

Position	Race Number	Name	Gender	Age Category
1	49	David Keenan	M	OM
2	17	Matt Yelland	M	OM
3	37	Andy Mccall	M	OM
4	31	Scott Price	M	Junior
5	81	Luke Evans	M	OM
6	50	Peter Osborne	M	M50
7	40	Hugh Janney	M	M40
8	33	Sion Morgan Jones	M	OM
9	91	Huw Davies	M	M50
10	51	Alex Lewis	M	OM
11	48	Dean Thomas	M	M40
12	32	Wendy Price	F	F35
13	54	Dylan Raymond	M	M40
14	42	Elizabeth Tremlett	F	F35
15	67	Johnathan Price	M	Junior
16	94	Andrew Jones	M	OM
17	89	Dan Cook	M	M40
18	61	Andrew Rees	M	M40
19	62	Michael Halsall	M	M40
20	21	Alex Coles	M	Junior
21	47	Harri Morgan	M	OM
22	34	Geraint Evans	M	M50
23	13	Paul Watts	M	M50
24	30	Christoph Fischer	M	M40
25	8	Jake Lynock	M	Junior
26	90	Steffan Davies	M	Junior
27	77	Nick Carter	M	M50
28	36	Hefin Rees	M	M40
29	39	Naomi Williams	F	F35
30	10	Anthony Warden	M	M40
31	53	Nick Fox	M	M50
32	6	Julian Jones	M	OM
33	27	Alistair Hoare	M	OM
34	38	Helen Janney	F	F45
35	28	Guto Evans	M	M50
36	15	Kate Lynock	F	F35
37	11	Owen James	M	OM
38	20	Cled Richards	M	M40
39	60	Geraint Jenkins	M	M50
40	75	Mair Morgan	F	F45
41	72	Michael Terry	M	M60
42	7	Sian Evans	F	OF
43	12	Graham Daniels	M	M50
44	46	Daniel Philpin	M	OM
45	64	Edward Morgan	M	M40
46	52	Paul Williams	M	OM
47	35	Nerys Prytherch-Rees	F	F35
48	88	Jamie Pickup	M	M40
49	70	Vanessa Buchler	F	F35

50	23	Nigel Watts	M	M60
51	65	Damien Revitt	M	M50
52	71	Jody Williams	F	F35
53	63	Emyr Jones	M	M60
54	66	Gillian Marland	F	F55
55	74	Chloe Jenkins	F	OF
56	22	Dafydd Davies	M	Junior
57	84	Anna Harries	F	F35
58	83	Caroline Wright	F	F35
59	95	Jason Boucher	M	M40
60	80	Nicola Parry	F	F45
61	96	Melvin Thomas	M	M50
62	4	Brett Hatfield	M	M60
63	73	Stuart Hastie	M	OM
64	93	Kath Girdler	F	F45
65	82	Andrew Garoner	M	M40
66	92	Chrissy Harrison	F	F45
67	79	Jayne Evans	F	F45
68	16	Tracy Davies	F	F45
69	25	Toni Morgan	F	OF
70	86	Elin Childs	F	OF
71	1	Alison Terry	F	F55
72	101	Sioned Williams	F	OF
73	102	Aled Thomas	M	OM
74	41	Yvonne Davies	F	F35
75	18	Dylan Jones	M	OM
76	24	Christine Watts	F	F55
77	99	Nia Williams	F	OF
78	2	Tracey Ryan-Jones	F	F45
79	55	Lauren Howells	F	OF
80	56	Sarah Gundy	F	OF
81	68	Jacky Lewis	F	F55
82	69	Amanda de-la-hey	F	F55
83	59	Rachel Evans	F	OF
84	58	Carwyn Evans	M	M40
85	5	Annelise Hatfield	F	F55
86	45	Lisa Dwerryhouse	F	F35
87	3	Karen Dunbar	F	F45
88	103	Catrin Lloyd	F	OF
89	76	Kate Glanville	F	F45
90	100	Becky Smith	F	OF
91	57	Amy Jenkins	F	OF
92	26	Bron Jones	F	0
93	87	Llinos Mair Thomas	F	OF
94	85	Susan Childs	F	F45
95	43	Nina Fay Morgan	F	Junior
96	44	Annelies Hitchman-Morgan	F	F35
97	29	Anita Evans	F	F55
98	97	Colin Jones	M	0
99	98	Cathrine Thomas	F	F35

100	9	Nidel Svvvlig	M	M40
101	14	Lisa Watts	F	OF

Club	Time
Llanelli AC	00:16:59
Amman Valley Harriers	00:18:59
Amman Valley Harriers	00:19:00
Carmarthen Harriers	00:19:09
Trots	00:19:19
Llanelli AC	00:19:29
Amman Valley Harriers	00:19:38
	00:19:41
Carmarthen Harriers	00:20:02
	00:20:02
	00:20:04
Carmarthen Harriers	00:20:09
Trots	00:20:22
Carmarthen Harriers	00:20:30
Sarn Helen	00:20:47
	00:21:19
	00:21:25
Amman Valley Harriers	00:21:32
Llanelli AC	00:21:40
Bro Dinefwr/Carmarthen Harriers	00:21:49
Llandeilo AFC	00:21:49
	00:21:53
Amman Valley Harriers	00:21:57
	00:21:58
Carmarthen Harriers	00:22:04
Carmarthen Harriers	00:22:04
	00:22:18
	00:22:28
Amman Valley Harriers	00:22:48
Amman Valley Harriers	00:22:54
Llanelli AC	00:22:58
Amman Valley Harriers	00:23:05
	00:23:43
Amman Valley Harriers	00:23:44
Amman Valley Harriers	00:23:53
	00:24:05
Llandeilo AFC	00:24:09
	00:24:22
Amman Valley Harriers	00:24:36
Trots	00:24:38
Trots	00:24:41
Amman Valley Harriers	00:24:48
Amman Valley Harriers	00:24:55
Llandeilo AFC	00:24:59
Carmarthen Harriers	00:25:04
	00:25:06
	00:25:34
	00:26:05
	00:26:14

Amman Valley Harriers	00:26:17
	00:26:21
Llanelli AC	00:26:22
Llandovery Fit Club	00:26:29
	00:26:56
Amman Valley Harriers	00:27:10
Llangunnor	00:27:22
	00:27:38
	00:27:49
	00:27:49
	00:28:03
	00:28:11
Amman Valley Harriers	00:28:16
Amman Valley Harriers	00:28:17
	00:28:23
Tregib Titans	00:28:32
	00:28:34
Trots	00:28:41
	00:28:45
Amman Valley Harriers	00:29:11
	00:29:25
	00:29:40
	00:31:52
Llandeilo Show	00:32:22
Trots	00:32:27
	00:32:32
Amman Valley Harriers	00:32:33
	00:32:47
	00:32:49
	00:33:11
	00:33:12
Llanelli AC	00:33:37
Llanelli AC	00:34:34
	00:34:38
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	00:35:08
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00:42:57

00:43:13