

## Ammanford 10k Results 2016

Position	Runner Number	Time	First Name	Surname	Category	Club
1	95	00:31:47	Christian	Lovatt	MO	Swansea Harriers
2	17	00:32:13	Josh	Griffiths	MO	Swansea Harriers
3	2	00:33:29	Matthew	Edmonds	MO	Newport harriers
4	70	00:36:29	Matthew	Evans	MO	Aberdare Valley AAC
5	32	00:37:06	Martin	Shaw	M40	Brecon Athletics Club
6	16	00:37:40	Nick	Griffiths	M40	Amman Valley Harriers
7	31	00:37:49	Alan	Davies	M60	Llanelli Athletics Club
8	97	00:38:20	Wayne	Bowen	M40	Swansea Harriers
9	40	00:38:43	Paul	Clarke	MO	Carmarthenshire Harriers
10	44	00:38:53	Geraint	Lewis	MO	Porthcawl Runners
11	69	00:38:54	Paul	Flynn	M40	Swansea Harriers
12	80	00:38:56	Dorian	Griffiths	MO	Unaffiliated
13	55	00:40:28	Kneath	Philippart	M50	Swansea Harriers
14	6	00:40:43	Cayo	Arran	MO	3m Gorseinon Road Runners
15	59	00:40:46	Simon	Rees	MO	Llanelli Athletics Club
16	11	00:41:03	John	Moran	MO	Swansea Harriers
17	27	00:41:13	Hugh	Janney	M40	Amman Valley Harriers
18	207	00:41:24	Andrew	Davies	MO	Unaffiliated
19	53	00:41:40	Steven	Jones	M40	Port Talbot Harriers
20	96	00:41:51	Wayne	Lewis	M40	Amman Valley Harriers
21	238	00:42:13	Terry	O'Brien	M50	Unaffiliated
22	28	00:42:25	Kevin	Jones	M50	Les Croupiers Running Club
23	219	00:42:29	Andrew	Cleverly	MO	Unaffiliated
24	90	00:42:29	Richard	Callaghan	MO	Llanelli Athletics Club
25	232	00:42:35	Julian	Jones	MO	Unaffiliated
26	223	00:42:40	Berwyn	Davies	MO	Unaffiliated
27	35	00:42:49	Richard	Phillips	M40	TROTS
28	62	00:43:10	Geraint	Williams	MO	Unaffiliated
29	226	00:43:19	Alun	Evans	M50	Unaffiliated
30	212	00:43:35	Helen-Marie	Davies	F35	Swansea Harriers
31	36	00:43:39	Simon	Scurrrell	MO	TROTS
32	83	00:43:53	Rachel	Allcock	F35	Amman Valley Harriers
33	67	00:44:11	Paul	Watts	M50	Llanelli Athletics Club
34	39	00:44:21	John	Camani	MO	TROTS
35	64	00:44:24	Nick	Venables	MO	Running the Distance
36	52	00:44:33	Helen	Jones	F45	Port Talbot Harriers
37	214	00:44:36	Nathan	James	MO	Unaffiliated
38	7	00:44:38	Simon	Vaughan	M40	3m Gorseinon Road Runners
39	210	00:44:40	Mark	Terry	M50	TROTS
40	85	00:44:46	Mandy	Morris	F35	Port Talbot Harriers
41	18	00:45:02	Melanie	Davies	FO	Unaffiliated
42	56	00:45:05	Simon	Brewer	M40	Swansea Harriers
43	68	00:45:16	Geraint	Evans	M40	Llandovery
44	221	00:45:24	Geoff	Lewis	MO	Swansea Harriers
45	220	00:45:25	Llinos	Jones	F35	Amman Valley Harriers
46	224	00:45:43	Alex	Williams	M40	Port Talbot Harriers
47	37	00:45:59	Cara-Leanne	Farley	FO	Run4All Neath
48	231	00:46:13	Ben	Gaskell	MO	Unaffiliated
49	84	00:46:17	Linda	Woodland	F55	Port Talbot Harriers

