

Llanelli Waterside Half Marathon - Results - 2010(provisional until fully ratified)

| Pos | Full Name | Club | Time | Cat | Chip Time | Chip Pos | Bib No |
|-----|---------------------|--------------------------------|----------|-----|-----------|----------|--------|
| 1 | LEE LADD | CARMARTHEN HARRIERS | 01:12:05 | MS | 01:12:05 | 1 | 840 |
| 2 | STEPHEN PATERSON | SAN DOMENICO | 01:12:12 | MS | 01:12:11 | 2 | 1395 |
| 3 | STEVE REES | PORT TALBOT HARRIERS | 01:12:53 | MS | 01:12:52 | 3 | 932 |
| 4 | STEPHEN THOMAS | ISLWYN RC | 01:16:35 | M40 | 01:16:35 | 4 | 1204 |
| 5 | STACEY MORGAN | CROFT AMBREY | 01:17:05 | MS | 01:17:04 | 5 | 1105 |
| 6 | DAVID KEHOE | | 01:17:22 | MS | 01:17:21 | 6 | 1773 |
| 7 | ROBERT DYDE | PEMBROKESHIRE HARRIERS | 01:17:52 | MS | 01:17:51 | 7 | 1392 |
| 8 | GLYN PRICE | SARN HELEN | 01:17:55 | M40 | 01:17:54 | 8 | 1252 |
| 9 | MICHAEL DAVIES | SARN HELEN | 01:18:41 | M40 | 01:18:41 | 9 | 1461 |
| 10 | TIM IVESON | BUILTH & DISTRICT RUNNING CLUB | 01:19:05 | MS | 01:19:04 | 10 | 689 |
| 11 | CHRIS PARKER | SWANSEA HARRIERS | 01:19:09 | M40 | 01:19:08 | 11 | 816 |
| 12 | JONATHAN BARNES | WYE VALLEY RUNNERS | 01:19:29 | MS | 01:19:27 | 12 | 3 |
| 13 | LYNDON TUDOR-MAISEY | LES CROUPIERS | 01:19:47 | MS | 01:19:45 | 13 | 1103 |
| 14 | RICHARD LEWIS | CELTIC TRI | 01:19:48 | MS | 01:19:48 | 14 | 1318 |
| 15 | EDWARD BALL | RHONDDA VALLEY RUNNERS | 01:19:54 | MS | 01:19:51 | 15 | 1817 |
| 16 | MATT JACKLIN | PENYDRE HIGH SCHOOL | 01:20:00 | MS | 01:19:56 | 16 | 116 |
| 17 | SCOTT EVANS | SOSPAN ROAD RUNNERS | 01:20:04 | MS | 01:20:02 | 17 | 1739 |
| 18 | RICHARD DANDO | BROMSGROVE & REDDITCH | 01:20:19 | MS | 01:20:19 | 18 | 1148 |
| 19 | ANDREW CLEVERLY | SWANSEA HARRIERS | 01:20:43 | MS | 01:20:42 | 19 | 1033 |
| 20 | JOHN MORRIS | AMMAN VALLEY HARRIERS | 01:20:57 | MS | 01:20:56 | 20 | 657 |
| 21 | PETER MORTON | ESPORTA | 01:21:00 | MS | 01:20:56 | 21 | 1076 |
| 22 | IAN WEBB | | 01:21:29 | M50 | 01:21:26 | 22 | 1905 |
| 23 | RICHARD HAYES | TAFF ELY TRI CLUB | 01:21:31 | MS | 01:21:27 | 23 | 1386 |
| 24 | DANIEL DAVIES | ABERYSTWYTH AC | 01:21:42 | MS | 01:21:42 | 24 | 1337 |
| 25 | RICHARD GORDON | | 01:21:56 | MS | 01:21:54 | 25 | 316 |
| 26 | LIAN DAVIES | | 01:22:25 | MS | 01:22:24 | 26 | 1403 |
| 27 | HUGH PASCOE | | 01:22:28 | MS | 01:22:25 | 27 | 1114 |
| 28 | STEFFEN SCHOLZ | LES CROUPIERS | 01:22:29 | M40 | 01:22:26 | 28 | 1441 |
| 29 | MIKE EVANS | TROTS | 01:22:33 | MS | 01:22:28 | 29 | 804 |
| 30 | OLIVER WILLIAMS | | 01:23:02 | MS | 01:23:00 | 32 | 1730 |
| 31 | PETER DAVIES | BRIDGEND AC | 01:23:02 | M50 | 01:22:59 | 31 | 1303 |
| 32 | GARETH AYRES | PORT TALBOT HARRIERS | 01:23:19 | MS | 01:23:17 | 33 | 1137 |
| 33 | DAN PEACE | WHITE HORSE HARRIERS | 01:23:22 | MS | 01:23:20 | 34 | 901 |
| 34 | DAVE POWELL | ABERYSTWYTH AC | 01:23:30 | M40 | 01:23:27 | 35 | 1002 |
| 35 | PHOEBE WEBSTER | ABERYSTWYTH AC | 01:23:32 | FS | 01:23:29 | 36 | 1003 |
| 36 | ANN THOMAS | TROTS | 01:23:45 | F35 | 01:23:41 | 37 | 1723 |
| 37 | HAYDN HARTNELL | ISLWYN RC | 01:24:04 | M40 | 01:22:36 | 30 | 1099 |
| 38 | KEVIN GRIFFITHS | TROTS | 01:24:12 | M40 | 01:24:08 | 38 | 1682 |

