

## 2011 Llanelli Waterside Half Marathon

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1	1699	01:09:12	Richie	Gardiner	M		ABERDARE ATHLETIC	1	01:09:12
2	1451	01:11:29	David	Coales	M	40	TEAM BATH AC	2	01:11:28
3	823	01:12:03	Steve	Davies	M		SWANSEA HARRIERS	3	01:12:02
4	1640	01:12:20	David	Smith	M		ARMY	4	01:12:18
5	1502	01:14:32	David	Kehoe	M		SWANSEA HARRIERS	5	01:14:32
6	1052	01:15:40	Tim	Iveson	M		BUILT & DISTRICT RC	6	01:15:39
7	1540	01:16:26	Chris	Parker	M	40	PORT TALBOT HARRIERS	7	01:16:26
8	1151	01:17:15	Hugh	Pascoe	M		CELTIC TRI	8	01:17:07
9	1553	01:17:19	Lee	Ladd	M		CARMARTHEN HARRIERS	9	01:17:18
10	1028	01:17:30	John	Morris	M		AMMAN VALLEY HARRIERS	10	01:17:28
11	1726	01:17:57	Sam	Blanshard	M			11	01:17:55
12	1452	01:18:06	Mathew	Jacklin	M			12	01:18:04
13	665	01:18:15	Peter	Morton	M			13	01:18:14
14	835	01:18:59	Simon	Rendall	M			14	01:18:56
15	1294	01:19:12	Paul	Bird	M	40	CLEVEDON AC	15	01:19:09
16	541	01:19:20	Rhys	Harries	M		CARDIGAN RC	16	01:19:18
17	1330	01:19:31	James	Nunn	M		CARDIFF TRI	17	01:19:28
18	1072	01:19:42	Martin Paul	Williams	M	40	LES CROUPIERS	18	01:19:39
19	72	01:19:49	Kevin	Griffiths	M	40	TROTS	19	01:19:46
20	1493	01:19:51	Stuart	Wadlow	M		ISLWYN RUNNING CLUB	20	01:19:49
21	1320	01:19:58	Brian	Richardson	M	50	LES CROUPIERS	21	01:19:56
22	1056	01:20:50	D	Thomas	M		SOSPAN ROAD RUNNERS	23	01:20:45
23	691	01:20:54	Luke Paul	Davies	M		LEG-IT	22	01:20:35
24	1269	01:20:56	Daniel	Hooper	M		SARN HELEN	24	01:20:54
25	1235	01:21:06	Dan	Peace	M		WHITE HORSE HARRIERS	25	01:21:04
26	856	01:21:12	Mike	Evans	M		TROTS	26	01:21:11
27	513	01:21:14	Ian	Phillips	M		3M's GORSEINON ROAD RUNNERS	27	01:21:11
28	506	01:21:18	Paul	Lovell	M	50	PLYMOUTH HARRIERS	28	01:21:16
29	480	01:21:46	Lyndon	Tudor Maisey	M		LES CROUPIERS	29	01:21:44
30	333	01:21:47	Steffen	Scholz	M	40		30	01:21:45
31	1210	01:21:51	John	Morgan	M		ARMY	31	01:21:48
32	1548	01:21:53	James	Elgar	M		LLISWERRY RUNNERS	32	01:21:48
33	1483	01:22:01	Nigel	Phillips	M			34	01:21:57
34	645	01:22:02	Mark	Vowles	M		PORTISHEAD RUNNING CLUB	33	01:21:50
35	1563	01:22:03	Steffan	Hughes	M		CARMARTHEN HARRIERS	35	01:22:00
36	1650	01:22:16	Carl	Thomasson	M		ARMY	36	01:22:15
37	1005	01:22:23	Samuel	Webster	M		CARDIFF TRI	37	01:22:21
38	1694	01:22:23	Dai	Woodsford	M			38	01:22:21
39	801	01:22:54	Stephen	Richards	M		SWANSEA HARRIERS	39	01:22:52
40	1549	01:23:00	Ann	Thomas	F	35	TROTS	40	01:22:58
41	1421	01:23:06	John	Johnson	M		ROYAL AIR FORCE AA	42	01:23:02
42	1430	01:23:17	David	Cole	M			43	01:23:13
43	471	01:23:24	Martin	Davies	M		TROTS	44	01:23:19
44	1302	01:23:24	Jonathan	Jones	M	40	CARMARTHEN HARRIERS	41	01:22:59
45	1408	01:23:31	Robert	Davies	M		ISLWYN RUNNING CLUB	45	01:23:25
46	385	01:23:39	Mark	Jones	M			46	01:23:35
47	347	01:23:44	James	Bruce	M			47	01:23:41
48	406	01:23:50	Gareth David Lloyd	Harvey	M			48	01:23:42
49	1278	01:23:52	Richard	Self	M	40	LES CROUPIERS	49	01:23:48
50	654	01:24:20	Gemma	Sharp	F		ARENA 80	50	01:24:19
51	786	01:24:52	John	Bainbridge	M			51	01:24:44
52	25	01:24:57	Phil	Briston	M	50	SAN DOMENICO	52	01:24:53
53	889	01:25:01	Peter	Osborne	M	50	SWANSEA HARRIERS	53	01:24:58
54	772	01:25:19	Chris	Allton	M	40	SWANSEA HARRIERS	54	01:25:14
55	1364	01:25:33	Scott	Hemmens	M		LES CROUPIERS	55	01:25:31
56	812	01:25:52	Tim	Butt	M			56	01:25:48
57	1435	01:26:02	Mark	Whitehead	M			57	01:25:51
58	690	01:26:03	Robert	Rotherham	M		MANX HARRIERS	58	01:25:52
59	594	01:26:06	Jason	Brewer	M	40		60	01:26:05
60	327	01:26:08	Nathan	Allen	M			62	01:26:08
61	14	01:26:11	Neil	Jones	M			59	01:26:01
62	754	01:26:13	Martin	George	M		SOSPAN ROAD RUNNERS	61	01:26:07
63	997	01:26:15	Jason	Dickinson	M	40	TROTS	63	01:26:10
64	1612	01:26:20	Bernard	Henderson	M	50	PORT TALBOT HARRIERS	65	01:26:13
65	414	01:26:36	John	Littlewood	M			66	01:26:14
66	1	01:26:40	Robert	Warlow	M		PORT TALBOT HARRIERS	67	01:26:34
67	504	01:26:43	Michelle	Cole	F		3M's GORSEINON ROAD RUNNERS	69	01:26:42
68	1587	01:26:46	Gerard	Crispie	M	40	LES CROUPIERS	68	01:26:42
69	896	01:26:55	Dean	Webster	M		3M's GORSEINON ROAD RUNNERS	71	01:26:52
70	1286	01:27:02	Paul	Davies	M	40	PORT TALBOT HARRIERS	74	01:26:55
71	1445	01:27:02	David	Parfit	M	40	PORT TALBOT HARRIERS	75	01:26:55
72	619	01:27:07	Mark	Beveridge	M	40		73	01:26:55
73	1029	01:27:11	Laura	Hale	F			76	01:27:07
74	1130	01:27:15	Jonathan	Walker	M		SOSPAN ROAD RUNNERS	72	01:26:52
75	1183	01:27:25	David	Bones	M			70	01:26:48

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
76	147	01:27:31	Neil	Jones	M			77	01:27:23
77	1234	01:27:36	Andrew	Marlow	M			79	01:27:29
78	700	01:27:36	Simon	Gillett	M			78	01:27:25
79	1659	01:27:39	Scott	Patrick	M		PEMBROKSHIRE TRI	64	01:26:11
80	926	01:27:41	Mathew	Maidment	M			80	01:27:31
81	1682	01:27:44	Steve	Chissell	M	40		83	01:27:42
82	1591	01:27:50	Ian	Harris	M			81	01:27:35
83	62	01:27:52	Robyn	Jones	M			85	01:27:49
84	862	01:27:55	David	Cheneler	M			87	01:27:53
85	293	01:27:56	Jason	Davies	M	40		88	01:27:53
86	755	01:27:59	Richard	Copp	M			84	01:27:45
87	501	01:28:01	John	Sutherland	M		LES CROUPIERS	89	01:27:57
88	497	01:28:09	Gareth	Hall	M		LLISWERRY RUNNERS	90	01:28:04
89	1485	01:28:14	Paul	Butcher	M	40		91	01:28:10
90	1604	01:28:14	Llewelyn	Lloyd	M			86	01:27:51
91	807	01:28:29	Oliver	Hurley	M			93	01:28:25
92	20	01:28:35	Clem	Clement	M	50	PENARTH & DINAS RUNNERS	92	01:28:24
93	1341	01:28:36	Neil	Williams	M	40		94	01:28:26
94	1713	01:28:51	Chris	Lodge	M			96	01:28:43
95	382	01:28:53	James	Reader	M			95	01:28:37
96	1383	01:29:00	Raul	Reismann	M		LC COBRAS	98	01:28:51
97	1360	01:29:02	Simon	Jones	M	40	ABERDARE ATHLETIC	99	01:28:58
98	1557	01:29:05	Gareth	O'Connor	M			97	01:28:48
99	1498	01:29:06	Gareth	Moss	M	40		100	01:28:58
100	1576	01:29:15	Mark	Allen	M			82	01:27:35
101	788	01:29:17	Steve	Rosewell	M	40		106	01:29:12
102	424	01:29:21	Peter	Walters	M	50	TROTS	102	01:29:08
103	1559	01:29:24	Alex	Hackett	M			108	01:29:21
104	1607	01:29:26	Gareth	Rees	M			107	01:29:18
105	1353	01:29:30	Neil	Drew	M			104	01:29:11
106	1420	01:29:32	Joanne	Johnson	F		ROYAL AIR FORCE AA	109	01:29:27
107	764	01:29:33	Richard	Allan	M		SWANSEA UNIVERSITY RUNNING	101	01:28:59
108	1044	01:29:34	Scott	Milne	M			103	01:29:11
109	1293	01:29:41	Stuart	Tyrrell	M			110	01:29:33
110	491	01:29:42	Will	Edwards	M		PORTHCAWL RUNNERSLIFE	112	01:29:38
111	1470	01:29:49	Bethan	Fowler	F			114	01:29:45
112	1611	01:29:55	Mike	Tate	M	40	CELTIC TRI	116	01:29:46
113	1672	01:29:56	Darren	Stevens	M			111	01:29:38
114	1523	01:29:57	Simon	Scurrrell	M		TROTS	113	01:29:44
115	678	01:30:00	Kevin	Pugh	M	40		117	01:29:50
116	79	01:30:15	Andrew	Herbert	M	40	TATA STEEL MULTISPORTS	118	01:30:08
117	512	01:30:23	Simon	Hazel	M	40		119	01:30:18
118	821	01:30:37	Christopher	Ward	M			120	01:30:20
119	1369	01:30:40	David	Richardson	M			115	01:29:45
120	127	01:30:54	Lee	Miller	M			121	01:30:45
121	1316	01:31:09	Matthew	Reynolds	M			123	01:30:57
122	1685	01:31:09	Gareth	Morgan	M	40		124	01:30:57
123	724	01:31:09	Jill	Hamill	F			125	01:31:02
124	1186	01:31:11	Leann	Gibbs	F	35	CELTIC TRI	127	01:31:07
125	1300	01:31:16	Stacey	Farnell	M		3M's GORSEINON ROAD RUNNERS	126	01:31:04
126	1171	01:31:17	Barry	Herdman	M			128	01:31:09
127	46	01:31:28	Laurence	Pole	M		PONTYPRIDD ROADENTS	130	01:31:22
128	1441	01:31:28	Philip	Tucker	M			131	01:31:23
129	13	01:31:33	Louise Ann	Flynn	F			133	01:31:26
130	635	01:31:39	Richard	Bunn	M		PEEL ROAD RUNNERS	132	01:31:24
131	1081	01:31:45	Stewart	Roberts	M			136	01:31:37
132	1464	01:31:46	Christopher	Purdon	M	40		135	01:31:34
133	1667	01:31:46	Rhys	Harries	M			134	01:31:28
134	1568	01:31:47	Chris	Bates	M		FIRSTCMS SOFTWARE SOLUTIONS	137	01:31:38
135	511	01:31:48	Andrew	Morris	M			122	01:30:54
136	1736	01:31:49	James	O'Callaghan	M	40		105	01:29:11
137	1217	01:31:56	James	Horner	M		LES CROUPIERS	141	01:31:52
138	854	01:31:56	Steven	Williams	M			138	01:31:40
139	1381	01:32:00	Cedric	David	M		VEGAN RUNNERS	140	01:31:50
140	1055	01:32:03	Andrew	Miles	M	50		139	01:31:47
141	599	01:32:07	Greg	Tilston	M			142	01:31:52
142	1466	01:32:12	Mr	Watson	M	40	ERME VALLEY HARRIERS	146	01:32:08
143	313	01:32:18	Vincent	Playdon	M			144	01:31:55
144	1068	01:32:24	John Philip	Parry	M	50	BUILTH & DISTRICT RC	145	01:32:05
145	1064	01:32:30	Meirion	Evans	M			143	01:31:52
146	1370	01:32:31	Nick	Francis	M			147	01:32:20
147	1449	01:32:31	Eric	Davey	M	60	LLANELLI AC	151	01:32:29
148	1643	01:32:35	Andy	Holcroft	M		INGLI RUNNERS	152	01:32:29
149	1216	01:32:36	Ian	Morgan	M		CELTIC TRI	148	01:32:23
150	1632	01:32:37	Shaun	Connor	M	40	LES CROUPIERS	153	01:32:33

