

Ammanford 10k Results 2016

| Position | Bib 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 | Llandoverly |
| 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 | Kennedy | 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 | 00:52:24 | Christopher | Jones | M40 | 3m Gorseinon Road Runners |
| 87 | 91 | 00:52:45 | Laura | Sharpe | FO | 3m Gorseinon Road Runners |
| 88 | 61 | 00:52:54 | Oona | Crawford | F55 | TROTS |
| 89 | 239 | 00:53:14 | Sian | Thomas | FO | Amman Valley Harriers |
| 90 | 237 | 00:53:48 | Vanessa | Harragan | F35 | Swansea Harriers |
| 91 | 93 | 00:54:14 | Tina | Morris | F35 | Unaffiliated |
| 92 | 58 | 00:54:23 | Paul | Gaston | M60 | Surrey Race Walking Club |
| 93 | 22 | 00:54:28 | Lucy | Deering | F45 | Clwb Rhedeg Pontardawe |
| 94 | 222 | 00:54:41 | Kevin | Fitzgerald | M60 | Unaffiliated |
| 95 | 41 | 00:55:13 | Uku | Kumari | M60 | Swansea Harriers |
| 96 | 1 | 00:55:28 | Lyndsey | Jones | FO | Unaffiliated |
| 97 | 72 | 00:55:58 | Bruce | Morgan | M60 | Llanelli Athletics Club |
| 98 | 54 | 00:56:36 | Ian | Howells | M50 | Unaffiliated |

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