DON'T FORGET ... The Llanelli Waterside 10k - 20th June 2010

Llanelli Waterside Half Marathon - Results - 2010(provisional until fully ratified)

| Pos | Full Name | Club | Time | Cat | Chip Time | Chip Pos | Bib No |
|-----|--------------------|--------------------------------|----------|-----|-----------|----------|--------|
| 39 | DAVID KEENAN | | 01:24:19 | MS | 01:24:13 | 39 | 1847 |
| 40 | BRIAN YATES | WESHAM ROAD RUNNERS | 01:24:23 | MS | 01:24:22 | 41 | 1890 |
| 41 | LEE WATTS | | 01:24:27 | MS | 01:24:14 | 40 | 744 |
| 42 | DEAN WEBSTER | 3MS GORSEINON ROAD RUNNERS | 01:24:31 | MS | 01:24:27 | 42 | 692 |
| 43 | JOHN HIDDLESTONE | | 01:24:34 | MS | 01:24:30 | 43 | 360 |
| 44 | MARTIN WEBBORN | SWANSEA HARRIERS | 01:24:35 | M40 | 01:24:35 | 44 | 1051 |
| 45 | RHODRI DAVIES | SOUTH WALES POLICE | 01:24:37 | MS | 01:24:37 | 46 | 44 |
| 46 | NIGEL PHILLIPS | | 01:24:44 | MS | 01:24:36 | 45 | 173 |
| 47 | ROYSTON WHITEHOUSE | | 01:24:46 | M40 | 01:24:45 | 47 | 231 |
| 48 | NEIL SCHOLES | WESTBURY HARRIERS | 01:24:53 | M40 | 01:24:51 | 48 | 200 |
| 49 | PETER OSBORNE | SWANSEA HARRIERS | 01:24:56 | M40 | 01:24:52 | 49 | 1538 |
| 50 | RICHARD BAKER | SOUTH CHESHIRE HARRIERS | 01:24:57 | MS | 01:24:55 | 50 | 1910 |
| 51 | RICHARD JONES | | 01:25:01 | M50 | 01:25:00 | 53 | 1420 |
| 52 | MARTIN DAVIES | TROTS | 01:25:01 | MS | 01:24:57 | 52 | 1022 |
| 53 | JOHN LITTLEWOOD | CELTIC TRI | 01:25:03 | MS | 01:24:55 | 51 | 368 |
| 54 | ADRIAN WEAVER | NEATH HARRIERS | 01:25:04 | MS | 01:25:02 | 54 | 1280 |
| 55 | STEVEN JAMES | CLEVEDON AC | 01:25:14 | MS | 01:25:12 | 55 | 613 |
| 56 | LEE SANDHAM | NEATH HARRIERS | 01:25:19 | MS | 01:25:17 | 57 | 1819 |