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
151	704	01:32:41	Tomas	Ninis	M			149	01:32:28
152	259	01:32:49	Keith	Richards	M	40		150	01:32:28
153	1734	01:32:50	Gavin	Mahon	M		Newmarket Joggers	129	01:31:15
154	1633	01:32:54	Dean	Trebilcock	M			157	01:32:42
155	892	01:32:56	Gabriella	Maine	F		PORTHCAWL RUNNERSLIFE	159	01:32:53
156	540	01:32:56	Robert	Rees	M			154	01:32:33
157	1015	01:32:57	Ian	Speed	M	40		158	01:32:48
158	162	01:33:00	Andrew	Evans	M	50		156	01:32:39
159	1359	01:33:08	Mark	Tregilgas	M		30+BOOTCAMP	160	01:32:57
160	1037	01:33:23	Lloyd	Thomas	M			161	01:32:58
161	1031	01:33:25	Lloyd	Morgan	M		SAN DOMENICO	163	01:33:07
162	1586	01:33:27	David	Williams	M			155	01:32:38
163	532	01:33:36	Amy	Lunnon	F		BRIDGEND AC	167	01:33:30
164	1566	01:33:36	Rachel	Allcock	F	35	AMMAN VALLEY HARRIERS	168	01:33:31
165	1393	01:33:40	Kate	Skidmore	F			162	01:33:07
166	815	01:33:42	Mark	Whitby	M			166	01:33:25
167	1491	01:33:45	Kevin	Russell	M	50	SAN DOMENICO	169	01:33:31
168	1077	01:33:46	Mary Virginia	Bowen Rees	F	45	TROTS	174	01:33:41
169	951	01:33:47	Gareth	Hill	M	40	CAREERING WALES	170	01:33:35
170	1386	01:33:55	Daniel	Thomas	M			175	01:33:48
171	1110	01:33:56	Sam	Corfield	M			173	01:33:39
172	503	01:34:00	Adrian	Blair	M			171	01:33:36
173	56	01:34:01	Richard	Long	M	40		177	01:33:52
174	1365	01:34:01	Jonathan	Owen	M	40		176	01:33:50
175	404	01:34:05	Martyn	Poole	M			165	01:33:16
176	1579	01:34:06	Matthew	Reardon	M			172	01:33:38
177	1670	01:34:09	Jonathan	Hancock	M	40	TROTS	180	01:33:58
178	932	01:34:12	John	Redmond	M			179	01:33:56
179	1036	01:34:15	Nathan	Walmsley	M			164	01:33:14
180	629	01:34:21	Andrew	Fairclough	M			186	01:34:16
181	1141	01:34:21	Mark	Jones	M	50		185	01:34:15
182	1423	01:34:24	Julian	Maine	M	50	PORTHCAWL RUNNERSLIFE	187	01:34:19
183	1251	01:34:25	Owen	Lewis	M			181	01:34:06
184	1432	01:34:26	Daniel	Elliott	M			178	01:33:53
185	405	01:34:32	Kevin	Corcoran	M	40	SWANSEA HARRIERS	184	01:34:12
186	1698	01:34:44	Lee	Davies	M			192	01:34:30
187	1494	01:34:45	Tim	John	M		TROTS	194	01:34:32
188	155	01:34:46	Karl	Sepahpour	M			189	01:34:27
189	433	01:34:47	Daniel	Cluroe	M			193	01:34:30
190	63	01:34:48	Joan Caroline	Jones	F	45	TROTS	195	01:34:34
191	1237	01:34:56	Rhodri	Morgan	M	40		198	01:34:40
192	1032	01:34:58	Steven	Jones	M	40		196	01:34:36
193	956	01:35:00	Paul	Carman	M	50		201	01:34:52
194	219	01:35:04	Daniel	Tidball	M			199	01:34:46
195	1152	01:35:07	Alun	Bonello	M			183	01:34:11
196	1252	01:35:07	Gareth	Rees	M		SOSPAN ROAD RUNNERS	204	01:35:00
197	1608	01:35:08	Matthew	Beamish	M			191	01:34:28
198	965	01:35:10	David	Williams	M	40	LES CROUPIERS	197	01:34:40
199	1459	01:35:14	Rod	Harris	M	40		205	01:35:03
200	1339	01:35:14	Luke	Richards	M			203	01:34:57
201	1273	01:35:15	Michael	Jones	M	50		206	01:35:04
202	1239	01:35:19	Gareth	Davies	M			188	01:34:22
203	486	01:35:23	Viv	Clement	F	35	CARDIFF TRI	207	01:35:13
204	1195	01:35:25	Laurence	Worth	M	40	PEMBROKESHIRE HARRIERS	190	01:34:28
205	1511	01:35:28	Richard	Jones	M			182	01:34:10
206	1401	01:35:30	Simon	Smith	M			202	01:34:56
207	1457	01:35:30	Richard	James	M	40	EMLYN RUNNERS	200	01:34:48
208	11	01:35:42	Ian	Bamford	M		3M's GORSEINON ROAD RUNNERS	211	01:35:30
209	1120	01:35:46	Andrew	Powell-Chandler	M	40		209	01:35:22
210	866	01:35:52	Martin	Price	M			208	01:35:14
211	1583	01:35:59	David	Cornish	M	40	PORT TALBOT HARRIERS	214	01:35:43
212	1354	01:36:01	Anthony	Deacy	M	50	ESPIRIT	215	01:35:51
213	1319	01:36:10	Michael R	Bryant	M	50		218	01:36:01
214	522	01:36:14	Stephanie	Avery	F			213	01:35:43
215	1026	01:36:15	Adrian	Corbett	M	50	OUTDOOR FITNESS	221	01:36:11
216	966	01:36:17	Paul	Evans	M		BRECON AC	210	01:35:28
217	1309	01:36:19	Marc	Batcup	M		SWANSEA HARRIERS	217	01:36:01
218	1480	01:36:19	Michael	Davies	M	60	LES CROUPIERS	219	01:36:06
219	806	01:36:20	James	Dawe	M			224	01:36:13
220	1472	01:36:27	Wayne	Cross	M	40		223	01:36:12
221	1601	01:36:28	Derek	Fenton	M	40		222	01:36:11
222	695	01:36:30	Anthony	David	M			226	01:36:17
223	1625	01:36:30	Huw	Littlewood	M			220	01:36:09
224	1009	01:36:34	Clare	Scott	F	35	HEREFORD COURIERS	227	01:36:17
225	940	01:36:36	Jason	Evans	M		CELTIC TRI	230	01:36:24

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
226	1474	01:36:36	Amy	Edwards	F		RHONDDA VALLEY RUNNERS	216	01:35:58
227	1639	01:36:38	Anthony	Corria	M	40		212	01:35:41
228	1018	01:36:39	Liz	Ashton	F		LES CROUPIERS	233	01:36:33
229	1427	01:36:44	Nigel	Taylor	M	40		228	01:36:20
230	1332	01:36:45	Paul	Martin	M			225	01:36:16
231	1199	01:36:46	Fiona	Davies	F	55	PONTYPRIDD ROADENTS	234	01:36:33
232	427	01:36:47	Sally	Wilson	F	35	INGLI RUNNERS	232	01:36:32
233	1062	01:36:50	Lindy	Eynon	F	45	TROTS	236	01:36:38
234	818	01:36:53	Gair	McAdie	M		TEAM DEVIANT	229	01:36:21
235	451	01:37:02	Oliver	Nazer	M			237	01:36:45
236	1276	01:37:06	Seamus	Gallagher	M		SAN DOMENICO	243	01:36:57
237	1564	01:37:08	David	James	M		AMMAN VALLEY HARRIERS	246	01:37:03
238	846	01:37:12	Rhian	Loudon	F	45	NEWPORT HARRIERS	244	01:37:01
239	1287	01:37:12	Jonathan	Cousins	M	40		239	01:36:50
240	29	01:37:13	Paul	Arnold	M	40	CELTIC TRI	240	01:36:52
241	1626	01:37:15	Phil	Jones	M			248	01:37:06
242	447	01:37:15	Mark	Jones	M	50	CLWB TRIATHLON	252	01:37:09
243	1173	01:37:17	Richard	Thomas	M			235	01:36:37
244	1324	01:37:17	Samuel	Marsh	F			231	01:36:32
245	569	01:37:21	Leigh	Fennell	M			250	01:37:07
246	1084	01:37:24	Mark	Thomson	M	40		242	01:36:56
247	944	01:37:24	Anne	Davies	F	45	WIMBLEDON WINDMILERS	255	01:37:18
248	978	01:37:26	Neil	Price	M			241	01:36:55
249	1413	01:37:27	Paul	Davies	M			259	01:37:25
250	182	01:37:30	Matthew	Davies	M			245	01:37:02
251	1177	01:37:31	Ross	McNally	M		PEMBROKESHIRE HARRIERS	251	01:37:08
252	1515	01:37:34	Matt	Rogerson	M			238	01:36:47
253	637	01:37:36	Gary	Bodman	M	40	LES CROUPIERS	247	01:37:05
254	1012	01:37:36	Mick	Grant	M	50	ROAD RUNNERS CLUB	260	01:37:25
255	576	01:37:37	Marc	Bevan	M			254	01:37:17
256	1196	01:37:39	Wyn	James	M			261	01:37:25
257	1539	01:37:41	Nigel	Evans	M	40	TROTS	263	01:37:28
258	1092	01:37:42	Kevin	Neads	M	50	CLEVEDON AC	268	01:37:39
259	1175	01:37:42	Sam	Duggan	M			253	01:37:16
260	1732	01:37:43	Runner		M	1732		249	01:37:07
261	1371	01:37:45	Linden	Cox	M	40		264	01:37:29
262	1577	01:37:50	Edwin	Roggeband	M	40		271	01:37:46
263	1428	01:37:54	Llion	Ap Dylan	M			265	01:37:30
264	1488	01:37:55	Mark	Bryant	M	40		267	01:37:35
265	110	01:37:56	Mike	Griffiths	M			258	01:37:24
266	933	01:38:02	Luthfur	Rahman	M			270	01:37:46
267	995	01:38:03	Megan	Evans	F			272	01:37:49
268	30	01:38:05	Jayne	Arnold	F	35	CELTIC TRI	269	01:37:44
269	1580	01:38:05	Graham	Vyner	M	40	CELTIC TRI	256	01:37:23
270	70	01:38:12	Kellinu J.C	Portelli	M	40	LES CROUPIERS	276	01:38:05
271	1181	01:38:12	Jon	Walters	M			280	01:38:09
272	701	01:38:18	Antony	Panter	M	40		257	01:37:24
273	1569	01:38:22	Grahame	Viner	M	50	CAERLEON RUNNING CLUB	266	01:37:31
274	646	01:38:23	Huw	Wells	M	40		277	01:38:05
275	1624	01:38:24	Bethan	Ouseley	F		INGLI RUNNERS	281	01:38:10
276	590	01:38:26	Cain	Thomas	M		VILLAGE VIPERS	274	01:38:03
277	1665	01:38:26	Jason	Williams	M			284	01:38:18
278	339	01:38:28	Nick	Denny	M			275	01:38:04
279	1020	01:38:28	Caroline	McBeth	F	45	SWINDON STRIDERS	285	01:38:18
280	1663	01:38:36	Ken	Parton	M	50		273	01:38:00
281	1336	01:38:41	Ed	Laverack	M			283	01:38:18
282	805	01:38:49	Robert	Young	M			291	01:38:35
283	1476	01:38:50	Peter	Austin	M			262	01:37:26
284	767	01:38:51	Neil	Lawrence	M		BUILTH & DISTRICT RC	282	01:38:12
285	756	01:38:53	Matthew	Courtney-Smith	M			286	01:38:22
286	1709	01:38:56	Simon	Williams	M			288	01:38:28
287	1321	01:38:57	Michelle	Grey	F		PORT TALBOT HARRIERS	293	01:38:41
288	1361	01:38:57	Thomas	Chennell	M			292	01:38:37
289	1146	01:38:57	Glyn	Jones	M	50		296	01:38:45
290	842	01:38:59	Chris	Ormonde	M			290	01:38:35
291	840	01:39:00	Lloyd	Jones	M			289	01:38:35
292	587	01:39:02	Ben	Reid	M			299	01:38:51
293	1422	01:39:03	Julian	Vance-Daniel	M	50		278	01:38:06
294	565	01:39:04	Paul	Morgan	M			297	01:38:50
295	634	01:39:06	Bunn	Tricia	F	35	PEEL ROAD RUNNERS	300	01:38:51
296	1487	01:39:10	Stephen	Lewis	M	40		302	01:38:52
297	1169	01:39:13	Lee-John	Griffiths	M			298	01:38:50
298	1033	01:39:13	Helen	Jones	F	35		301	01:38:51
299	1384	01:39:26	Steven	Percey	M	40		304	01:39:03
300	299	01:39:27	Darren	Floyd	M			279	01:38:09

