

## Ammanford 10k 9th July 2017 Results

Position	Bib Number	Time	First Name	Surname	Gender	Age	Cat	Club
1	1	00:34:40	Marc	Hobbs	M	35	MO	Swansea Harriers
2	77	00:35:54	David	Keenan	M	32	MO	Llanelli AC
3	59	00:36:56	Gareth	Ayres	M	34	MO	Port Talbot Harriers
4	52	00:37:31	Stephen	Bartlett	M	49	M40	Pontypridd Roadents AC
5	7	00:37:38	Eamonn	Kirk	M	46	M40	Swansea Harriers
6	20	00:37:49	Nick	Griffiths	M	47	M40	Amman Valley Harriers
7	17	00:37:49	Alan	Davies	M	64	M60	Llanelli AC
8	84	00:38:45	Andrew	Poston	M	39	MO	Port Talbot Harriers
9	119	00:39:15	Martin	Flear	M	31	MO	Llanelli AC
10	91	00:39:17	Nino	Gatti	M	31	MO	Port Talbot Harriers
11	32	00:39:26	Ryan	Cullen	M	31	MO	Unaffiliated
12	44	00:40:30	Simon	Rees	M	37	MO	Llanelli AC
13	131	00:40:32	Rachel	Davies	F	26	FO	Amman Valley Harriers
14	139	00:41:24	Luticia	Thomas	F	31	FO	Amman Valley Harriers
15	38	00:41:40	Nick	Venables	M	37	MO	Llanelli AC
16	110	00:41:48	Matt	Yelland	M	37	MO	Amman Valley Harriers
17	129	00:41:59	Llinos	Jones	F	36	F35	Amman Valley Harriers
18	146	00:42:09	Terry	O'Brien	M	60	M60	Unaffiliated
19	114	00:42:19	Alex	Lewis	M	37	MO	Neath Harriers
20	70	00:42:28	Vince	Bailey	M	48	M40	Carmarthen Harriers
21	109	00:42:33	Clara	Davies	F	35	F35	Amman Valley Harriers
22	48	00:42:42	Chris	Lewis	M	28	MO	Run4All Neath
23	127	00:42:42	Chris	John	M	30	MO	Port Talbot Harriers
24	130	00:42:48	Paul	Stevens	M	37	MO	Celtic Tri
25	13	00:42:49	Chris	Lewis	M	43	M40	Port Talbot Harriers
26	67	00:42:55	Berwyn	Davies	M	37	MO	Unaffiliated
27	58	00:43:41	Simon	Vaughan	M	44	M40	3m Gorseinon RR
28	9	00:44:04	Robin	Jones	M	43	M40	Unaffiliated
29	2	00:44:05	Alun	Evans	M	52	M50	Unaffiliated
30	107	00:44:16	Rachel	Allcock	F	44	F35	Amman Valley Harriers
31	8	00:44:17	Heath	Brett	M	48	M40	Swansea Harriers
32	65	00:45:00	Richard	Webster	M	62	M60	3m Gorseinon RR
33	133	00:45:05	Andrew	Rees	M	43	M40	Amman Valley Harriers
34	69	00:45:10	Bill	Leslie	M	46	M40	Amman Valley Harriers
35	97	00:45:12	Lorenz	Fuchs	M	28	MO	Amman Valley Harriers
36	96	00:45:17	Mark	Eakins	M	46	M40	3m Gorseinon RR
37	34	00:45:43	John	Young	M	46	M40	Port Talbot Harriers
38	144	00:45:50	Ioan	Davies	M	38	MO	Unaffiliated
39	78	00:46:01	Mark	Terry	M	60	M60	TROTS
40	141	00:46:19	Julian	Jones	M	26	MO	Unaffiliated
41	142	00:46:25	Simon	Scurrrell	M	36	MO	TROTS
42	53	00:46:31	Linda	Woodland	F	57	F55	Port Talbot Harriers
43	68	00:46:33	Paul	Davies	M	53	M50	Port Talbot Harriers
44	126	00:46:53	Rhodri	Jones	M	27	MO	Unaffiliated
45	115	00:47:04	Hefin	Rees	M	41	M40	Unaffiliated
46	19	00:47:04	Anthony	Warden	M	45	M40	Amman Valley Harriers
47	134	00:47:08	Kevin	Jenkins	M	52	M50	TROTS
48	3	00:47:16	Carl	Walsh	M	45	M40	Rhondda Valley Runners
