Tavernspite	7.32
40	Sion Medyr	Y Dderwen	7.35
41	Rhodri Thomas Rees	Llangunnor	7.42
42	Gideon G-Mason	Richmond Park	7.42
43	Michael Williams	Y Dderwen	7.44
44	Daniel Jones	Model	7.44
45	Ryan Dix	Richmond Park	7.47
46	Robin Razzell	Myrddin	7.49
47	Harry Hanney	Pentip	7.50
48	Christopher James	Richmond Park	7.50
49	Nikhil Pandit	Carmarthen H	7.50
50	Steffan Morgan	Y Dderwen	7.50
51	Jack Lenton	Nantgaredig	7.52
52	Owain Rey	Llangunnor	7.55
53	Connor Thomas	Y Dderwen	7.57
54	Gwyndaf Lewis	Beca	7.57
55	Zac Collins	Model	7.57
56	Ashley Griffiths	Tenby	7.57
57	Ivan Terziev	Johnstown	8.00
58	Hefin Thomas	Cwrt Henri	8.00
59	Ewan Marshalay	Cwrt Henri	8.04
60	Noah Lukowski	Johnstown	8.04
61	William Dyer	St Mary's	8.07
62	Heulyn Evans	Sarn Helen	8.07

63	Michael Roberts	Blaenau/AVH	8.07
64	Ben Harding	Richmond Park	8.12
65	Aaron Taylor-Peter	Nantgaredig	8.12
66	Steffan Cennydd	Llangunnor	8.14
67	VenkatMummidi	St Mary's	8.14
68	Jamie Walters	Johnstown	8.17
69	Nathaniel Harding	Model	8.20
70	Anthony Thomas	Llangunnor	8.22
71	Ieuan Francis	Llansteffan	8.22
72	Sion Brook	Y Dderwen	8.25
73	Matthew Bryant	Llangunnor	8.28
74	Owain Davies	Nantgaredig	8.36
75	Jordan Emms	Johnstown	8.36
76	Sion Howells	Richmond Park/Carm H	8.38
77	John Mordecai	Model	8.38
78	Brandon Joy	Birchgrove	8.40
79	Luke Maddox	Model	8.40
80	Nicholas Elsdon	Johnstown	8.45
81	Josh Richards	Llangunnor	8.45
82	Sam Holland	Y Dderwen	8.45
83	Alan Williams	Richmond Park	8.49
84	Bobby Thomas	Abergwili	8.53
85	George Williams	Peniel	8.53
86	Drew Emms	Johnstown	9.09
87	Daniel Butterworth	Peniel	9.13
88	Jordan Harding	Townhill	9.16
89	Scot MacEachen	Johnstown	9.18
90	Jac Davies	Y Dderwen	9.21
91	Rhys Beynon	Y Dderwen	9.25
92	Ryan Seer	Model	9.28
93	Oliver Sebastian	Richmond Park	9.32
94	Sean Rice	Johnstown	9.44
95	Robert Heath	Model	9.49
96	Jordan Sadler	Johnstown	9.50
97	Connah Bason	Johnstown	9.50
98	Javan Sebastian	Richmond Park	10.06
99	Gary Childs	Cwrt Henri	10.19
100	Owain Beynon	Y Dderwen	11.25
101	Shreyas Moorti	Chelmsford	11.43
102	Jac Davies	Y Dderwen	11.47
103	Grant Morgans	Llangunnor	11.51

One mile Girls Y5/6

1	Lora Roberts	Nottage/Bridgend AC	6.07
2	Lauren Bell	Glannau Gwaun/Pembs H	6.22
3	Alyce Phillips	Johnstown/Carmarthen H	6.23
4	Josie Lewis	St Aiden's	6.32
5	Megan Osborne	Llanilltud Fawr/Bridgend AC	6.39
6	Amy Roberts	Johnstown	6.47