## 2011 Llanelli Waterside Half Marathon

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
301	989	01:39:31	Gill	Aldworth	F	35	BRECON AC	294	01:38:42
302	324	01:39:32	Uku	Kumari	M	50		314	01:39:24
303	1599	01:39:33	Alwyn	Williams	M	40		295	01:38:42
304	1058	01:39:35	Sian	Phillips	F	45	SWANSEA HARRIERS	316	01:39:26
305	467	01:39:36	Aled	Rees	M			287	01:38:22
306	722	01:39:36	Marie	Dawson	F			306	01:39:05
307	315	01:39:37	Andy	Hunter	M			309	01:39:14
308	389	01:39:38	Richard	Hayes	M			305	01:39:03
309	1233	01:39:40	Philip	Hughes	M		SAN DOMENICO	317	01:39:26
310	266	01:39:41	Andy	Sheel	M			307	01:39:10
311	1533	01:39:42	Geraint	Jenkins	M	40	AMMAN VALLEY HARRIERS	319	01:39:37
312	875	01:39:43	Richard	Evans	M	40		320	01:39:37
313	632	01:39:46	Richard	Hamlin	M		STROUD AC	310	01:39:15
314	621	01:39:48	Anthony	Douglas	M			318	01:39:36
315	1192	01:39:51	Don	Burrows	M	40		325	01:39:46
316	1620	01:40:00	Ian	Sparks	M			321	01:39:41
317	1592	01:40:08	Mark	Overton	M	40		308	01:39:11
318	481	01:40:08	Nicholas	Masefield	M			313	01:39:20
319	124	01:40:10	Andrew	Reddy	M			328	01:39:53
320	372	01:40:11	Michael	Walton	M	50		326	01:39:46
321	1331	01:40:14	Aled	Smith	M		TENBY ACES	303	01:39:00
322	1637	01:40:15	Simon	Brewer	M			311	01:39:18
323	800	01:40:15	Jade	Gittins	F		CAERLEON RUNNING CLUB	312	01:39:20
324	1244	01:40:20	Jeremy	Phillips	M			330	01:40:03
325	1595	01:40:23	Alun	Yeend	M	50		315	01:39:24
326	718	01:40:24	Mark	Hanford	M			333	01:40:18
327	1174	01:40:26	Daniel	Williams	M		PEMBROKESHIRE HARRIERS	331	01:40:04
328	156	01:40:31	Chris	Williams	M	40		332	01:40:07
329	826	01:40:35	Gavin	Morgan	M		BUILT & DISTRICT RC	329	01:39:54
330	1541	01:40:36	Noel	Thompson	M	50		324	01:39:43
331	273	01:40:38	Christopher	Evans	M			322	01:39:41
332	1622	01:40:41	Mike	Palmer	M		SARN HELEN	337	01:40:30
333	530	01:40:43	Rachel	Williams	F			335	01:40:27
334	508	01:40:45	Darren	Picton	M			336	01:40:29
335	730	01:40:47	Gareth	Welsh	M	50	PORTHCAWL RUNNERSLIFE	334	01:40:19
336	1447	01:40:49	Kate	Hyatt	F			343	01:40:40
337	1280	01:40:50	John	Sibcy	M			340	01:40:33
338	371	01:40:56	Neil	Marvin	M	40		344	01:40:42
339	329	01:40:57	Allen	Fitzpatrick	M			338	01:40:31
340	444	01:40:58	Nigel	Williams	M	40		327	01:39:50
341	35	01:41:01	Stephen	May	M			348	01:40:55
342	1148	01:41:07	Barry	Nichols	M			342	01:40:36
343	33	01:41:12	Rachel	Walsh	F			347	01:40:54
344	1575	01:41:12	Matthew	Cook	M			350	01:40:59
345	688	01:41:14	Tim	Knight	M			349	01:40:58
346	539	01:41:15	Aled	Edwards	M			323	01:39:41
347	352	01:41:20	Kate	Penquet	F			355	01:41:08
348	1547	01:41:21	Christopher	Morgan	M	40		345	01:40:50
349	1574	01:41:24	Mike	Rossiter	M	50		357	01:41:17
350	1532	01:41:26	Geraint	Crocker	M			351	01:41:00
351	473	01:41:40	Celia	Speake	F	35	BUILT & DISTRICT RC	352	01:41:01
352	1688	01:41:40	Dennis	Collins	M	40	RHONDDA VALLEY RUNNERS	371	01:41:40
353	346	01:41:45	Neil	Thomas	M	40		367	01:41:38
354	960	01:41:46	Nigel	Cowan	M	60		362	01:41:28
355	1436	01:41:48	Mark	Farrar	M		LES CROUPIERS	363	01:41:33
356	1524	01:41:49	Tom	Nettleship	M			353	01:41:01
357	526	01:41:49	Phillip	Worth	M			364	01:41:34
358	1142	01:41:50	Chris	Griffiths	M			339	01:40:31
359	102	01:41:52	Martyn	Hill	M			361	01:41:22
360	283	01:41:54	Richard	Baker	M			369	01:41:39
361	1716	01:41:55	Colan	Badham	M			341	01:40:33
362	1706	01:42:00	Michael	Thomas	M			368	01:41:38
363	1526	01:42:00	Lee	Davies	M			372	01:41:42
364	54	01:42:01	Paul	Bigmore	M	50	BRAKLA HARRIERS	356	01:41:14
365	1610	01:42:03	Huw	Turner	M	40		378	01:41:49
366	1388	01:42:04	Gwen	Morris	F		INGLI RUNNERS	354	01:41:05
367	1615	01:42:06	Allan	Davies	M	40		377	01:41:46
368	1318	01:42:06	Richard	Howe	M	40		373	01:41:42
369	1289	01:42:10	Byron	Davies	M		3M's GORSEINON ROAD RUNNERS	375	01:41:45
370	1344	01:42:10	Sian	Roberts-Jones	F		SARN HELEN	380	01:42:00
371	656	01:42:11	Darren	Swetman	M	40		374	01:41:43
372	1024	01:42:11	Colin	Blackwell	M	50		365	01:41:34
373	142	01:42:11	Gareth	Hart	M	40		360	01:41:22
374	613	01:42:16	Peter	Wilks	M		LES CROUPIERS	376	01:41:46
375	765	01:42:19	Yusuf	Laloo	M			346	01:40:54

## 2011 Llanelli Waterside Half Marathon

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
376	1644	01:42:24	Gareth	Jenkins	M			381	01:42:06
377	1617	01:42:28	Paul	Wood	M	40	CARDIFF TRI	384	01:42:13
378	1558	01:42:30	Michael	Terry	M	60	TROTS	385	01:42:15
379	1394	01:42:31	David	Way	M			388	01:42:20
380	1143	01:42:34	Nicholas	Hartley	M			382	01:42:10
381	351	01:42:36	Lee	De Filippo	M			366	01:41:37
382	1711	01:42:38	David	Griffiths	M			387	01:42:19
383	1684	01:42:44	Penelope	Rees	F		TROTS	358	01:41:19
384	1149	01:42:45	Eleanor	Grey	F			383	01:42:12
385	464	01:42:49	Craig	Nowell	M			379	01:41:56
386	1647	01:42:51	John	Sweeting	M	60	MDC	370	01:41:40
387	998	01:42:52	Rhys	Gravell	M			359	01:41:22
388	256	01:42:54	Grant	Duncan	M	50		390	01:42:29
389	1230	01:42:58	Peter	Cumming	M			396	01:42:38
390	824	01:42:58	Andrew	Toft	M	40	INDEPENDENT	401	01:42:48
391	914	01:43:01	Stuart	Pemberton	M			398	01:42:44
392	1448	01:43:02	Gary	Hyatt	M	60	LES CROUPIERS	403	01:42:53
393	1317	01:43:06	Richard	Davies	M	40	LLISWERRY RUNNERS	395	01:42:36
394	462	01:43:09	Eibhlin	O'Donnell Jones	F	35		400	01:42:48
395	1473	01:43:11	Richard	Phillips	M		TROTS	389	01:42:20
396	1358	01:43:12	Alun	Evans	M			409	01:43:04
397	551	01:43:12	Non	Davies	F			397	01:42:43
398	1111	01:43:21	David	Rees	M		TEAM INPULSE	405	01:42:57
399	189	01:43:22	Kevin	Phelps	M	40		404	01:42:54
400	1093	01:43:23	Martin	Hines	M	40		412	01:43:14
401	1308	01:43:24	Daniel	Evans	M			386	01:42:18
402	1060	01:43:27	Stuart Victor	Howells	M	40		402	01:42:53
403	1410	01:43:29	Robert	Morgan	M	40		413	01:43:15
404	881	01:43:32	Benjamina	Bullard	M			392	01:42:33
405	699	01:43:38	Beverley	Lewis	F	45	CARDIFF TRI	391	01:42:31
406	1159	01:43:40	Marcus	Thomas	M			394	01:42:36
407	49	01:43:42	Jason	Davidge	M	40		408	01:43:00
408	229	01:43:44	Anthony	Dew	M			414	01:43:18
409	1242	01:43:45	Andrew	Parkes	M		TEAM 6	416	01:43:27
410	22	01:43:45	David	Boucher	M	50		415	01:43:24
411	441	01:43:49	Kyle	Galtry	M			399	01:42:46
412	529	01:43:50	Dave	Breen	M	50	PORTHCAWL RUNNERSLIFE	410	01:43:10
413	1409	01:43:54	Roy	Board	M	40		418	01:43:37
414	436	01:44:00	Ian	Evans	M	40		425	01:43:48
415	804	01:44:01	Carl	James	M			393	01:42:33
416	1112	01:44:07	Aled	Eynon	M			423	01:43:43
417	442	01:44:14	Geraint	Davies	M	40		407	01:43:00
418	422	01:44:15	Kelly	Gipson	F	35	TEAM DEVIANT	426	01:43:52
419	984	01:44:16	Andy	Williams	M	40		421	01:43:40
420	603	01:44:25	Kieran	Chouhan Thomas	M			430	01:44:04
421	597	01:44:26	Eoghan	Walsh	M			411	01:43:10
422	1039	01:44:28	Kristie	Harper	F			419	01:43:39
423	1397	01:44:30	Richard Alun	Williams	M			428	01:43:58
424	1041	01:44:31	Simon	Dye	M		BRECON AC	422	01:43:42
425	1518	01:44:32	Rob	Price	M		CORDNER LEWIS ATHLETICS CLUB	431	01:44:04
426	366	01:44:36	Owen	Emanuel	M			429	01:43:59
427	1519	01:44:37	Paul	Jenkins	M	40		424	01:43:45
428	1400	01:44:37	Delme	Price	M			406	01:42:57
429	1598	01:44:38	Christopher	Williams	M			441	01:44:29
430	713	01:44:44	Fabien	Frechin	M	40		420	01:43:40
431	335	01:44:46	Rob	Williams	M	50		427	01:43:57
432	1517	01:44:47	Brian	Griffiths	M	60		436	01:44:20
433	1127	01:44:53	Paul	Evans	M			417	01:43:35
434	1304	01:44:53	Hussain	Rubban	M			433	01:44:12
435	1303	01:44:54	Carl	Seaman	M	40	RHONDDA VALLEY RUNNERS	432	01:44:09
436	1374	01:45:00	Ray	Majer	M	50	SOSPAN ROAD RUNNERS	450	01:44:40
437	1465	01:45:01	Julie	Archer	F	35	WOMENS RUNNING NETWORK	443	01:44:31
438	1035	01:45:04	Phillip	Mears	M	40	PEGASUS - CARDIFF	459	01:44:56
439	1087	01:45:04	Mair	Harris	F	35		449	01:44:39
440	1162	01:45:05	Caryl	Richards	F		SOUTHAMPTON TRIATHLON CLUB	440	01:44:29
441	930	01:45:07	Gary	Johnston	M	40		452	01:44:40
442	809	01:45:11	Ian	Hopwood	M			434	01:44:15
443	780	01:45:12	Lana	Brace	F	35		457	01:44:46
444	1680	01:45:12	Loretta	Daley	F	45	LES CROUPIERS	466	01:45:05
445	428	01:45:16	Jonathan	Gosling	M			453	01:44:41
446	848	01:45:16	David	Place	M	40		437	01:44:21
447	967	01:45:18	Nicola	Quin	F			444	01:44:32
448	1609	01:45:18	Helen	Mann	F			456	01:44:45
449	143	01:45:22	Kathryn	Hughes	F			461	01:44:57
450	828	01:45:24	Gareth	Poulton	M			465	01:45:04