49	62	00:47:23	Naomi	Williams	F	35	F35	Amman Valley Harriers

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50	50	00:47:29	Mandy	Morris	F	44	F35	Port Talbot Harriers
51	98	00:47:32	Alice	Luther	F	26	FO	Amman Valley Harriers
52	102	00:47:48	Rhys	Evans	M	20	MO	Unaffiliated
53	4	00:47:53	Andrew	Evans	M	36	MO	Run4All Neath
54	111	00:47:54	Chris	Bowen	M	52	M50	Unaffiliated
55	122	00:47:58	Jim	Dilks	M	42	M40	TROTS
56	61	00:48:04	Rachel	Brown	F	62	F55	Unaffiliated
57	36	00:48:20	Nigel	Crawford	M	52	M50	Unaffiliated
58	25	00:48:25	Graham	Vyner	M	48	M40	Run4All Neath
59	64	00:48:41	Andrew	Thomas	M	52	M50	3m Gorseinon RR
60	49	00:48:45	Sarah	Howard	F	23	FO	Port Talbot Harriers
61	35	00:48:45	Mike	James	M	45	M40	Port Talbot Harriers
62	47	00:48:48	Anna	Parsons	F	48	F45	Port Talbot Harriers
63	100	00:49:04	Michael	Halsall	M	44	M40	Llanelli AC
64	135	00:49:12	Dean	David	M	30	MO	Unaffiliated
65	132	00:49:42	Mark	Stevens	M	40	M40	Celtic Tri
66	51	00:50:02	Ian	Lewis	M	55	M50	Unaffiliated
67	83	00:50:19	Stephen	Evans	M	40	M40	Unaffiliated
68	21	00:50:20	Martin	Croshaw	M	45	M40	Unaffiliated
69	103	00:50:38	Sian	Phillips	F	56	F55	Swansea Harriers
70	11	00:50:43	Joshua	Powell	M	23	MO	Unaffiliated
71	136	00:50:45	Mike	Prasad	M	50	M50	3m Gorseinon RR
72	57	00:50:55	Lisa	Evans	F	37	F35	Unaffiliated
73	18	00:51:01	Michael	Evans	M	53	M50	Unaffiliated
74	54	00:51:11	Mario	Rabaiotti	M	54	M50	Port Talbot Harriers
75	15	00:51:11	Daniel	Jones	M	39	MO	Unaffiliated
76	46	00:51:25	Nia	Morgan	F	49	F45	Amman Valley Harriers
77	66	00:51:57	Simon	Shepherd	M	46	M40	Sparkhill Harriers
78	112	00:51:58	Michael	Terry	M	66	M60	TROTS
79	88	00:52:02	Tanya	Guest	F	40	F35	Port Talbot Harriers
80	128	00:52:14	Andrew	Muirhead	M	53	M50	Unaffiliated
81	145	00:52:18	Llinos	Davies	F	37	F35	Run4All Neath
82	137	00:52:18	Natilie	Jones	F	26	FO	Llanelli Strollers
83	24	00:52:22	Ria	Burton	F	35	F35	Amman Valley Harriers
84	16	00:52:41	Mike	Ansty	M	27	MO	Unaffiliated
85	106	00:53:24	Arwel	Llyr	M	42	M40	Unaffiliated
86	81	00:53:27	Julian	Hands	M	46	M40	Unaffiliated
87	101	00:53:48	Mark	Jones	M	41	M40	Unaffiliated
88	14	00:53:55	David	Cottrell	M	34	MO	Unaffiliated
89	90	00:54:05	Arwyn	Thomas	M	44	M40	Amman Valley Harriers
90	124	00:54:08	Andrew	Jones	M	42	M40	Unaffiliated
91	85	00:54:09	Gareth	Evans	M	33	MO	Port Talbot Harriers
92	45	00:54:13	Martin	Hillier	M	67	M60	Run4All Neath
93	99	00:54:16	Ewen	McLaughlin	M	47	M40	Unaffiliated
94	118	00:54:35	Anita	Price	F	43	F35	Unaffiliated
95	5	00:55:09	Leanne	Morris	F	46	F45	Port Talbot Harriers
96	6	00:55:10	Paul	Roberts	M	43	M40	Port Talbot Harriers
97	75	00:55:10	Rhys	Lewis	M	29	MO	Unaffiliated
98	117	00:55:18	Tina	Morris	F	39	F35	Unaffiliated