| 57 | MARK DUNSCOMBE | SARN HELEN | 01:25:21 | M40 | 01:25:18 | 58 | 1152 |
| 58 | ROBERT ROTHERHAM | | 01:25:25 | MS | 01:25:13 | 56 | 688 |
| 59 | ANDREW DAWE | PEMBROKESHIRE HARRIERS | 01:25:37 | M40 | 01:25:36 | 59 | 1389 |
| 60 | DEAN JOHN | TROTS | 01:26:12 | M40 | 01:26:08 | 60 | 1021 |
| 61 | SCOT DAVIES | CELTIC TRI | 01:26:15 | MS | 01:26:08 | 61 | 522 |
| 62 | LEIGH JAMES | WINDSOR SLOUGH ETON & HOUNSLOW | 01:26:17 | FS | 01:26:13 | 63 | 609 |
| 63 | PETER HARRIS | | 01:26:23 | M40 | 01:26:17 | 64 | 1127 |
| 64 | LUKE PAUL DAVIES | | 01:26:27 | MS | 01:26:10 | 62 | 542 |
| 65 | CHRIS DAVIES | ISLWYN RC | 01:26:30 | MS | 01:26:25 | 65 | 885 |
| 66 | IAN PHILLIPS | 3MS GORSEINON ROAD RUNNERS | 01:26:32 | MS | 01:26:28 | 66 | 505 |
| 67 | DAVID PROUD | LES CROUPIERS | 01:26:35 | M40 | 01:26:32 | 67 | 969 |
| 68 | JON GOODALL | | 01:26:37 | MS | 01:26:36 | 69 | 733 |
| 69 | SALLY HASELHURST | SAN DOMENICO | 01:26:37 | FS | 01:26:36 | 70 | 1235 |
| 70 | LEE MORRIS | | 01:26:42 | MS | 01:26:40 | 71 | 311 |
| 71 | STEPHANIE JAMES | MAIDENHEAD AC | 01:26:45 | FS | 01:26:43 | 72 | 1884 |
| 72 | RICHARD SEGUST | | 01:26:48 | M40 | 01:26:34 | 68 | 818 |
| 73 | RHODRI EVANS | PONTYPRIDD ROADENTS | 01:26:56 | MS | 01:26:52 | 74 | 989 |
| 74 | WARREN TILKE | PONTYPRIDD ROADENTS | 01:26:57 | M40 | 01:26:53 | 75 | 813 |
| 75 | NICK COUSINS | GLOUCESTER ATHLETICS CLUB | 01:26:59 | MS | 01:26:49 | 73 | 598 |
| 76 | ANDREW FAIRCLOUGH | | 01:27:02 | MS | 01:26:57 | 76 | 1661 |

DON'T FORGET ... The Llanelli Waterside 10k - 20th June 2010

Llanelli Waterside Half Marathon - Results - 2010(provisional until fully ratified)