## 2011 Llanelli Waterside Half Marathon

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
451	1284	01:45:25	Rita	Kingdon	F		EAST LONDON RUNNERS	447	01:44:35
452	1440	01:45:25	Amanda	Parry	F	35		470	01:45:18
453	829	01:45:27	Stuart	Trimby	M			468	01:45:07
454	289	01:45:29	Anne	Bristoe	F	45		442	01:44:30
455	1392	01:45:30	Jonathan	Beynon	M		LC COBRAS	451	01:44:40
456	863	01:45:30	Jenny	McGillycuddy	F			438	01:44:22
457	1134	01:45:32	Eifion	Jones	M			439	01:44:27
458	1305	01:45:36	Michael	Pursey	M	40		458	01:44:55
459	1357	01:45:37	Catriona	Proctor	F	35	TROTS	435	01:44:20
460	105	01:45:38	Gareth	Rees	M	40		467	01:45:07
461	1107	01:45:40	Megan	Whitaker	F			462	01:44:58
462	1279	01:45:45	Ryan	O'Neill	M			464	01:45:03
463	959	01:45:46	Nina	Brocklebank	F	35	3M's GORSEINON ROAD RUNNERS	455	01:44:44
464	1704	01:45:47	Julian	Lewis	M			460	01:44:56
465	188	01:45:51	Phil	Walton	M			471	01:45:33
466	638	01:45:56	Jon	Griffiths	M		VILLAGE VIPERS	474	01:45:36
467	1555	01:46:01	Nick	Thorne	F			446	01:44:34
468	666	01:46:02	Robert	Weeks	M	40		475	01:45:37
469	274	01:46:05	Daniel	Williams	M	40		473	01:45:35
470	1683	01:46:09	Damien	Lloyd-Jones	M			454	01:44:44
471	3	01:46:12	Clive	Greaves	M	40	3M's GORSEINON ROAD RUNNERS	477	01:45:45
472	578	01:46:19	Georgina	Pocock	F			476	01:45:40
473	1725	01:46:19	Sian	Bayliss	F			480	01:45:53
474	766	01:46:23	Liam	Andrews	M			448	01:44:35
475	1621	01:46:27	Gethin	Williams	M			484	01:46:03
476	702	01:46:29	Richard	Dyer	M			472	01:45:35
477	832	01:46:30	James	Watson	M			488	01:46:19
478	286	01:46:32	Christopher	Price	M			487	01:46:09
479	884	01:46:34	Steve	Davies	M	40	PORT TALBOT HARRIERS	445	01:44:33
480	1550	01:46:34	Sophie	Crampin	F			479	01:45:52
481	1042	01:46:34	Andy	Morton	M	50		486	01:46:06
482	1578	01:46:37	Richard	Cheney	M		ASPIRATIONS	469	01:45:13
483	493	01:46:40	Jon	Robbins	M			489	01:46:24
484	301	01:46:45	John	Parsons	M	60		485	01:46:04
485	1105	01:46:48	Jamie	Rowland	M			491	01:46:39
486	1417	01:46:52	Tim	Clarke	M	40	CARDIFF TRI	463	01:45:00
487	1023	01:46:52	Martin	Jones	M			478	01:45:50
488	1702	01:46:55	Adrian	Haworth	M	40		483	01:46:01
489	1703	01:46:55	Laurie	Haworth	M			482	01:46:01
490	644	01:47:03	Aisling	Pigott	F		OUTDOOR FITNESS	490	01:46:25
491	867	01:47:04	David	Williams	M			481	01:45:55
492	588	01:47:12	Sarah	Fry	F	35		495	01:46:46
493	28	01:47:20	David	Webster	M	40		498	01:46:53
494	1363	01:47:22	Jodi	Bateman	F	35	BUILTH & DISTRICT RC	493	01:46:43
495	902	01:47:25	Clayton	Wehrle	M	40		503	01:47:01
496	44	01:47:27	Steven	Davies	M			504	01:47:03
497	1334	01:47:27	Chris	Allen	M			497	01:46:50
498	454	01:47:27	Mari	Griffiths	F			505	01:47:05
499	740	01:47:34	Rachel	Biggar	F			499	01:46:56
500	1377	01:47:38	Michelle	Roberts	F	35		507	01:47:14
501	1326	01:47:39	Teresa	Shanklin	F	45		492	01:46:42
502	1516	01:47:40	David	Britton	M			496	01:46:46
503	1109	01:47:42	Elizabeth	Richards	F	45	CAERLEON RUNNING CLUB	494	01:46:46
504	226	01:47:44	Derek	Gough	M	40		501	01:47:00
505	554	01:47:45	Jason	Beynon	M			511	01:47:24
506	1571	01:47:56	Andrew	Williams	M			512	01:47:27
507	401	01:47:58	Anne	Huggett	F			514	01:47:29
508	1078	01:48:00	Ralph	Davey	M	60	LES CROUPIERS	513	01:47:28
509	1225	01:48:01	Marc	Cannon	M		SOUTH WALES POLICE	506	01:47:08
510	1250	01:48:04	Stephen	Lewis	M		CELTIC TRI	516	01:47:33
511	723	01:48:05	Tim	Lewis	M			500	01:46:59
512	1328	01:48:05	Guy	Mawson	M	40	FETCH EVERYONE RC	515	01:47:33
513	1366	01:48:18	David	Elvy	M	40		519	01:47:49
514	1731	01:48:22	Chris	Warmer	M			529	01:48:06
515	684	01:48:23	Andrew	Kings	M			520	01:47:49
516	1671	01:48:23	Nicola	James	F		PENARTH & DINAS RUNNERS	528	01:48:04
517	1380	01:48:25	Helen	Watkinson	F		VEGAN RUNNERS	521	01:47:50
518	1390	01:48:31	Paul	Jones	M		MUMBLES MILERS	517	01:47:44
519	314	01:48:35	Carl	Harris	M			530	01:48:08
520	1735	01:48:36	Byron	Kear	M			502	01:47:01
521	681	01:48:37	Anthony	Worman	M			532	01:48:12
522	197	01:48:41	Simon	Parry	M	40		531	01:48:12
523	833	01:48:43	Glen	Thompson	M	40		527	01:48:03
524	1082	01:48:43	Gareth	Jones	M			508	01:47:15
525	1290	01:48:47	Gareth	Morgan	M			524	01:47:55

## 2011 Llanelli Waterside Half Marathon

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
526	1272	01:48:47	David	Williams	M			535	01:48:18
527	1666	01:48:49	Alun	Parry	M			536	01:48:22
528	531	01:48:49	Ceri	Stone	M	40		526	01:48:01
529	736	01:48:51	Sarah	Lewis	F	35		522	01:47:51
530	858	01:48:54	Adam	Owen	M			510	01:47:22
531	573	01:48:54	Leighton	Gwyn	M	50		518	01:47:48
532	1348	01:49:00	Tomos	Lawrence	M			539	01:48:36
533	751	01:49:08	Jodie	Grove	F			544	01:48:48
534	729	01:49:10	Richard	Owen	M			548	01:48:59
535	1664	01:49:14	Gavin	Evans	M			554	01:49:09
536	947	01:49:16	Andy	Armstrong	M	40	RUNNERS WORLD	537	01:48:32
537	1254	01:49:19	Kevin	Maloy	M	40		543	01:48:46
538	1030	01:49:20	John	Martin	M	50		542	01:48:41
539	1414	01:49:23	Kirsten	Tucker	F		PORT TALBOT HARRIERS	553	01:49:08
540	1469	01:49:25	Tyrone	Ward	M	40		509	01:47:20
541	71	01:49:27	David	Mc Donald	M	40	LES CROUPIERS	546	01:48:57
542	865	01:49:29	Robert	Sanders	M	50		549	01:49:02
543	942	01:49:29	Simon	Shepherd	M	40		534	01:48:18
544	1200	01:49:31	Andrew	Davies	M	40		523	01:47:51
545	1263	01:49:31	Kate	Eaton	F			525	01:47:58
546	1406	01:49:35	Christian	Mears	M	40		555	01:49:13
547	602	01:49:36	Natalie	Jones	F		VILLAGE VIPERS	557	01:49:15
548	925	01:49:43	Heather	Fraser	F			552	01:49:06
549	964	01:49:44	Keith	Powell	M	50	TROTS	562	01:49:29
550	968	01:49:45	David	Quin	M			538	01:48:33
551	179	01:49:46	Mark	Jones	M	40		540	01:48:38
552	1585	01:49:47	Kirsty	Jopson	F		SERPENTINE	558	01:49:22
553	1325	01:49:50	Ffion	Davies	F			541	01:48:41
554	618	01:49:54	Robert	Morgan	M			564	01:49:33
555	1588	01:49:59	Julie	Lewis	F	35	ISLWYN RUNNING CLUB	556	01:49:14
556	1642	01:50:00	Sam	Rice	M			550	01:49:04
557	524	01:50:02	Craig	Hudson	M			559	01:49:23
558	707	01:50:08	Tom	Wright	M	40	SOSPAN ROAD RUNNERS	551	01:49:06
559	1356	01:50:09	Ray	Ellingham	M	50	SAN DOMENICO	566	01:49:43
560	174	01:50:16	Simon	Cartlidge	M			573	01:50:00
561	1662	01:50:20	Ruth	Newman	F	35	VEGAN RUNNERS	533	01:48:17
562	1631	01:50:22	Tracy	Edwards	F	35	RHONDDA VALLEY RUNNERS	561	01:49:29
563	687	01:50:24	Catherine	Lloyd-Bennett	F		3M's GORSEINON ROAD RUNNERS	578	01:50:06
564	336	01:50:26	Timothy	Williams	M			565	01:49:36
565	452	01:50:28	Kevin	Jenkins	M	40		576	01:50:04
566	1693	01:50:29	Victoria	Woodsford	F	35		581	01:50:12
567	1275	01:50:31	Rebecca	Clarke	F			563	01:49:30
568	1398	01:50:34	Kyra	Kirkham	F		RHEDWYR EMLYN	569	01:49:51
569	171	01:50:35	Matthew	Arthur	M			583	01:50:14
570	1399	01:50:35	Barry	Owen	M		RHEDWYR EMLYN	545	01:48:49
571	5	01:50:37	Gareth Daniel	Baker	M			574	01:50:01
572	1008	01:50:37	Alun	Nelson	M		PEMBROKSHIRE TRI	567	01:49:46
573	1721	01:50:38	Tadeusz	Andrychiewicz	M			571	01:49:53
574	1201	01:50:38	Neil	Williams	M	40	CELTIC TRI	575	01:50:03
575	1108	01:50:39	Eric	Frew	M	40		579	01:50:11
576	1482	01:50:39	Helen	Coates	F			570	01:49:52
577	758	01:50:39	Lucy	Arthur	F			568	01:49:51
578	1484	01:50:41	Baverley	Warburton	F	45		547	01:48:57
579	98	01:50:49	Llinos	Evans	F	35		589	01:50:36
580	344	01:50:53	Stuart	Paley	M			572	01:49:54
581	662	01:50:55	Frances	Machin	F	35	LES CROUPIERS	587	01:50:34
582	1079	01:50:59	Peter	Malough	M			584	01:50:15
583	1103	01:51:02	Jennie	Conti	F	55	BUILTH & DISTRICT RC	585	01:50:22
584	1342	01:51:05	Hayley	Springett	F			580	01:50:11
585	1340	01:51:07	Richard	Springett	M	40		582	01:50:13
586	1010	01:51:08	Ceri	Morris	M			577	01:50:05
587	753	01:51:14	Anthony	Phillips	M	50		593	01:50:56
588	614	01:51:15	Paul	Gwilliam	M			591	01:50:40
589	1613	01:51:28	Michael	Smith	M	50		586	01:50:24
590	979	01:51:32	Sian	Davies	F			596	01:51:01
591	1067	01:51:33	Ann	Rowell	F	55	TROTS	607	01:51:21
592	1248	01:51:34	Ioan	Anthony	M			595	01:51:00
593	1444	01:51:40	Edwin	Evans	M	60	WELSH MASTERS A	614	01:51:30
594	1021	01:51:41	Sian	Jones	F			598	01:51:03
595	220	01:51:41	Abbie	Smith	F			600	01:51:04
596	810	01:51:41	Darren	Fettah	M	40		560	01:49:23
597	537	01:51:45	David	Davies	M		ARUP RUNNERS	610	01:51:25
598	1315	01:51:47	Neale	Davies	M	40	TRAMS RUNNING CLUB	605	01:51:19
599	763	01:51:53	Peter	Davies	M		ATHLETICS UNION BRITISH ARMY	621	01:51:43
600	962	01:51:54	Alison	Godfrey	F			606	01:51:21