7	Carys Mansfield	Ferryside/Carmarthen H	6.49
8	Anzena Everett	Santes Tudfil	6.53
9	Elin Evans	Y Bedol/AVH	7.02
10	Amelia Roberts	Y Dderwen	7.10
11	Kari O'Neill	Llandeilo	7.10
12	Sian Downes	Llangeitho	7.11
13	Carys Haf Davies	Nantgaredig	7.17
14	Nerys Evans	Griffith Jones	7.21
15	Lauren Downes	Nottage/Bridgend AC	7.27
16	Bethan Davie	Tenby	7.28
17	Megan Lewis	Y Dderwen	7.29
18	Olivia Evans	Mary Immaculate	7.29
19	Holly sRhys-Ellis	Nantgaredig	7.32
20	Amy Smith	Whitstone/Swansea H	7.32
21	Rachael Davies	Penygroes/Carmarthen H	7.32
22	Lowri Heckler	Llansteffan/Carmarthen H	7.35
23	Lowri Norkett	Mary Immaculate	7.35
24	Megan Elen Jones	Nantgaredig	7.35
25	Kelsey Rees	Model	7.35
26	Lisa Gatt	St Mary's	7.36
27	Megan Jones	St Davids Swansea	7.45
28	Charlotte Phillips	Model/Carm H	7.46
29	Melissa Wootton	Nottage/Bridgend AC	7.46
30	Emma Roberts	Johnstown	7.46
31	Sacha Elsom	Johnstown	7.46
32	Charlotte Drakely	Rhydypennau/Carm H	7.50
33	Kimberley Wilson	Richmond Park	7.51
34	Isla Williams	Johnstown	7.51
35	Jasmin Jade Bower	Y Dderwen	7.51
36	Jodie Turton	Model	7.54
37	Hannah Davies	Glynarthen/Carmarthen H	7.54
38	Alice Morgan	Richmond Park	7.57
39	Kelly Slate	Model	8.02
40	Alix Fawcett	Crwys/Swansea H	8.06
41	Jessica Geere	Crwys/Swansea H	8.07
42	Alysse Davies	Model	8.11
43	Lora Phillips	Y Dderwen	8.12
44	Eleri Davies	Y Dderwen	8.12
45	Katy Kirk	Y Dderwen	8.12
46	Bethan Phillips	Y Dderwen	8.14
47	Chloe Anderson	Model	8.14
48	Gemma Bailey	Richmond Park	8.20
49	Sian Lewis	Model	8.20
50	Kloe Hands	Cwrtnewydd	8.23
51	Joanna Smith	Johnstown	8.28
52	Leah Rees	Richmond Park	8.30
53	Charlotte Hayward	Johnstown	8.31
54	Olivia Griffiths	Model	8.32
55	Menna Williams	Cwrt Henri	8.38
56	Kelly Rogers	Nantgaredig	8.46

57	Amy Hesford	Richmond Park	8.46	
58	Georgia Bevan	Nantgaredig	8.48	
59	Alys Phillips	Y Dderwen	8.53	
60	Charmayne Davies	Model	8.55	
61	Jessica Williams	Llangunnor	8.55	
62	Angharad Jones	Y Dderwen	8.56	
63	Sharron Gimblett	Penygroes	8.58	
64	Emily Mason	Myrddin	9.00	
65	Amy Davies	Y Dderwen	9.03	
66	Holly Cooper	Sywell	9.04	
67	Claudia Strugnell	Nantgaredig	9.12	
68	Catrin Williams	Richmond Park	9.12	
69	Charlotte Randall	Richmond Park	9.13	
70	Jade Bailey	Richmond Park	9.17	
71	Poppy Evans	Abernant	9.17	
72	Marga Lopez	Model	9.17	
73	Danni Wheatland	Johnstown	9.21	
74	Sophia Hicks	Model	9.25	
75	Jessica Botticelli	Llangunnor	9.28	
76	Shelley Wyeth	Peniel		9.29
77	Alice Mary Evans	Y Dderwen	9.32	
78	Lowri Ann Davies	Y Dderwen	9.35	
79	Stacie Penfold	Model	9.38	
80	Amy Nugent	Model	9.40	
81	Shilka Kodliwodmath	St Mary's		9.43
82	Sophie Smith	Johnstown	9.45	
83	Megan George	Nantgaredig	9.48	
84	Sian Renshaw	Glynarthen	9.48	
85	Anya Maynard	Model	9.52	
86	Shannon Mitchell	Model	9.52	
87	Nikita Pandit	Gollop Prep	10.04	
88	Kiara Perry	Richmond Park	10.10	
89	Pooja Moorti	Brentwood	10.16	
90	Hannah Nicholas	Llangunnor	10.24	
91	Alicia Hilton	Johnstown	10.41	
92	Rishita Kodliwodmath			10.52
93	Chelsea Curzon	Johnstown	10.53	
94	Chloe Davies	Richmond Park	10.55	
95	Melissa Hardy	Richmond Park	11.03	
96	Ann Burgess	Nantgaredig	11.03	
97	Abigail Tolchard	Model		11.03
98	Jessica Hakins	Richmond Park	11.23	
99	Nagashrinya Aerasala	St Mary's	11.25	
100	Hannah Rowcliffe	New Inn	11.28	