| Pos | Full Name | Club | Time | Cat | Chip Time | Chip Pos | Bib No |
|-----|---------------------------|--------------------------------|----------|-----|-----------|----------|--------|
| 77 | STEVE THOMAS | 3MS GORSEINON ROAD RUNNERS | 01:27:07 | MS | 01:27:03 | 77 | 910 |
| 78 | MATT CROCKER | PORTISHEAD RUNNING CLUB | 01:27:11 | MS | 01:27:09 | 78 | 724 |
| 79 | EMYR MORGAN | TEAM SOUTHAMPTON | 01:27:20 | MS | 01:27:09 | 79 | 341 |
| 80 | ANDREW MURPHY | | 01:27:21 | MS | 01:27:14 | 80 | 1106 |
| 81 | STUART WADLOW | | 01:27:37 | MS | 01:27:32 | 84 | 861 |
| 82 | JAMES BROMFIELD | | 01:27:39 | MS | 01:27:27 | 82 | 1425 |
| 83 | STUART GRIFFITHS | 3MS GORSEINON ROAD RUNNERS | 01:27:40 | MS | 01:27:38 | 85 | 92 |
| 84 | JOE NEWTON | PSOF | 01:27:47 | MS | 01:27:28 | 83 | 1361 |
| 85 | DEAN TREBILCOCK | | 01:27:47 | MS | 01:27:41 | 86 | 527 |
| 86 | ROBERT DAVIES | ISLWYN RC | 01:27:49 | MS | 01:27:23 | 81 | 1110 |
| 87 | TIM MOSS | PENARTH & DINAS RUNNERS | 01:28:05 | MS | 01:27:52 | 87 | 1728 |
| 88 | MERVYN WILLIAMS | GREAT WESTERN RUNNERS | 01:28:07 | MS | 01:28:05 | 90 | 1391 |
| 89 | BARRY WILSON | LUDLOW RUNNERS | 01:28:10 | M50 | 01:28:04 | 89 | 239 |
| 90 | SIMON WILLIAMS | | 01:28:12 | M40 | 01:28:02 | 88 | 1693 |
| 91 | GARY BROWN | PENARTH & DINAS RUNNERS | 01:28:25 | MS | 01:28:16 | 91 | 18 |
| 92 | GARETH HICKMAN | | 01:28:26 | MS | 01:28:18 | 92 | 1684 |
| 93 | DANIEL HOOPER | | 01:28:31 | MS | 01:28:25 | 93 | 884 |
| 94 | JULIAN HOARE | | 01:28:34 | MS | 01:28:27 | 95 | 892 |
| 95 | JONATHAN CROCOMBE | | 01:28:43 | MS | 01:28:39 | 96 | 1335 |
| 96 | ENFYS JONES | CARMARTHEN HARRIERS | 01:28:48 | FS | 01:28:48 | 99 | 321 |
| 97 | PAUL BUTCHER | | 01:28:51 | M40 | 01:28:25 | 94 | 1220 |
| 98 | BERNARD HENDERSON | PORT TALBOT HARRIERS | 01:28:53 | M50 | 01:28:47 | 98 | 1850 |
| 99 | HUW NICHOLAS PRICE | SARN HELEN | 01:28:57 | M40 | 01:28:54 | 103 | 1253 |
| 100 | JON BELCHER | | 01:29:00 | MS | 01:28:53 | 102 | 1288 |
| 101 | PAUL HAIG THOMAS | | 01:29:01 | MS | 01:28:45 | 97 | 215 |
| 102 | NATHAN LEE ALLEN | | 01:29:03 | MS | 01:29:00 | 105 | 1216 |
| 103 | ADAM BRUCE-SMITH | | 01:29:03 | MS | 01:28:52 | 101 | 1014 |
| 104 | PAUL REES | PORT TALBOT HARRIERS | 01:29:07 | M40 | 01:29:00 | 106 | 933 |
| 105 | JOHN RICHARDS | CANTERBURY HARRIERS | 01:29:14 | MS | 01:29:00 | 107 | 810 |
| 106 | LENNY HUGHES | MALDWYN HARRIERS NEWTOWN POWYS | 01:29:15 | M50 | 01:29:07 | 108 | 577 |
| 107 | KEVIN HUGHES | SARN HELEN | 01:29:21 | MS | 01:28:58 | 104 | 1475 |
| 108 | LOUISE BARKER | ABERYSTWYTH AC | 01:29:29 | FS | 01:29:23 | 109 | 1016 |
| 109 | LEE WATTS | | 01:29:29 | MS | 01:28:49 | 100 | 252 |
| 110 | NEIL JONES | | 01:29:34 | MS | 01:29:31 | 111 | 134 |
| 111 | MICHAEL PARFITT | | 01:29:37 | M40 | 01:29:28 | 110 | 442 |
| 112 | DAVID O'NEILL | PEMBROKESHIRE HARRIERS | 01:29:46 | M40 | 01:29:33 | 112 | 1632 |
| 113 | JASON PETER DAVID EDWARDS | | 01:29:52 | MS | 01:29:35 | 113 | 1482 |
| 114 | TONY HALL | SARN HELEN | 01:29:55 | M50 | 01:29:50 | 114 | 1354 |