## 2011 Llanelli Waterside Half Marathon

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
601	358	01:51:55	James	Gwyther	M			613	01:51:29
602	494	01:51:55	Thomas	Gough	M	40		592	01:50:51
603	1584	01:52:00	Paul	Clarke	M	40	MUMBLES MILERS	604	01:51:14
604	1657	01:52:04	Michelle	Thomas-Luisi	F	35	3M's GORSEINON ROAD RUNNERS	588	01:50:36
605	1490	01:52:04	Vivienne	Kavanagh	F	45	3M's GORSEINON ROAD RUNNERS	590	01:50:36
606	891	01:52:07	Simon	Malough	M			609	01:51:23
607	937	01:52:07	Sarah	Bartlett	F	35		601	01:51:07
608	1376	01:52:08	Jacquelyn	Sheldon	F	45	WORCESTER BLACK PEARS	622	01:51:43
609	1132	01:52:10	Stewart	Pearce	M			619	01:51:42
610	1471	01:52:11	Leighton	Jones	M	60	3M's GORSEINON ROAD RUNNERS	624	01:51:52
611	490	01:52:23	Simon	Williams	M			629	01:51:57
612	890	01:52:23	Padraic	Ryan	M			618	01:51:42
613	251	01:52:27	Ben	Wheeler	M			627	01:51:54
614	1535	01:52:27	Simon	Davies	M			594	01:50:58
615	797	01:52:27	Jamie	Coldham	M			633	01:52:07
616	1215	01:52:27	Paul	Whittaker	M	40		634	01:52:09
617	1525	01:52:29	Lee	Newman	M		PORTHCAWL RUNNERSLIFE	623	01:51:48
618	285	01:52:31	Adam	Cooke	M			625	01:51:52
619	1477	01:52:31	Joanna	Rothwell	F			599	01:51:03
620	1204	01:52:32	Peter	Slee	M	40		597	01:51:03
621	95	01:52:32	Julia	Rees	F		PORT TALBOT HARRIERS	638	01:52:17
622	239	01:52:32	Michelle	Dougal	F			617	01:51:35
623	817	01:52:35	Jenny	McAdie	F		TEAM DEVIANT	602	01:51:08
624	844	01:52:38	Steve	Baddick	M			611	01:51:26
625	1158	01:52:39	Christopher	White	M			615	01:51:33
626	660	01:52:40	Sonia	Goute	F			612	01:51:27
627	199	01:52:40	Robin	Parker	M			608	01:51:21
628	93	01:52:40	Rob	Cox	M	40		636	01:52:11
629	421	01:52:41	Colin	Johns	M	40		641	01:52:22
630	1560	01:52:41	Lee	Kwok	M		GLAMORGAN HEALTH & RAQUET	631	01:52:04
631	395	01:52:46	Alistair	Thomson	M			603	01:51:11
632	1695	01:52:47	Kevin	Harris	M	40		628	01:51:56
633	725	01:52:48	Anthony	Barker	M			644	01:52:24
634	820	01:52:49	Peter	Cnudde	M	40		645	01:52:27
635	1492	01:52:54	Allan	Smith	M	60	3M's GORSEINON ROAD RUNNERS	635	01:52:11
636	453	01:52:58	Paul	Morgan	M	50		648	01:52:34
637	383	01:52:58	Michael	Williams	M	40		642	01:52:22
638	650	01:52:58	Simon	Phillips	M			646	01:52:27
639	1573	01:52:58	Chris	Carrel	M	40		630	01:52:00
640	1453	01:52:59	Karen	Davies	F			640	01:52:19
641	1378	01:53:03	Julian	Williams	M			651	01:52:44
642	1724	01:53:03	Lee	Sutherland	M			639	01:52:17
643	793	01:53:04	Maxwell	Randles	M			616	01:51:35
644	1106	01:53:06	Diane	Davies	F	35		643	01:52:23
645	1544	01:53:09	Paul	Lawrence	M			647	01:52:30
646	484	01:53:15	Rhian	Sheppeard	F			649	01:52:36
647	711	01:53:16	Ray	Davies	M	40		626	01:51:53
648	1481	01:53:18	Jon	Goodall	M			652	01:52:48
649	1126	01:53:21	Thomas	Crouch	M			620	01:51:42
650	1088	01:53:24	John	Davies	M	60		655	01:52:58
651	1623	01:53:25	Gerwyn	Wade	M	40		632	01:52:06
652	1606	01:53:31	Thomas	Bilton	M		VALE OF GLAMORGAN	656	01:52:58
653	1496	01:53:31	Paul	Rowley	M	50		650	01:52:40
654	555	01:53:33	Mark	Thorpe	M			637	01:52:16
655	591	01:53:36	Nick	Price	M	40		657	01:53:01
656	886	01:53:40	Lorraine	Coopey	F	45		660	01:53:03
657	1538	01:53:43	Huw	Roberts	M			669	01:53:25
658	1653	01:53:46	Ceri	Roberts	F			663	01:53:10
659	9	01:53:46	Stephen	Garvey	M	40		662	01:53:09
660	261	01:53:47	Gareth	Harris	M	40		654	01:52:58
661	420	01:53:50	Steve	Greenaway	M	50		661	01:53:08
662	651	01:53:52	Andrew	Watkins	M	40		664	01:53:13
663	232	01:53:58	Angela	Champion	F			653	01:52:51
664	65	01:54:00	Gregory	King	M	40		666	01:53:18
665	47	01:54:01	David John	Bennett	M	40		667	01:53:19
666	838	01:54:02	Jonathan	Thomas	M			659	01:53:03
667	606	01:54:04	Jonathan	Griffiths	M			685	01:53:44
668	689	01:54:07	Tom	Hardy	M			678	01:53:32
669	1712	01:54:09	Romana	Maine	F	45	PORTHCAWL RUNNERSLIFE	672	01:53:28
670	379	01:54:09	Olof	Ostlund	M			682	01:53:38
671	1679	01:54:10	Eleri	Jones	F			675	01:53:29
672	1596	01:54:10	Anwen	Jones	F			674	01:53:28
673	999	01:54:31	Helen	Bray	F			658	01:53:02
674	663	01:54:32	Sue	Low	F	45		691	01:54:07
675	1136	01:54:37	Mike	Smitham	M			671	01:53:27

## 2011 Llanelli Waterside Half Marathon

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
676	300	01:54:38	Steve	Twigg	M			695	01:54:13
677	1424	01:54:40	Jack	Robbins	M			688	01:53:56
678	741	01:54:44	Darren	Powis	M			676	01:53:29
679	1350	01:54:46	Julia	Grey	F	45		683	01:53:40
680	692	01:54:47	Matthew	Herbert	M			673	01:53:28
681	397	01:54:49	Huw	Thomas	M			668	01:53:23
682	1327	01:54:50	Sian	Gimblett-Harrison	F			670	01:53:26
683	682	01:54:50	Anthony	Herbert	M		WPSA	679	01:53:32
684	1179	01:54:51	Damian	Mackey	M	40		705	01:54:35
685	1046	01:54:53	Ben	Giesbrecht	M	50	RUNNING SOMEWHERE ELSE	690	01:54:06
686	1163	01:54:57	Edwin	Jenkins	M	40		665	01:53:16
687	1153	01:54:59	Graham	Adams	M			680	01:53:33
688	1164	01:55:03	Kevin	Fisher	M	50		686	01:53:46
689	633	01:55:04	Nigel	Williams	M			677	01:53:29
690	37	01:55:07	Matthew	Benjamin	M			681	01:53:35
691	204	01:55:08	Ian	Jones	M			687	01:53:50
692	773	01:55:08	Owen	Thomas	M	40		684	01:53:42
693	277	01:55:08	Jane	Williams	F	35		689	01:54:05
694	938	01:55:09	Jackie	Harding	F	35		693	01:54:09
695	34	01:55:13	John	Morrissey	M	50	CELTIC TRI	703	01:54:32
696	1049	01:55:15	Julie	Jones	F	35		708	01:54:42
697	784	01:55:15	Amanda	Butler	F	35		696	01:54:16
698	595	01:55:16	Rhian	Durham	F		PONTYPRIDD ROADENTS	692	01:54:08
699	1188	01:55:22	Alun	Rees	M			699	01:54:18
700	186	01:55:23	Robert	Heirene	M			698	01:54:17
701	877	01:55:24	Nadeem	Mouti	M			710	01:54:49
702	1285	01:55:25	Fadi	Baydoun	M			704	01:54:34
703	771	01:55:26	Peter	Reddy	M	60		713	01:55:03
704	853	01:55:26	Alexandra	Long	F			719	01:55:10
705	380	01:55:29	Joshua	Coulson	M			711	01:54:57
706	1654	01:55:31	Claire	Davies	F		VILLAGE VIPERS	701	01:54:25
707	419	01:55:32	Henry	Nicholson	M		EAGLE FLAPS	712	01:55:00
708	268	01:55:40	Carl	Reed	M			717	01:55:09
709	1499	01:55:41	Roland	Knight	M	60		723	01:55:20
710	885	01:55:41	Simon	Hicks	M			694	01:54:12
711	1059	01:55:44	Andrew	Rothwell	M	50		697	01:54:16
712	465	01:55:51	Joanna	Otteson	F	35	3M's GORSEINON ROAD RUNNERS	714	01:55:05
713	1450	01:55:52	Gaynor	Hughes	F	45	POOLE RUNNERS	720	01:55:15
714	564	01:55:52	Selina	Griffiths	F			702	01:54:26
715	1258	01:55:53	Craig	Davies	M			721	01:55:16
716	790	01:55:54	Lowri	Jones	F			700	01:54:23
717	566	01:55:57	James	Reynolds	M			718	01:55:09
718	1468	01:56:06	Beverley	Hart	F	55		724	01:55:20
719	1467	01:56:07	Alan	Kiteley	M	50		725	01:55:21
720	1083	01:56:08	Aoife	O Reilly	F			734	01:55:36
721	1139	01:56:09	Paul	Donovan	M	40		707	01:54:41
722	1253	01:56:11	Alun	Jones	M			737	01:55:43
723	673	01:56:12	Charlotte	Wooltorton	F			709	01:54:46
724	323	01:56:13	Richard	Lewis	M			728	01:55:31
725	980	01:56:13	Andrew	Jones	M			730	01:55:31
726	593	01:56:15	Robert	Phillips	M	40	PONTYPRIDD ROADENTS	716	01:55:08
727	657	01:56:16	Maggie	Gibbs	F	45	SOLE SISTERS	731	01:55:35
728	1218	01:56:17	Craig	Jaynes	M			706	01:54:40
729	1505	01:56:18	Steve	Holderness	M	40		736	01:55:42
730	643	01:56:19	Sian	Deal	F			735	01:55:41
731	653	01:56:22	Angharad	Brown	F	35		746	01:56:05
732	1565	01:56:25	Mark	Davies	M	40		727	01:55:29
733	1268	01:56:29	Sharon	Rogers	F	45		726	01:55:26
734	1335	01:56:33	Sophie	Dimmick	F			739	01:55:49
735	1220	01:56:37	Hayley	Davies	F	35	CARDIGAN	722	01:55:19
736	1352	01:56:38	Scott	Ellis	M			749	01:56:09
737	509	01:56:42	Peter	Abraham	M			754	01:56:18
738	739	01:56:44	Wayne	Robbins	M	40		742	01:56:00
739	1191	01:56:47	Dylan	Jones	M			733	01:55:36
740	67	01:56:50	David Bryan	Rees	M	60	RHEDWYR EMLYN	715	01:55:06
741	1070	01:56:51	Robert	Morgan	M	40		740	01:55:51
742	696	01:56:52	Rachel	Woolley	F		VILLAGE VIPERS	738	01:55:45
743	598	01:56:52	Rhiannon	Law	F		OUTDOOR FITNESS	753	01:56:14
744	1089	01:56:56	Jonathan	Gates	M			745	01:56:04
745	1727	01:56:57	Sian	Wigley	F			732	01:55:36
746	145	01:56:58	Anthony	Henebery	M	40		750	01:56:12
747	410	01:56:59	Michael	Brain	M			729	01:55:31
748	1431	01:57:05	Lea	Fogaras	F			747	01:56:07
749	338	01:57:06	Lee	Griffiths	M			757	01:56:21
750	1661	01:57:07	Lewis	Wright	M			752	01:56:14

## 2011 Llanelli Waterside Half Marathon

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
751	141	01:57:16	Sian	Jones	F			751	01:56:12
752	316	01:57:18	David	Harris	M			762	01:56:48
753	303	01:57:21	Arwel Bryn	Jones	M			761	01:56:46
754	1329	01:57:22	Michael	Smith	M	50	TENBY ACES	748	01:56:08
755	1270	01:57:24	Andrew	Ralph	M	45		765	01:56:55
756	1306	01:57:24	Mark	Rowlands	M	40		759	01:56:43
757	86	01:57:27	Gary	Phillips	M	40		741	01:55:56
758	288	01:57:34	Nicola	Hawkesford	F	35		776	01:57:08
759	745	01:57:39	Steven	Richards	M	40		756	01:56:20
760	1323	01:57:42	Anna	Hill	F	35		755	01:56:19
761	550	01:57:44	Bernie	Clarke	F			775	01:57:08
762	1144	01:57:46	Simon	Walker	M			744	01:56:03
763	1271	01:57:48	Leanne	Phillips	F	35		782	01:57:19
764	485	01:57:48	Owain	Griffiths	M		SCOOP CLUB	760	01:56:44
765	1687	01:57:49	Sam	Watras	M			743	01:56:01
766	131	01:57:51	Jeff	Rees	M			768	01:57:01
767	1530	01:57:52	Christine	Bartholomew	F		BUILTH & DISTRICT RC	781	01:57:13
768	1007	01:57:53	Lisa	Milton	F		AVON AND SOMERSET POLICE RUNNING SEC	769	01:57:01
769	627	01:57:57	Nick	Woolley	M			763	01:56:49
770	96	01:57:59	Nicola	Edwards	F			767	01:57:01
771	706	01:58:00	Kevin	Hopkins	M			777	01:57:09
772	1133	01:58:02	Clark	Powell	M			787	01:57:36
773	365	01:58:08	Darren	Grounds	M			758	01:56:32
774	1227	01:58:09	Mark	Beattie	M			779	01:57:11
775	253	01:58:09	Patrick	Le Barber	M			772	01:57:03
776	639	01:58:11	Rupert	Hall	M			792	01:57:40
777	888	01:58:12	Shaun	Thomas	M			786	01:57:28
778	757	01:58:13	Andre	Mcperson	M		SOSPAN ROAD RUNNERS	785	01:57:25
779	1668	01:58:14	Collin	Lloyd	M	40		791	01:57:40
780	483	01:58:17	Angharad	Rees	F			771	01:57:02
781	193	01:58:19	Stephen	Jones	M	40		770	01:57:02
782	1131	01:58:19	Louise	Rengozzi	F			793	01:57:44
783	1160	01:58:21	Garry	Mounter	M	40	RHONDDA TRI	778	01:57:10
784	308	01:58:23	Simon	Grogan	M	40		780	01:57:13
785	78	01:58:23	Sion	Curry	M			764	01:56:53
786	130	01:58:31	Colby	Hanks	F			796	01:57:51
787	1011	01:58:35	Stephen	Palmer	M	40		800	01:57:59
788	332	01:58:36	Philippa	Williams	F	35		788	01:57:37
789	1717	01:58:36	Hayley	Walder	F	35		766	01:56:59
790	76	01:58:37	Kevin	Sloan	M			790	01:57:39
791	1310	01:58:39	Stephen	Job	M	40		789	01:57:37
792	1554	01:58:41	Lee	Davies	F			799	01:57:56
793	986	01:58:41	Sara	Morgan	F		WOMENS RUNNING NETWORK	807	01:58:11
794	173	01:58:43	Christian	O'Leary	M			801	01:58:02
795	1249	01:58:48	Rhian	Jones	F			784	01:57:24
796	1090	01:58:49	Pete	Kemp	M	40		794	01:57:49
797	348	01:58:50	Andrew	Jones	M			773	01:57:04
798	349	01:58:50	Gareth	Hatto	M			774	01:57:05
799	1338	01:58:51	Helen	Scully	F			803	01:58:07
800	1456	01:58:53	Heulwen	James	F	35	EMLYN RUNNERS	806	01:58:11
801	1048	01:58:53	Tom	Denman	M			783	01:57:23
802	981	01:58:53	Mark	Rodgers	M			805	01:58:09
803	1337	01:58:54	Suzanne	Rodgers	F	35		804	01:58:09
804	574	01:59:07	Siwan	Richards	F	35		797	01:57:52
805	1462	01:59:18	Glyn	Williams	M	60	3M's GORSEINON ROAD RUNNERS	816	01:58:43
806	672	01:59:18	Christopher	Hall	M	40		798	01:57:55
807	752	01:59:23	James	Richards	M			812	01:58:32
808	534	01:59:24	Helen	Lewis	F		ISLWYN RUNNING CLUB	821	01:58:57
809	1259	01:59:24	Howard	Morgan	M	40		795	01:57:51
810	42	01:59:25	Alison	Morgan	F	35	WOMENS RUNNING NETWORK	820	01:58:56
811	1206	01:59:31	James	Page	M			822	01:58:58
812	579	01:59:34	Cara	Jones	F			813	01:58:32
813	880	01:59:35	Bethel	Collins	F		OUTDOOR FITNESS	814	01:58:36
814	972	01:59:37	Anne	Evans	F			818	01:58:45
815	284	01:59:43	Rebecca	Hambrook	F	55		824	01:59:03
816	1651	01:59:45	Andrea	Brabrook	F	35		828	01:59:14
817	1638	01:59:48	Jairus	Soquena	M			831	01:59:21
818	1582	01:59:49	Gary	Bowen-Thomson	M			830	01:59:19
819	97	01:59:50	Stuart	Burge-Jones	M			810	01:58:31
820	417	01:59:51	Andrew	Cole	M			811	01:58:32
821	361	01:59:54	David	Inglis	M			808	01:58:28
822	558	01:59:55	Alex	Low	F		OUTDOOR FITNESS	815	01:58:40
823	36	02:00:02	Liz	Thomas	F			842	01:59:57
824	1718	02:00:07	Helen	Walsh	F			809	01:58:29
825	1603	02:00:09	John	Shuttleworth	M	50	TENBY ACES	819	01:58:55