1400m Girls Y2/34

1	Lucy Jones	G Rhydaman/AVH	5.06
2	Tilly Richards	Mary Immaculate/PembsH	5.15
3	Poppy Lewis	St Aidens	5.17
4	Nicole Elsdon	Tavernspite/Carmarthen H	5.19
5	Cari Harries	Gym Aberystwyth/TAC	5.27
6	Tirion Davies	Pontrhydfendigaid/Sarn Helen	5.34
7	Miriam Williams	Dewi Sant	5.36
8	Beatrice Bowen Rees	Tavernspite	5.38
9	Katie Roberts	Nottage/Bridgend AC	5.44
10	Cerys Anwen Jones	Griffith Jones	5.49
11	Ffion Walters	Y Dderwen/Carmarthen H	5.53
12	Kate Croker	Evelode/Les Croupiers	5.57
13	Katja Birkett	Llangeitho	6.00
14	Rebecca Springett	Capel Iwan	6.04
15	Alice Roberts	St Mary's	6.07
16	Sinead Jones	Abergwili	6.07
17	Rachel James	Richmond Park	6.11
18	Ebonny-Rose Deery	Santes Tudful	6.16
19	Abigail Nicholas	Johnstown	6.18
20	Jessica Roberts	Johnstown	6.18
21	Danielle Jones	Richmond Park	6.24
22	Cara Arnold	Stackpole	6.26
23	Rhianwen Lewis	Llannon	6.26
24	Claire Gooding	Johnstown	6.32
25	Sioned Ffion	Llangunnor	6.34
26	Carys Jones	Drefach	6.39
27	Shannon Chapman	Llangunnor	6.39
28	Alice Collier	Kingsheath	6.39
29	Cari Ann Neiman	Blaenau	6.39
30	Olivia MacGarvie	Johnstown	6.40
31	Emily Smith	Johnstown	6.40
32	Ella Bailey		
33	Lowri Butterworth	Peniel	
34	Chloe Davies	Llangunnor	
35	Stacey Williams	Richmond Park	
36	Catherine Thomas	Model	
37	Erin Walters	Y Dderwen/ Carmarthen H	
38	Sophie Anderson	Model	
39	Chloe Lewis	Y Dderwen	
40	Suzi Escott-Sloan	Johnstown	
41	Carys Haf James	Peniel	
42	Ruth Morgan	Nantgaredig	
43	Ashleigh Thomas	Johnstown	
44	Gwawr Jones	Nantgaredig	
45	Emma Scott	Abergwili	
46	Alice Emms	Abergwili	
47	Zhann-Lee Montgomery	Richmond Park	