DON'T FORGET ... The Llanelli Waterside 10k - 20th June 2010

Llanelli Waterside Half Marathon - Results - 2010(provisional until fully ratified)

| Pos | Full Name | Club | Time | Cat | Chip Time | Chip Pos | Bib No |
|-----|---------------------|----------------------------|----------|-----|-----------|----------|--------|
| 115 | PHILIP PROBERT | | 01:29:59 | M40 | 01:29:55 | 116 | 1313 |
| 116 | NATHAN EDWARDS | | 01:30:03 | MS | 01:30:00 | 118 | 651 |
| 117 | SIMON HALL | SARN HELEN | 01:30:03 | MS | 01:29:58 | 117 | 1352 |
| 118 | DANIEL EVANS | | 01:30:08 | MS | 01:29:50 | 115 | 1718 |
| 119 | EMMA HATHERALL | | 01:30:08 | FS | 01:30:02 | 119 | 1834 |
| 120 | DAVID ROBERTSON | UKNETRUNNER.CO.UK | 01:30:15 | M40 | 01:30:06 | 120 | 453 |
| 121 | ANDREW BRASINGTON | BRECON AC | 01:30:25 | M40 | 01:30:15 | 123 | 1319 |
| 122 | ADRIAN CARTLIDGE | | 01:30:35 | MS | 01:30:35 | 126 | 966 |
| 123 | RHYDIAN RESTON | | 01:30:36 | MS | 01:30:12 | 122 | 1282 |
| 124 | DAVID COLE | | 01:30:37 | MS | 01:30:37 | 128 | 1716 |
| 125 | ANTHONY DAVIES | BRACKLA HARRIERS | 01:30:38 | MS | 01:30:35 | 127 | 1305 |
| 126 | ANDREW BLAIR | LES CROUPIERS | 01:30:41 | M40 | 01:30:38 | 129 | 852 |
| 127 | EDWARD GALE | | 01:30:43 | MS | 01:30:26 | 124 | 1591 |
| 128 | ED TUCKER | BRIDGEND AC | 01:30:52 | M40 | 01:30:50 | 130 | 1314 |
| 129 | KATRIN STEED | PEMBROKESHIRE HARRIERS | 01:30:59 | MS | 01:30:55 | 132 | 1725 |
| 130 | IAN OWEN | | 01:30:59 | MS | 01:30:53 | 131 | 1092 |
| 131 | STEVE GLYNN | | 01:31:03 | MS | 01:30:09 | 121 | 82 |
| 132 | JASON DICKINSON | TROTS | 01:31:09 | M40 | 01:31:02 | 133 | 1018 |
| 133 | LLOYD MORGAN | SAN DOMENICO | 01:31:15 | MS | 01:31:10 | 134 | 1072 |
| 134 | RUSSELL DOBBS | ISLWYN RC | 01:31:21 | MS | 01:31:19 | 138 | 1544 |
| 135 | ANDREW THATCHER | BITTON ROAD RUNNERS | 01:31:33 | M40 | 01:31:12 | 136 | 907 |
| 136 | PATRICK HOARE | | 01:31:34 | M40 | 01:31:11 | 135 | 627 |
| 137 | MICHELLE COLE | 3MS GORSEINON ROAD RUNNERS | 01:31:37 | FS | 01:31:36 | 143 | 36 |
| 138 | HENRY WALKER | | 01:31:38 | MS | 01:31:33 | 142 | 902 |
| 139 | GRAHAM FORREST | | 01:31:40 | MS | 01:31:31 | 141 | 461 |
| 140 | DAVID BARBER | | 01:31:41 | MS | 01:31:25 | 140 | 1118 |
| 141 | RHYDIAN COLEMAN | | 01:31:43 | MS | 01:31:16 | 137 | 1712 |
| 142 | PHIL MEYLER | PONTYPRIDD ROADENTS | 01:31:50 | M50 | 01:31:46 | 145 | 794 |
| 143 | LEE MILLER | | 01:31:53 | MS | 01:31:43 | 144 | 1089 |
| 144 | AMANDA EVANS | 3MS GORSEINON ROAD RUNNERS | 01:32:02 | F35 | 01:31:58 | 147 | 1520 |
| 145 | MARK DAVIES | | 01:32:02 | MS | 01:31:51 | 146 | 1094 |
| 146 | MICHAEL ROBINSON | PORTSMOUTH JOGGERS | 01:32:04 | M60 | 01:32:02 | 149 | 193 |
| 147 | LEE DRAPER | | 01:32:09 | MS | 01:32:00 | 148 | 1535 |
| 148 | STEPHEN DAVID CABLE | 3MS GORSEINON ROAD RUNNERS | 01:32:12 | MS | 01:32:07 | 150 | 29 |
| 149 | CHRISTOPHER NELLINS | PENARTH & DINAS RUNNERS | 01:32:25 | M50 | 01:32:13 | 151 | 859 |
| 150 | DAVID REES | | 01:32:31 | MS | 01:32:30 | 152 | 1339 |
| 151 | LAURA CROKER | PORTISHEAD RUNNING CLUB | 01:32:36 | F35 | 01:32:34 | 154 | 612 |
| 152 | PAUL DAVIES | PORT TALBOT HARRIERS | 01:32:40 | M40 | 01:32:33 | 153 | 883 |