## 2011 Llanelli Waterside Half Marathon

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
826	1118	02:00:10	Karen	Dusgate	F	45		836	01:59:37
827	1086	02:00:13	Clare	Hilling	F	45		838	01:59:46
828	641	02:00:17	Gareth	Davies	M			817	01:58:44
829	1150	02:00:23	Deborah	Marshall	F	45		834	01:59:28
830	628	02:00:28	Jon	Smetherham	M			840	01:59:52
831	1442	02:00:31	Ian	Thomas	M			839	01:59:46
832	310	02:00:33	Richard	Bleaney	M			832	01:59:23
833	610	02:00:33	David	Mellon	M			846	02:00:13
834	852	02:00:37	Paul	Hamer	M	40		849	02:00:14
835	861	02:00:39	Caroline	Cumberlin	F	35		829	01:59:19
836	211	02:00:43	Philip	Rees	M	40		835	01:59:35
837	1240	02:00:45	Melanie	Dellibovi	F	35		823	01:59:02
838	1145	02:00:48	Emmeline	Mudford	F			847	02:00:13
839	1165	02:00:48	David	Hartill	M			825	01:59:05
840	184	02:00:51	Claire	Barnett	F	35		856	02:00:25
841	721	02:00:52	Donna	Morgan	F	35		826	01:59:09
842	1226	02:00:56	Nigel	Davies	M	40		848	02:00:14
843	10	02:00:56	Delyth	Murray-Lines	F			827	01:59:12
844	1282	02:00:58	Louise	Udiawar	F			841	01:59:54
845	302	02:01:02	Jane	Parsons	F	55		855	02:00:23
846	1590	02:01:10	James	Barker	M			854	02:00:23
847	789	02:01:15	Mark	Williams	M			866	02:00:47
848	1689	02:01:15	Keir	Lewis	M	40		852	02:00:19
849	1185	02:01:15	Ruth	Davies	F	45		850	02:00:16
850	1728	02:01:16	Jane	May	F			853	02:00:23
851	21	02:01:16	Janice	Clement	F	45	PENARTH & DINAS RUNNERS	851	02:00:19
852	242	02:01:17	Catrin	Rodric Evans	F	35		844	02:00:07
853	1658	02:01:19	Rhys	Edwards	M			858	02:00:26
854	1681	02:01:19	Philip	May	M	40		857	02:00:25
855	1299	02:01:20	Hannah	Leach	F			862	02:00:39
856	519	02:01:23	Geth	Lloyd	M			879	02:01:11
857	139	02:01:29	Charlotte	Goodwin	F			870	02:00:52
858	325	02:01:32	Kevin	Davis	M	50		868	02:00:47
859	1500	02:01:32	Dawn	Williams	F	45		845	02:00:10
860	1001	02:01:33	Helen	Andrews	F	35	MARSH HARRIERS	837	01:59:45
861	334	02:01:34	Jenny	Fifield	F	45		872	02:00:55
862	1262	02:01:35	David	Ashman	M	40		843	02:00:04
863	683	02:01:39	Sally	Martin	F			873	02:01:00
864	1570	02:01:39	David	Clark	M	50		875	02:01:04
865	600	02:01:39	Angela	Friar	F	35		869	02:00:49
866	705	02:01:44	Leigh	Sambrook	M			871	02:00:52
867	1508	02:01:52	Andrew	Light	M	40		883	02:01:17
868	533	02:01:52	Delyth	Wright	F			874	02:01:02
869	1156	02:01:57	Stephen	Palterman	M	40		861	02:00:35
870	1022	02:02:02	Sarah	Fish	F	35		876	02:01:05
871	670	02:02:02	Samantha	Singh	F	35		877	02:01:05
872	201	02:02:03	Chris	Davies	M			860	02:00:34
873	570	02:02:11	Melanie	Gaul	F	35		859	02:00:32
874	360	02:02:12	John	Kirby	M			865	02:00:46
875	1614	02:02:17	Amanda	McCreadie	F			878	02:01:10
876	640	02:02:20	Gareth	Hollyman	M			863	02:00:43
877	941	02:02:20	David	Jones	M	40		864	02:00:43
878	747	02:02:20	Anne	James	F	35		881	02:01:14
879	813	02:02:21	Jayne	Smith	F			893	02:02:01
880	114	02:02:21	Grace	Bailey	F			867	02:00:47
881	750	02:02:23	Nicola	Kelly	F	45		882	02:01:16
882	528	02:02:29	Robert	Waddington	M	40		880	02:01:13
883	794	02:02:37	Hywel	Rees	M			896	02:02:09
884	1367	02:02:43	Christine	Hurdidge	F	55	3M's GORSEINON ROAD RUNNERS	890	02:01:57
885	647	02:02:45	Simon	Elias	M	50		898	02:02:12
886	553	02:02:47	Fay	Sharpe	F	45	3M's GORSEINON ROAD RUNNERS	891	02:02:01
887	437	02:02:54	Hefin	Davies	M			892	02:02:01
888	438	02:02:54	Rhian	Williams	F			894	02:02:02
889	1389	02:02:58	Sam	Whiting	M			895	02:02:04
890	1375	02:02:58	Lynne	Sullivan	F	35	WOMENS RUNNING NETWORK	889	02:01:54
891	1719	02:03:00	Danny	Graves	M			885	02:01:23
892	1074	02:03:01	Dylan Huw	Richards	M			884	02:01:20
893	1140	02:03:01	Richard	Thomas	M			888	02:01:45
894	1157	02:03:07	Jeff	Muse	M	50		904	02:02:33
895	398	02:03:08	Abbie	Evans	F			886	02:01:28
896	439	02:03:13	Caroline	Gardiner	F	35		899	02:02:19
897	1649	02:03:20	Andrew	Thomas	M			887	02:01:38
898	1415	02:03:26	Huw	Wilkins	M	50		919	02:03:17
899	798	02:03:30	Claire	Williams	F		ABERYSTWYTH AC	900	02:02:20
900	1629	02:03:31	Joanne	Thomas	F			906	02:02:43

## 2011 Llanelli Waterside Half Marathon

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
901	252	02:03:35	Matthew	Goldwait	M	40		897	02:02:12
902	674	02:03:37	Anwen	Jenkins	F			911	02:02:56
903	429	02:03:37	Helen	Platel	F	35		908	02:02:50
904	1737	02:03:38	Alun	Neale	M			802	01:58:07
905	549	02:03:42	Gareth	Sullivan	M			909	02:02:52
906	1509	02:04:03	Dylan	Jones	M			916	02:03:10
907	123	02:04:05	Carl	Jenkins	M			902	02:02:24
908	448	02:04:06	Marie	Raistrick	F			903	02:02:28
909	887	02:04:06	Tom	Bloomfield	M			905	02:02:37
910	1678	02:04:08	Sandra	Stevens	F	55		913	02:02:57
911	355	02:04:10	Adam	O'Gorman	M			901	02:02:22
912	874	02:04:18	Josh	Battye	M			914	02:03:05
913	1098	02:04:18	Axel	Michaelson	M	40		921	02:03:23
914	873	02:04:18	Jason	Battye	M	40		915	02:03:05
915	1489	02:04:19	Linzi	Morris	F	35		939	02:04:02
916	985	02:04:21	Tonia	Lewis	F	35		934	02:03:47
917	369	02:04:23	Cathy	Hinchly	F	35		920	02:03:20
918	664	02:04:27	Kevin	Gardner	M	40	BLISS	928	02:03:37
919	685	02:04:27	Emily	Ball	F			922	02:03:26
920	168	02:04:28	Julie	Evans	F	35		907	02:02:50
921	367	02:04:30	Lindi	Lloyd	F	35		927	02:03:29
922	552	02:04:33	Russell	Penman	M			912	02:02:56
923	362	02:04:35	Elen	Derrick	F	35		924	02:03:27
924	460	02:04:36	Lisa	Davies	F			910	02:02:55
925	363	02:04:36	Ian	Derrick	M	40		926	02:03:28
926	40	02:04:43	Elaine	Hiscox	F	35	ABERDARE ATHLETIC	940	02:04:05
927	1034	02:04:46	Kirsty	Reid	F			923	02:03:27
928	254	02:04:49	Axel	Jalibert	M			917	02:03:16
929	378	02:04:53	Elina	Vartiainen	F			938	02:03:53
930	128	02:04:55	Ceri	Miller	F	35		937	02:03:51
931	1412	02:04:55	Emma	Corrall	F			918	02:03:16
932	1669	02:04:56	Gerwyn	Neale	M			833	01:59:25
933	1161	02:04:57	Lee	Cobley	M		WPT THAI BOXING	932	02:03:44
934	872	02:04:57	David	Johnson	M			930	02:03:43
935	1138	02:05:06	Florence	Corrall	F			925	02:03:27
936	1630	02:05:07	Hilary	Bush	F			929	02:03:42
937	1581	02:05:18	Charlotte	Beare	F	35		931	02:03:44
938	466	02:05:25	Siwan	Jones	F	35		943	02:04:12
939	101	02:05:29	Alun	Jones	M	50		944	02:04:24
940	1546	02:05:31	Menna	Cule	F	35		933	02:03:47
941	929	02:05:31	Jen	Hiscox	F			936	02:03:48
942	928	02:05:31	Leigh	Ridgeway	M			935	02:03:48
943	1314	02:05:34	Helen	Burton	F	45	BLACK PEAR JOGGERS	946	02:04:37
944	330	02:05:45	Carys	Phillips	F			954	02:05:12
945	364	02:05:47	Eddy	Evans	M			942	02:04:10
946	499	02:05:49	Steven	Ford	M			945	02:04:30
947	1096	02:05:51	Oriana	Pampolini-Roberts	F			952	02:05:08
948	270	02:05:51	Helen	Wiltshire	F	35		953	02:05:09
949	1241	02:05:52	Annette	Hughes	F	45		941	02:04:09
950	255	02:05:53	Anais	Le Pallec	F			947	02:04:41
951	1351	02:06:02	Lynne	Ellis	F	45	WOMENS RUNNING NETWORK	950	02:04:57
952	1510	02:06:07	Dianne	Watkins	F	45	BUILTH & DISTRICT RC	960	02:05:27
953	291	02:06:08	Dafydd	Palfrey	M			949	02:04:44
954	26	02:06:13	Mary Louise	Harris	F	45	LLISWERRY RUNNERS	951	02:05:00
955	580	02:06:14	Jonathan	Harry	M			968	02:05:53
956	642	02:06:16	Lynne	Morgan	F			948	02:04:43
957	425	02:06:20	Robert	Harris	M			972	02:06:12
958	1288	02:06:32	Michelle	Davies	F	35	3M's GORSEINON ROAD RUNNERS	961	02:05:27
959	27	02:06:35	Sue	Webster	F	45		969	02:05:53
960	1528	02:06:37	Damien	Johnson	M		LLANELLI STROLLERS	956	02:05:14
961	727	02:06:37	Rhiannon	Williams	F	35		958	02:05:21
962	470	02:06:38	Karen	Turner	F	35		962	02:05:28
963	1228	02:06:49	Lesley	Beattie	F	35		967	02:05:49
964	1211	02:06:51	Cathy	Malcolm	F			955	02:05:14
965	523	02:06:54	Robert	Price	M			965	02:05:38
966	864	02:06:55	Daniel	Madge	M			978	02:06:30
967	209	02:06:56	Kristen	Saenger	F			957	02:05:18
968	24	02:07:01	Diane	Williams	F			974	02:06:23
969	1166	02:07:11	Jordan	Phillips	M			964	02:05:32
970	589	02:07:11	Mark	Edwards	M			963	02:05:29
971	697	02:07:14	Sophien	Williams	F			973	02:06:15
972	879	02:07:16	Richard	Morgan	M			959	02:05:23
973	671	02:07:25	Aisling	Glynn	F			970	02:05:59
974	1178	02:07:28	Melanie	Allen	F	35		977	02:06:30
975	1121	02:07:30	David	Williams	M		LES CROUPIERS	966	02:05:48