48	Chloe Lewis	Y Dderwen
49	Gwen Williams	Cwrt Henri
50	Chloe Davies	Johnstown
51	Ffion Morris	Llangunnor
52	Grace Marshall	Model
53	Katie John	Johnstown
54	Toni Hume	Llangunnor
55	Tayler Samuel	Johnstown
56	Chelsey Wheatland	Johnstown
57	Ellen Kestin	Llangunnor
59	Ellen Gleeson	Llangunnor
60	Megan Lloyd Davies	Model
61	Jessica Jones	Johnstown
62	Kelsey Mayes	Nantgaredig
63	Naomi James	Richmond Park
64	Aylesha Parsons	Model
65	Amy Hanney Pentip	
66	Candice Griffiths	Model
67	Nia Locker	Nantgaredig
68	Bronwen Lewis	Nantgaredig/Carmarthen H
69	Beth Deen	Johnstown
70	Christina Roderick	Model
71	Jade Taylor-Peter	Nantgaredig
72	Jessica Bowen	Model
73	Cara Rogers	Y Dderwen
74	Bethan Lewis	Nantgaredig/Carmarthen H
75	Charlotte Todd	Nantygroes/Amman Valley H
76	Elizabeth-Ann Jones	Nantgaredig
77	Lauren Evans	Johnstown
78	Beth Powell	Model
79	Chelsea Jenkins	Johnstown
80	Phoebe Roberts	Y Dderwen
81	Jessica Griffiths	Richmond Park
82	Sioned Davies	Y Dderwen
83	Martha Ifan	Y Dderwen
84	Cerys Cleathero	Johnstown
85	Amy Roohi	Cynwyl Elfed
86	Jade Jarvis	Llangunnor
87	Llinos Thomas	Cwrt Henri
88	Lois Jones	Y Dderwen
89	Megan Hooper	Richmond Park
90	Soffi Rees	Y Dderwen
91	Angharad Maynard	Model
92	Libby Parry	Model
93	Mererid Haf Hunt	Llangunnor
94	Ffion Smith	Johnstown
95	Jessica Walters	Llangunnor
96	Hollie Singer	Y Dderwen
97	Cari Seren Davies	Llangunnor
98	Carys Mair Davies	Y Dderwen

99	Abigail	Chester	Model
100	Crystal Thomas		Y Dderwen
101	Seren Morris		Abergwili
102	Bryony Hagan		Richmond Park

1400m Boys Y2/3/4

1	Christian Lovatt	Parcyrhun	4.53
2	Joseff Lewis	Richmond Park	5.18
3	Jordan Evans	Richmond Park	5.19
4	Steffan Henry	Peniel	5.20
5	Christopher Bowman	Johnstown/Carm H	5.20
6	Liam Rogers	Nantgaredig	5.30
7	Joshua Biggs	Johnstown	5.32
8	Daniel Bryant	Parc y Tywyn	5.34
9	Robbie Thomas	Llangunnor	5.34
10	Ryan McLean	Golden Grove	5.35
11	Benjamin Williams	Richmond Park	5.37
12	Toby Phelps	Tavernspite	5.37
13	Guto Morgans	Nantgaredig	5.42
14	Jacroy Hanney	Pentip	5.47
15	Joseph Deery	Santes Tudfil	5.50
16	Dafydd George	Cilgerran	5.55
17	Steven Shepperd	Richmond Park	5.58
18	Dylan Nicholas	Llangunnor	5.58
19	Lewis Byng	Model	5.59
20	Rhodri Phillips	Y Ddwylan	5.59
21	Samuel Nicholas	Johnstown	6.02
22	Ryan Hancock	Llangunnor	6.04
23	Samuel Lewis	Fenton	6.06
24	Scott Davies	Llansteffan	6.06
25	Owain Davies	Cwrt Henri	6.07
26	Tomas Lewis	Nantgaredig	6.09
27	Tom Davies	Y Dderwen	6.09
28	Aled Williams	Johnstown	6.13
29	Taylor Jones	Llangunnor	6.14
30	Alex Hall	Nantgaredig	6.15
31	Kieran Ives	Model	6.17
32	Steffan Nicholas	Llangunnor	6.17
33	Liam Seer	Model	6.17
34	James Jones	Nantgaredig	6.18
35	Rhys Lewis	Llannon	6.18
36	Joshua Hopkins	Model	
37	Arnold Harrison	London	
38	Ryan Jackson	Johnstown	
39	Trystan Knott	Nantgaredig	
40	Jack Beynon	Johnstown	
41	William Morgan	Johnstown	
42	Joseph Evans	Johnstown	