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99	94	00:55:52	Nigel	Watts	M	60	M60	Unaffiliated
100	120	00:55:56	Joanne	Van-Landewyck	F	38	F35	Llandoverly Fit Club
101	89	00:56:07	Zana	Bryan	F	37	F35	Amman Valley Harriers
102	31	00:56:10	Kayleigh	Wilding	F	30	FO	Unaffiliated
103	123	00:56:34	Paul	Gaston	M	69	M60	Surrey Walking Club
104	55	00:57:10	Rachel	Field	F	43	F35	Amman Valley Harriers
105	113	00:57:12	Agnes	Chassot	F	52	F45	Amman Valley Harriers
106	63	00:57:17	Bruce	Morgan	M	61	M60	Llanelli AC
107	104	00:57:33	Kim	Holohan	F	60	F55	3m Gorseinon RR
108	149	00:57:33	Mark	Evans	M	45	M40	Unaffiliated
109	33	00:57:41	Jon	Pugh	M	43	M40	Unaffiliated
110	108	00:58:10	Luigi	Bonifacio	M	36	MO	Unaffiliated
111	105	00:58:13	John	Holohan	M	68	M60	3m Gorseinon RR
112	95	00:58:45	Louise	Eakins	F	46	F45	3m Gorseinon RR
113	12	00:59:03	Joanne	Juliff	F	44	F35	Port Talbot Harriers
114	73	00:59:46	Sian	Evans	F	32	FO	Amman Valley Harriers
115	29	00:59:50	Lee	Parpworth	M	46	M40	Unaffiliated
116	30	00:59:50	Chloe	Parpworth	F	23	FO	Unaffiliated
117	138	01:00:18	Nigel	Jones	M	62	M60	Llanelli Strollers
118	37	01:00:19	Sandra	Rees	F	54	F45	3m Gorseinon RR
119	140	01:00:22	Helen	Phillips	F	58	F55	Amman Valley Harriers
120	60	01:00:26	Steve	Burton	M	41	M40	3m Gorseinon RR
121	82	01:00:32	Daniel	Hawke	M	39	MO	Unaffiliated
122	41	01:00:56	Fay	Sharpe	F	57	F55	3m Gorseinon RR
123	56	01:01:43	Rachel	Ballard	F	28	FO	Unaffiliated
124	87	01:02:31	Alison	Terry	F	57	F55	TROTS
125	79	01:02:38	Carwyn	Owen	M	40	M40	Unaffiliated
126	93	01:02:55	Graham	Bingham	M	52	M50	Pontypridd Roadents AC
127	27	01:04:11	Victoria	Holmes	F	20	FO	3m Gorseinon RR
128	147	01:04:15	Justine	Jones	F	18	FO	Unaffiliated
129	42	01:04:21	Christine	Hurdidge	F	65	F55	3m Gorseinon RR
130	40	01:05:06	Laura	Hall	F	54	F45	3m Gorseinon RR
131	121	01:05:15	Rebecca	Dilks	F	41	F35	TROTS
132	22	01:06:51	Nigel	Best	M	59	M50	Unaffiliated
133	26	01:07:08	Lynn	Holmes	F	55	F55	3m Gorseinon RR
134	92	01:09:51	Julia	Herbert	F	44	F35	Pontypridd Roadents AC
135	23	01:10:35	Nicola	Williams	F	49	F45	Unaffiliated
136	125	01:12:22	Margaret	Powell	F	58	F55	TROTS
137	43	01:12:37	Julie	Davies	F	65	F55	3m Gorseinon RR
138	10	01:13:35	Heather	Powell	F	43	F35	Unaffiliated
139	143	01:14:17	Eirian	Davies	M	66	M60	Unaffiliated
140	39	01:14:37	Emyr	Evans	M	37	MO	Llanelli AC
141	116	01:15:27	Pauline	Thomas	F	74	F55	TROTS
142	76	01:15:28	Eric	Davey	M	67	M60	Llanelli AC
143	72	01:17:20	Neil	Quinn	M	41	M40	Unaffiliated
144	71	01:17:22	Sophie	Wilkins	F	29	FO	Unaffiliated
145	28	01:19:57	Jill	Walters	F	53	F45	3m Gorseinon RR
146	74	01:19:57	Nicola	Julian	F	51	F45	3m Gorseinon RR
147	86	01:19:58	Robert	Fowler	M	72	M60	Amman Valley Harriers