## 2011 Llanelli Waterside Half Marathon

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
976	1080	02:07:31	Helen	Scott	F			981	02:06:41
977	1537	02:07:34	Sandra	Radford	F	45		986	02:07:01
978	1246	02:07:37	Tom	Larkin	M			976	02:06:25
979	370	02:07:44	Edmund	Heery	M	50		971	02:06:06
980	733	02:07:49	Janina	Evans	F	35	TENBY ACES	980	02:06:36
981	1017	02:07:56	Paul	McDyer	M			975	02:06:25
982	1346	02:07:58	Teresa	Jeffries	F	45		991	02:07:19
983	1312	02:08:01	Charlotte	Green	F			984	02:06:51
984	1219	02:08:01	David	Hainsworth	M			983	02:06:51
985	392	02:08:05	Kate	Brooks	F	35		990	02:07:17
986	1506	02:08:15	Dean	Israel	M	40		979	02:06:35
987	1207	02:08:16	Sian	Atkinson	F	35		989	02:07:16
988	1522	02:08:20	Nigel	Jones	M	50	LLANELLI STROLLERS	985	02:06:57
989	240	02:08:21	Elisia	Pearce	F	35		988	02:07:11
990	1229	02:08:30	Matthew	Grey	M			992	02:07:23
991	1232	02:08:31	David	Hodges	M	40		994	02:07:24
992	668	02:08:34	Andrea	Benfield	F			982	02:06:41
993	518	02:08:41	Michael	Kearney	M	50		993	02:07:24
994	1313	02:08:44	Stephen	Edwards	M	50		998	02:07:46
995	455	02:08:45	Dorian	White	M			987	02:07:04
996	482	02:08:52	Kathryn	Huggett	F			995	02:07:28
997	720	02:08:58	Laura	Hughes	F			996	02:07:42
998	1454	02:08:59	Patricia	Johnson	F	45		1003	02:08:10
999	1455	02:08:59	Beverley	Morris	F	35		1004	02:08:11
1000	244	02:09:05	Helen	Lutley	F	55		1006	02:08:22
1001	994	02:09:09	Megan	Mullins	F	35		999	02:07:46
1002	596	02:09:10	Frances	Humby	F	35		1000	02:07:47
1003	196	02:09:12	Carolann	Healy	F			997	02:07:43
1004	353	02:09:14	Bethan	Copp	F			1001	02:07:57
1005	200	02:09:23	Perry	Michael	M			1009	02:08:43
1006	1501	02:09:25	Kate	Owen	F	35		1002	02:08:05
1007	1723	02:09:33	Elaine	Diosi	F			1013	02:08:48
1008	548	02:09:36	Dawn	Goulbourne	F	35		1016	02:08:52
1009	7	02:09:51	Jonathan	Thiel	M			1023	02:09:12
1010	1114	02:10:02	Kathryn	Morgan	F	45		1015	02:08:50
1011	1117	02:10:02	Thomas	Hyde	M			1014	02:08:50
1012	1135	02:10:06	Martin	Corrall	M			1005	02:08:21
1013	306	02:10:08	Sharon	Penhale	F	35		1022	02:09:10
1014	357	02:10:09	Zaheera	Hassanali	F			1033	02:09:36
1015	1295	02:10:09	Liz	Robinson	F			1008	02:08:33
1016	1433	02:10:10	Richard	Cummins	M			1012	02:08:46
1017	1562	02:10:13	Amanda	Coulson	F	55		1007	02:08:31
1018	373	02:10:18	Jennifer	Stobart	F			1028	02:09:24
1019	374	02:10:18	Christa	Jakoby	F			1029	02:09:24
1020	1257	02:10:19	Clare	Morris	F	35		1010	02:08:45
1021	1256	02:10:19	Julie	Dunn	F	35		1011	02:08:45
1022	1513	02:10:22	Amy	Jones	F			1019	02:08:59
1023	1281	02:10:28	Michelle	Williams	F			1017	02:08:58
1024	502	02:10:31	Tracey	Hughes-Jenkins	F	35		1018	02:08:58
1025	1479	02:10:31	Anne	Williams	F	35		1020	02:08:59
1026	658	02:10:34	Matthew	Price	M			1021	02:09:05
1027	1292	02:10:45	Becs	Samuel	F	35		1025	02:09:21
1028	1291	02:10:45	Anne	Figge	F			1024	02:09:21
1029	1708	02:10:53	Catherine	Morris	F			1026	02:09:22
1030	1707	02:10:53	Christie	Sullivan	F			1027	02:09:23
1031	507	02:10:59	Richard	Campbell	M			1034	02:09:46
1032	180	02:11:02	Phil	Saunders	M	50		1037	02:09:51
1033	924	02:11:05	Ruth	Ashford	F			1031	02:09:35
1034	921	02:11:05	Kevin	Ashford	M	40		1032	02:09:35
1035	988	02:11:06	Liz	Morgan	F	35	SAN DOMENICO	1044	02:10:31
1036	1247	02:11:06	Matthew	Williams	M	40		1035	02:09:51
1037	1349	02:11:06	Paul	Phillips	M	50		1036	02:09:51
1038	958	02:11:14	Lucy	Nevitt	F	35		1030	02:09:29
1039	1345	02:11:21	Angela	Williams	F	35		1048	02:10:42
1040	23	02:11:26	Nicola	Lobo	F	35		1050	02:10:49
1041	1536	02:11:28	Richard	Woolford	M			1039	02:10:04
1042	1128	02:11:32	Jonathan	Howell	M			1038	02:09:52
1043	1729	02:11:40	Cathy	Malcom	F			1052	02:10:54
1044	1529	02:11:42	Joanna	Margetts	F			1041	02:10:13
1045	1722	02:11:42	Nick	Read	M	40		1042	02:10:13
1046	1425	02:11:46	Iona	Davies	F			1051	02:10:53
1047	667	02:11:48	David	Kinsella	M			1046	02:10:35
1048	341	02:11:48	Ellie	Hill	F			1045	02:10:33
1049	612	02:12:04	Jenny	Cowell	F			1043	02:10:15
1050	496	02:12:09	Kelly	Gaffney	F		LLISWERRY RUNNERS	1053	02:10:56

## 2011 Llanelli Waterside Half Marathon

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1051	195	02:12:09	Annabelle	Lowe	F			1058	02:11:28
1052	515	02:12:10	Robby	Davies	M	50		1040	02:10:09
1053	977	02:12:11	Kelli	Cawfield	F	35		1049	02:10:43
1054	894	02:12:13	Kristian	McCallum	M			1057	02:11:24
1055	743	02:12:15	Kathryn	Jones	F	35		1047	02:10:42
1056	1122	02:12:18	Caroline	Morgan	F	35		1060	02:11:33
1057	1170	02:12:19	Miriam	Thomas	F	45	SOSPAN ROAD RUNNERS	1054	02:11:03
1058	583	02:12:24	John	Hughes	M	50	HADDINGTON EAST LOTHIAN PACEMAKERS	1062	02:11:39
1059	1085	02:12:30	Hazel	Guilfoyle	F			1059	02:11:28
1060	6	02:12:35	Paul Andrew	Morris	M			1064	02:11:52
1061	1094	02:12:38	Philip	Allen	M	60		1061	02:11:36
1062	126	02:13:02	Owain	John	M			1065	02:12:00
1063	343	02:13:02	Elizabeth	Stoneman	F			1067	02:12:03
1064	415	02:13:03	Alyn	Bennett	M			1055	02:11:23
1065	416	02:13:03	Luke	Bennett	M			1056	02:11:24
1066	1189	02:13:06	Sian	Hughes	F			1070	02:12:08
1067	1190	02:13:06	Robert	Hughes	M	50		1069	02:12:08
1068	275	02:13:16	Dominic	Boyle	M			1063	02:11:40
1069	1095	02:13:21	Katy	Carra	F			1071	02:12:12
1070	1123	02:13:30	Michael	Dauncey	M			1068	02:12:07
1071	356	02:13:31	Sarah	Tarpey	F			1072	02:12:14
1072	227	02:13:37	Catherine	Griffiths	F	35		1066	02:12:00
1073	1520	02:13:38	Gina	Jenkins	F	35		1073	02:12:17
1074	1619	02:13:49	Claire	Jenkins	F	40		1074	02:12:45
1075	913	02:13:51	Mike	Carter	M			1075	02:12:49
1076	543	02:13:53	Ruth	McManus	F	35		1078	02:13:02
1077	544	02:13:53	Rose	Carberry	F	35		1079	02:13:02
1078	1212	02:14:13	Rachel	Mcdonald	F			1077	02:12:54
1079	604	02:14:26	Lucy	Littlewood	F			1086	02:13:43
1080	617	02:14:26	Bethan	Lloyd	F			1085	02:13:43
1081	138	02:14:30	Lyndon	Griffiths	M	40		1083	02:13:39
1082	69	02:14:33	Julie	Gething	F	35		1076	02:12:52
1083	57	02:14:38	Jodie	Williams	F			1080	02:13:11
1084	648	02:14:43	Elizabeth	Waites	F	45		1094	02:14:08
1085	1618	02:14:46	John	Wilkins	M	50		1082	02:13:37
1086	839	02:14:46	Laura	Aston	F			1081	02:13:23
1087	803	02:14:48	Caroline	Would	F	35		1087	02:13:45
1088	712	02:15:11	Daisy	Rogers	F			1093	02:14:08
1089	112	02:15:24	Kevin	Rees	M	40		1084	02:13:39
1090	320	02:15:26	Stephen	Casey	M	40		1089	02:13:52
1091	318	02:15:26	Martin	Casey	M	40		1088	02:13:51
1092	1646	02:15:34	Ashley	Amos	M			1092	02:14:07
1093	458	02:15:35	Anita	Davies	F		SOSPAN ROAD RUNNERS	1090	02:14:04
1094	457	02:15:35	Angharad	Isaac	F		SOSPAN ROAD RUNNERS	1091	02:14:04
1095	1265	02:15:48	Annie	Arkwright	F	35		1095	02:14:12
1096	561	02:16:05	Sian	Ebden	F			1096	02:14:19
1097	237	02:16:09	Karl	Owen	M			1097	02:14:37
1098	238	02:16:09	Kelvin	Owen	M	50		1098	02:14:37
1099	609	02:16:11	Tina	Jones	F	45		1103	02:15:17
1100	822	02:16:19	Allyn	Burford	M			1110	02:16:07
1101	557	02:16:26	Laura	Gillingham	F			1099	02:14:40
1102	1264	02:16:30	Sarah	Partridge	F	35		1107	02:15:46
1103	1197	02:16:30	Gary	Hughes	M			1104	02:15:21
1104	1373	02:16:36	Katy	Beard	F			1100	02:14:55
1105	111	02:16:36	Jonathan	Thomas	M			1101	02:14:56
1106	120	02:16:37	Daniel	Cundy	M	40		1102	02:14:57
1107	250	02:16:52	Catherine	Bowen	F	35		1105	02:15:30
1108	1301	02:17:02	Seonaid	Culliford	F			1111	02:16:15
1109	1208	02:17:04	Lindsay	Wheeler-Jones	F			1109	02:16:06
1110	1382	02:17:10	Barbara	Thomas	F	55	PEMBROKESHIRE HARRIERS	1106	02:15:42
1111	1674	02:17:28	Richard	Adams	M	40		1112	02:16:20
1112	950	02:17:30	Karl	Connick	M	40		1108	02:15:48
1113	536	02:17:54	Kelly	Haines	F			1116	02:17:06
1114	1116	02:17:55	Lynda	Civil	F	35		1117	02:17:07
1115	783	02:17:58	Rhys	David	M			1114	02:16:58
1116	795	02:18:12	John	Payne	M	40		1119	02:17:31
1117	106	02:18:15	Wendy	Edwards	F	35		1115	02:17:00
1118	974	02:18:16	Jonathan	Hoskins	M			1113	02:16:41
1119	278	02:18:31	Joanne	Phillips	F	35		1118	02:17:09
1120	1411	02:18:45	Kashif	Noor	M			1121	02:17:36
1121	205	02:18:45	Emma	Wilson	F	35		1120	02:17:36
1122	107	02:18:50	Andrew	Liebmann	M	40		1124	02:18:03
1123	1527	02:19:00	Rhian	Williams	F	35		1122	02:17:38
1124	1073	02:19:32	Jenny	Wyatt	F	45	WOMENS RUNNING NETWORK	1123	02:17:59
1125	1656	02:19:38	Lowri	Johnston	F			1126	02:18:28