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50	92	00:46:21	Dan	Gilbert	MO	3m Gorseinon Road Runners
51	51	00:46:23	Rachel	Davies	FO	Unaffiliated
52	206	00:46:29	John	Marson	M40	Llanelli Athletics Club
53	75	00:46:47	Mark	Bleasdale	M40	Amman Valley Harriers
54	49	00:46:54	Jason	Garrahan	M40	Caerphilly Runners
55	33	00:46:57	Tanwen	Randell-Davies	F35	Amman Valley Harriers
56	74	00:47:03	Catharine	Bleasdale	F45	Amman Valley Harriers
57	86	00:47:06	Gary	Sawdon	M50	Mumbles Milers
58	12	00:47:23	Anthony	O'Neill	MO	Unaffiliated
59	73	00:47:37	Glyn	Lewis	MO	Beauts Running Club
60	47	00:47:51	Luke	Gravett	M50	Unaffiliated
61	77	00:48:00	Dave	Cornish	M50	Port Talbot Harriers
62	66	00:48:05	Penny	Kenneel	F45	Swansea Harriers
63	5	00:48:18	Andrew	Thomas	M50	3m Gorseinon Road Runners
64	10	00:48:27	Ross	Poiner	M40	3m Gorseinon Road Runners
65	24	00:48:30	Gwen	Richards	FO	Pontypridd Roadents
66	229	00:48:45	Ioan	Davies	MO	Unaffiliated
67	20	00:49:04	Graham	Vyner	M40	Run4All Neath
68	209	00:49:11	Clara	Davies	FO	Unaffiliated
69	208	00:49:14	Naomi	Williams	FO	Unaffiliated
70	88	00:49:19	Ewen	McLoughlin	M40	Unaffiliated
71	234	00:49:38	Llaerti	Tesho	M40	Unaffiliated
72	217	00:49:53	Matthew	Williams	MO	Unaffiliated
73	89	00:50:02	Amanda	John	F45	Amman Valley Harriers
74	13	00:50:04	Martin	Croshaw	M40	Unaffiliated
75	79	00:50:08	Mario	Rabaiotti	M50	Port Talbot Harriers
76	82	00:50:09	Eric	Davey	M60	Llanelli Athletics Club
77	48	00:50:24	Mitchell	Readwim	MO	Sarn Helen
78	225	00:50:48	Michael	Terry	M60	TROTS
79	50	00:51:07	Rhys	Davies	MO	Neath Harriers
80	218	00:51:08	Adam	Poole	MO	Unaffiliated
81	9	00:51:13	Simon	Hurford	MO	3m Gorseinon Road Runners
82	38	00:51:29	Leighton	Gardner	M50	Swansea Harriers
83	71	00:52:02	Nigel	Watts	M50	Llanelli Athletics Club
84	236	00:52:12	Del	Eyre	F45	3m Gorseinon Road Runners
85	19	00:52:21	Ian	Lewis	M50	Unaffiliated
86	8	00:52:45	Christopher	Jones	M40	3m Gorseinon Road Runners
87	91	00:52:54	Laura	Sharpe	FO	3m Gorseinon Road Runners
88	61	00:53:14	Oona	Crawford	F55	TROTS
89	239	00:53:48	Sian	Thomas	FO	Amman Valley Harriers
90	237	00:54:14	Vanessa	Harragan	F35	Swansea Harriers
91	93	00:54:23	Tina	Morris	F35	Unaffiliated
92	58	00:54:28	Paul	Gaston	M60	Surrey Race Walking Club
93	22	00:54:41	Lucy	Deering	F45	Clwb Rhedeg Pontardawe
94	222	00:55:13	Kevin	Fitzgerald	M60	Unaffiliated
95	41	00:55:28	Uku	Kumari	M60	Swansea Harriers
96	1	00:55:58	Lyndsey	Jones	FO	Unaffiliated
97	72	00:56:36	Bruce	Morgan	M60	Llanelli Athletics Club
98	54	00:57:19	Ian	Howells	M50	Unaffiliated

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99	215	00:57:23	Lesley-Ann	Evans	FO	Unaffiliated
100	98	00:57:35	Nicola	Hughes	F35	Unaffiliated
101	60	00:57:41	Michael	Halsall	M40	Llanelli Athletics Club
102	26	00:57:47	Graham	Bingham	M50	Pontypridd Roadents
103	29	00:58:02	Michelle	Rivett	F45	Les Croupiers Running Club
104	34	00:58:19	Sian	Evans	FO	Unaffiliated
105	213	00:58:35	Kath	Holmes	F45	Unaffiliated
106	3	00:59:39	Rob	Evans	M40	Unaffiliated
107	211	00:59:43	Alison	Terry	F55	TROTS
108	235	01:00:12	Nicola	Williams-Tesho	F35	Amman Valley Harriers
109	25	01:00:27	Julia	Herbert	F35	Pontypridd Roadents
110	4	01:00:48	Lee	Richards	MO	Unaffiliated
111	15	01:01:25	Victoria	Holmes	FO	3m Gorseinon Road Runners
112	81	01:01:28	Fay	Sharpe	F55	3m Gorseinon Road Runners
113	99	01:01:33	Tracy	Thomas	F35	Unaffiliated
114	100	01:01:42	Johanne	Hughes-Dawdle	F45	3m Gorseinon Road Runners
115	78	01:01:56	Christine	Hurdidge	F55	3m Gorseinon Road Runners
116	46	01:01:57	Peter	Telfwer	MO	Unaffiliated
117	227	01:03:12	Michelle	Whittal-Williams	F35	Unaffiliated
118	23	01:03:18	Amanda	Edwards	F45	Clwb Rhedeg Pontardawe
119	87	01:03:41	Alfryn	Easter	M60	3m Gorseinon Road Runners
120	216	01:03:59	Sian	Treharne	F35	Unaffiliated
121	30	01:04:16	Zara	Reed	FO	Unaffiliated
122	14	01:04:20	Brian	Lee	M40	Unaffiliated
123	21	01:04:31	Maddy	Austin	F55	Unaffiliated
124	228	01:08:03	Helen	Russell	F45	Unaffiliated
125	233	01:08:23	Richard	Donne	M50	3m Gorseinon Road Runners
126	45	01:09:09	Ian	Telfer	M60	Unaffiliated
127	63	01:11:42	Emyr	Evans	MO	Unaffiliated
128	76	01:11:58	Julie	Davies	F55	3m Gorseinon Road Runners
129	65	01:12:40	Pauline	Thomas	F55	TROTS
130	42	01:12:40	Rachel	Field	F35	Unaffiliated
131	43	01:14:14	Cathie	Williams	F45	Unaffiliated
132	230	01:15:33	Eirian	Davies	M60	Unaffiliated
133	57	01:15:36	Robert	Winning	M60	Unaffiliated
134	94	01:15:36	Robert	Fowler	M60	Amman Valley Harriers