43	Dafydd	Roberts	Y Dderwen
44	Cyrus	Yeomans	Llansteffan
45	Thomas	O'Donoghue	St Mary's
46	Samuel	Thomas	Y Dderwen
47	Luke	Morgans	Llangunnor
48	Jay	Davies	St Mary's
49	Sion	Roberts	Y Dderwen
50	Aeron	Bickerdike	Johnstown
51	Sean	Francis	LLansteffan
52	James	Johnson-Davies	Nantgaredig
53	George	Rogers	Cynwyl Elfed
54	Wayne	Rice	Johnstown
55	Shane	McAtee	Durham Road
56	Osian	Knott	Nantgaredig
57	Owen	Cornock	Richmond Park
58	Rhydian	Evans	Llangeitho
59	Joel	Davies	Johnstown
60	Charles	Kirk	Y Dderwen
61	Luke	Fenfold	Model
62	Timothy	Williams	Model
63	Daniel	Jones	Richmond Park
64	Oliver	Penney	Model
65	Ruben	James	Johnstown
66	Kieran	Byworth	Model
67	Ben	Morris	Llangunnor
68	Luke	Arundel	Richmond Park
69	Peter	Lewis	Y Dderwen
70	Jacob	Emms	Johnstown
71	Evan	Morcom	Model
72	Sion	Beynon	Y Dderwen
73	Thomas	Poole	Prendergast
74	Luke	Edwards	Model
75	Kyle	Davies	Model
76	Rhys	Jones	Nantgaredig
77	William	Davies	Y Dderwen
78	Dinas	Drakeley	Rhydypennau
79	James	Randall	Richmond Park
80	Aiden	Jones	Nantgaredig
81	Joshua	Mordecai	Model
82	Aron	Charles	Y Dderwen
83	Edward	Rocke	Llangunnor
84	Michael	Davies	Llangunnor
85	Ryan	Foschi	Model
86	Matthew	Poole	Prendergast
87	Hywel	Parry	Model
88	Alex	Turner	Johnstown
89	Tom	Davies	Y Dderwen
90	Aren	Deen	Johnstown
91	Callum	McClean	Golden Grove
92	Clement	Harrison	London

93	Ben	Butler	Llandovery
94	Ryan	Parsons	Model
95	Callum	Lovatt	Parcyrhun
96	Steffan	Morse	Nantgaredig
97	Cai	Lewis	Model
98	Lewis	Evans	Richmond Park
99	Ben	Chapman	Nantgaredig
100	Kieran	Bason	Johnstown
101	Daniel	Law	Richmond Park
102	Fergus	Turtle	Johnstown
103	Lewys	Jones	Llangunnor
104	Jared	Samuel	Johnstown
105	Owain	Walsh	Richmond Park
107	Joshua-Lee	Donne	Llangunnor
108	Rhys	Jenkins	Y Dderwen
109	Harry	Law	Richmond Park
110	Christopher	Law	Llanpumsaint
111	Ryan	John	Richmond Park
112	Marcos	F-Curtis	Johnstown
113	Nicky	Rice	Johnstown
114	Ryan	John	Johnstown
115	Callum	Mohamad	Llangunnor
116	Joshua	Lloyd-Evans	Model
117	James	Roohi	Cynwyl Elfed
118	Scott	Jones	Richmond Park
119	Connor	Wilson	Richmond Park
120	Joe	Jenkins	Llangunnor
121	Nicholas	Cvetkovic	Model
122	Kieran	Perry	Myrddin
123	Jack	Evans	Llangunnor
124	Unknown		
125	Gethin	Jones	Ysgol y Fro
126	Iestyn	Phillips	Llangunnor
127	Thomas	Massocchi	Johnstown
128	Ryan	McLennan	Llangunnor
129	Gareth	Morris	Llangunnor
130	Luke	Gasser	Swiss Valley
131	Raghav	Rammahendran	St Mary's
132	Dafydd	James	Llangunnor
133	Cieran	Stephens	Llangunnor