## 2011 Llanelli Waterside Half Marathon

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1126	510	02:19:39	Mathew	Austin	M			1130	02:18:47
1127	468	02:19:43	Dave	Howells	M			1125	02:18:17
1128	547	02:19:44	Dawn	Howells	F			1127	02:18:43
1129	1066	02:20:11	Adrian	James	M	40	3M's GORSEINON ROAD RUNNERS	1128	02:18:44
1130	811	02:20:11	Anna	Dupplaw	F		PENARTH & DINAS RUNNERS	1129	02:18:44
1131	1297	02:20:16	Samir	Sarsam	M			1135	02:19:30
1132	1043	02:20:17	Zoe	Jessopp	F			1131	02:18:56
1133	1298	02:20:18	Michelle	John	F			1136	02:19:31
1134	440	02:20:24	Richard	Harris	M			1134	02:19:21
1135	1277	02:20:28	Carla	Davies	F			1132	02:19:14
1136	1463	02:20:37	Angela	Lewis	F	45		1140	02:20:00
1137	584	02:20:51	Paul	Stone	M			1141	02:20:04
1138	1655	02:21:00	Catrin	Howells	F			1139	02:19:50
1139	1634	02:21:09	Nia	Phillips	F		CCW MARSH HARRIERS	1133	02:19:20
1140	214	02:21:11	Jason	Muxworthy	M	40		1137	02:19:36
1141	474	02:21:18	Jaimie	Rees	F			1138	02:19:49
1142	918	02:21:31	Tracey	Rankine	F	35		1147	02:20:28
1143	326	02:21:33	Gary	Welsh	M	40		1146	02:20:23
1144	59	02:21:40	Brian	Ham	M	50		1149	02:20:31
1145	520	02:21:42	Bethan	Griffiths	F			1142	02:20:05
1146	970	02:21:46	Anthony	Wake	M			1143	02:20:09
1147	1705	02:21:49	Gavin	Jenkins	M			1151	02:20:55
1148	321	02:21:52	Wendy	Casey	F	35		1145	02:20:18
1149	38	02:21:53	Charles	Allen	M	40		1148	02:20:31
1150	94	02:21:53	Alison	Pendle	F	55		1144	02:20:15
1151	1119	02:22:11	Sandra	Allen	F	45		1153	02:21:09
1152	267	02:22:18	Faye	Wilton	F			1155	02:21:26
1153	292	02:22:21	Thomas	Hoskins	M			1150	02:20:40
1154	792	02:22:36	Nina	Rees	F			1161	02:22:07
1155	116	02:22:42	Samantha	Jones	F	35		1152	02:20:56
1156	459	02:22:44	Lisa	Humphrey	F	35		1154	02:21:23
1157	1155	02:22:57	Darren	Devlin	M			1159	02:22:04
1158	759	02:23:12	Natalie	Roberts	F			1160	02:22:07
1159	770	02:23:22	Bethan	Taylor	F			1156	02:21:38
1160	908	02:23:27	Neil	Walton	M	40		1158	02:21:46
1161	1347	02:23:30	Erin	Anderson	F			1157	02:21:44
1162	103	02:23:50	Amanda	Thompson	F	45		1163	02:22:30
1163	1416	02:24:02	Mark	Hay	M			1162	02:22:22
1164	775	02:24:09	Leanne	Davies	F			1169	02:23:41
1165	231	02:24:46	Alex	Harding	M			1164	02:22:58
1166	1697	02:24:55	Simon	Andrew	M			1167	02:23:31
1167	1061	02:25:02	David	Watkins	M	40		1168	02:23:33
1168	571	02:25:05	Chris	Gale	M			1166	02:23:22
1169	585	02:25:05	Eleri	Owen	F	35		1173	02:24:02
1170	762	02:25:20	Harriet	Pierpoint	F	35		1171	02:23:48
1171	761	02:25:20	Gary	Mitchell	M			1172	02:23:48
1172	1458	02:25:32	Dewi	Cook	M			1165	02:23:12
1173	592	02:25:36	Andrea	Drury	F	35		1175	02:24:21
1174	187	02:25:36	Janine	Snell	F	45		1185	02:25:24
1175	31	02:25:47	Kevin	Chidwick	M	40		1170	02:23:48
1176	1552	02:25:52	Non	Lewis	F	35		1176	02:24:38
1177	61	02:25:54	Sharon	Williams	F	45		1174	02:24:08
1178	605	02:26:16	Ryland	Lewis	M	40		1179	02:25:07
1179	331	02:26:21	Ani	Newman	F			1177	02:24:57
1180	1063	02:26:26	Paul	Moloney	M	40		1186	02:25:25
1181	17	02:26:37	Julie Ann	Allen	F	45		1182	02:25:18
1182	676	02:26:47	Karen	Loveridge	F		SHIN SPLINTS	1184	02:25:21
1183	1460	02:26:49	Frank	Griffiths	M	50		1189	02:25:31
1184	1461	02:26:50	Thomas	Griffiths	M	50		1190	02:25:31
1185	1677	02:26:54	John	Selby	M	40		1192	02:25:57
1186	1000	02:26:55	Piya	Kear	F			1178	02:25:02
1187	836	02:26:59	Clare	Allen	F	35		1181	02:25:18
1188	837	02:26:59	Phil	Allen	M	50		1180	02:25:17
1189	710	02:27:00	David	Randall	M	40		1183	02:25:18
1190	631	02:27:02	Gareth	Stilwell	M			1195	02:26:23
1191	1187	02:27:04	Jessica	Mead	F			1187	02:25:29
1192	1172	02:27:04	Amanda	Jones	F	35		1188	02:25:29
1193	1434	02:27:06	Danielle	Mecke-Taylor	F			1193	02:26:01
1194	703	02:27:30	Wendy	Panter	F	35		1196	02:26:36
1195	432	02:27:34	Steffan	Gwynne	M			1191	02:25:57
1196	1069	02:27:45	Lloyd	Williams	M	40		1194	02:26:13
1197	1214	02:28:10	Kathleen	Jefferies	F			1198	02:26:51
1198	1403	02:28:10	Sarah	Gibson	F	35		1197	02:26:51
1199	450	02:28:22	Marie-Claire	Hopkin	F	35		1201	02:27:02
1200	495	02:28:27	Judith	Prosser	F			1202	02:27:07

## 2011 Llanelli Waterside Half Marathon

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1201	893	02:28:30	Hannah	Tarr	F	35		1203	02:27:13
1202	1125	02:28:31	Trish	Butchers	F	35		1204	02:27:13
1203	1402	02:28:31	Lindsay	Thomas	F	55		1207	02:27:22
1204	463	02:28:41	Eloise	Amos	F			1205	02:27:14
1205	952	02:28:46	Hazel	Thomas	F		MARSH HARRIERS	1199	02:26:56
1206	946	02:28:46	Kerry	Rogers	M	40	MARSH HARRIERS	1200	02:26:57
1207	119	02:28:54	Nicola	Williams Tesho	F	35		1208	02:27:24
1208	586	02:28:59	Ross	Farrugia	M			1206	02:27:16
1209	1025	02:29:01	Patricia	Blackwell	F	45		1209	02:27:57
1210	1203	02:29:09	Tara	Watt	F		CELTIC TRI	1210	02:28:08
1211	386	02:29:54	Bethan	Jones	F			1212	02:28:46
1212	1176	02:30:00	Sarah	Manning	F			1211	02:28:38
1213	1700	02:30:22	Rhianon	West	F			1216	02:29:29
1214	1635	02:30:42	Gruffydd	Johnston	M			1217	02:29:32
1215	1260	02:30:42	Lynne	Hodgetts	F	55	WOMENS RUNNING NETWORK	1213	02:29:08
1216	190	02:30:43	Olga	Phelps	F	35		1218	02:29:54
1217	1274	02:30:46	Andrew	Morris	M			1215	02:29:15
1218	1307	02:31:33	Lee	Evans	M			1214	02:29:13
1219	1645	02:31:55	Kathryn	Jones	F			1219	02:30:09
1220	1100	02:31:55	Leanne	Kavanagh	F			1220	02:30:10
1221	1013	02:31:58	Phillip	Mitchell	M	40		1221	02:30:27
1222	384	02:32:16	Tracy	Owen	F	35		1223	02:30:48
1223	423	02:32:16	Miranda	Williams	F	35		1224	02:30:48
1224	475	02:32:22	Debbie	Edwards	F	35		1222	02:30:35
1225	1495	02:32:30	Martyn	Ruck	M			1226	02:31:23
1226	919	02:32:36	Wesley	Colyer	M			1225	02:30:53
1227	1053	02:32:48	Natalie	Williams	F		WOMENS RUNNING NETWORK	1228	02:31:49
1228	906	02:32:59	Keith	Skeggs	M			1230	02:32:24
1229	505	02:33:01	Seimon	Edwards	M			1227	02:31:47
1230	760	02:33:42	Jayne	Thomas	F			1231	02:32:37
1231	1733	02:33:42	Runner		M	1733		1238	02:33:23
1232	1686	02:33:51	Anthony	Jones	M			1229	02:32:14
1233	75	02:33:51	Jaynie	Rance	F	45		1235	02:32:55
1234	411	02:34:04	Claire	Hansen	F			1232	02:32:44
1235	412	02:34:04	Steve	Ribbon	M	50		1233	02:32:44
1236	1019	02:34:20	Clare	Fencott	F			1236	02:32:59
1237	1205	02:34:23	Kevin James	Topping	M	40		1234	02:32:47
1238	1180	02:34:24	Rochelle	Hill	F			1237	02:33:03
1239	304	02:34:26	Jenny	Strauch	F			1241	02:33:52
1240	1168	02:34:39	Rhodri	Davies	M			1239	02:33:34
1241	577	02:34:54	Louise	Pooley	F			1240	02:33:44
1242	258	02:35:43	Steven	Ford	M	40		1242	02:33:56
1243	1676	02:35:45	Ana	Koleve-Thompson	F			1243	02:34:18
1244	1675	02:35:45	Slavica	Juka-Dummer	F	35		1244	02:34:18
1245	1715	02:35:50	Dawn	Taylor	F			1249	02:34:50
1246	1099	02:36:02	Nicola	O'Sullivan	F	35	WOMENS RUNNING NETWORK	1245	02:34:28
1247	202	02:36:09	Joanne	Morgan	F	35		1247	02:34:37
1248	1129	02:36:13	Kelli	Hawkins	F			1248	02:34:41
1249	276	02:36:17	Lee	Raymond	M			1246	02:34:35
1250	675	02:36:20	Cheryl	Matthams	F		SHIN SPLINTS	1250	02:34:54
1251	262	02:37:04	Sharon	Evans	F	45		1251	02:35:53
1252	1701	02:37:27	Rosie	Swale Pope	F	55		1256	02:37:01
1253	51	02:38:01	Helen	Saxby	F	35		1253	02:36:36
1254	469	02:38:01	Alison	Turner	F	45		1252	02:36:30
1255	1567	02:38:28	Rachel	Youlten	F			1254	02:36:52
1256	1213	02:38:32	Suzanne	Ruck	F			1257	02:37:13
1257	32	02:38:34	Richard	Thomas	M	40		1255	02:36:59
1258	983	02:38:57	Julie	Spicer	F	35		1263	02:37:41
1259	769	02:39:03	Benjamin	Anderson	M			1258	02:37:16
1260	768	02:39:05	Emma	Sanders	F			1259	02:37:18
1261	1507	02:39:18	Mariclare	Carey-Jones	F			1262	02:37:25
1262	748	02:39:18	Carl	Edwards	M		ITV WALES	1260	02:37:24
1263	920	02:39:18	Natasha	Llewellyn	F			1261	02:37:24
1264	108	02:39:25	Christopher	Au	M			1264	02:37:55
1265	340	02:41:08	Debra	Sanderson	F	45		1268	02:39:52
1266	55	02:41:09	Lesley	Bigmore	F	45	BRAKLA HARRIERS	1265	02:39:33
1267	521	02:41:14	Leanne	Crawley	F			1266	02:39:36
1268	272	02:41:17	Paul	Mort	M	50		1267	02:39:43
1269	814	02:42:30	Wendy	Johnson	F	35		1271	02:41:22
1270	816	02:42:32	June	Wheel	F	35		1272	02:41:24
1271	744	02:42:57	Martina	Galajdova	F			1270	02:41:20
1272	746	02:42:57	Patrice	Villeger	M	40		1269	02:41:20
1273	1710	02:43:08	Michelle	Slee	F	35		1273	02:41:40
1274	58	02:43:39	Lynn	Chambers	F	55		1275	02:42:15
1275	91	02:43:51	Isaac	Von Ruhland	M			1276	02:42:17

## 2011 Llanelli Waterside Half Marathon

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1276	1071	02:43:52	Cecily	Morgan	F	45		1277	02:42:44
1277	849	02:44:01	Stephanie Henny	Bowen	F	35		1278	02:42:59
1278	134	02:44:30	Christopher	Brown	M			1280	02:43:09
1279	1543	02:44:30	Robert	Taylor	M			1279	02:43:09
1280	719	02:44:52	Cerys	Bevan	F	35		1281	02:43:56
1281	782	02:46:46	Non	Lewis	F			1282	02:45:24
1282	1137	02:46:59	Car Wai	Lau	M			1283	02:45:49
1283	1521	02:56:46	Dymphna	Powell	F	35		1284	02:54:58
1284	831	02:57:23	Brooke	McGowan	F		JUVENILE DIABETES RESEARCH FOUNDATIO	1274	02:41:40
1285	280	03:04:33	Kathryn	Game-Lamorte	F			1285	03:03:15
1286	279	03:04:33	Ann	Nicholas	F			1286	03:03:15
1287	247	03:07:40	Nia	Jones	F			1287	03:06:01
1288	246	03:08:02	Catherine	Jones	F	45		1288	03:06:24
1289	50	03:08:34	Anna-Marie	Edwards	F			1289	03:08:34
1290	899	03:08:35	Jayne	Jones	F			1290	03:08:35
1291	77	03:10:11	Emma	Westlake	F			1291	03:08:41
1292	1202	03:10:18	Tessa	Gill	F	35		1292	03:08:52
1293	1154	04:26:00	Gareth	Owen	M	40		1293	04:24:14
1294	1503	04:26:01	Tracy	Davies	F	35		1294	04:24:39