DON'T FORGET ... The Llanelli Waterside 10k - 20th June 2010

Llanelli Waterside Half Marathon - Results - 2010(provisional until fully ratified)

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|-----|------------------|-------------------------|----------|-----|-----------|----------|--------|
| 153 | PATRICK MARTIN | PEMBS TRI CLUB | 01:32:42 | MS | 01:32:34 | 155 | 1701 |
| 154 | ROBERT WARLOW | | 01:32:45 | MS | 01:32:39 | 156 | 275 |
| 155 | CLAIRE CLEATHERO | TROTS | 01:32:50 | F35 | 01:32:45 | 158 | 1222 |
| 156 | PHILIP TUCKER | | 01:32:55 | MS | 01:32:49 | 161 | 318 |
| 157 | STEVEN WILLIAMS | | 01:32:59 | MS | 01:32:50 | 162 | 1264 |
| 158 | DAVID THOMAS | SARN HELEN | 01:33:00 | M40 | 01:32:45 | 159 | 803 |
| 159 | MATTHEW MOSS | | 01:33:02 | MS | 01:32:47 | 160 | 960 |
| 160 | ANA LYNCH | PEMBROKESHIRE HARRIERS | 01:33:04 | F35 | 01:32:52 | 164 | 1631 |
| 161 | MARK TERRY | TROTS | 01:33:04 | M50 | 01:32:58 | 165 | 1296 |
| 162 | MICHAEL WEST | | 01:33:07 | MS | 01:32:44 | 157 | 747 |
| 163 | VANESSA HAWKINS | BITTON ROAD RUNNERS | 01:33:12 | F45 | 01:32:50 | 163 | 1098 |
| 164 | KEVIN BARNES | HEREFORD COURIERS | 01:33:15 | M40 | 01:32:59 | 166 | 28 |
| 165 | ALED BLAKE | | 01:33:21 | MS | 01:33:05 | 167 | 1044 |
| 166 | PAUL MORRIS | | 01:33:24 | M40 | 01:33:15 | 168 | 1778 |
| 167 | JOHN COOK | SOSPAN ROAD RUNNERS | 01:33:24 | M60 | 01:33:20 | 170 | 828 |
| 168 | GREG TILSTON | | 01:33:26 | MS | 01:33:18 | 169 | 1656 |
| 169 | HUGH HUGHES | | 01:33:36 | MS | 01:33:28 | 172 | 1169 |
| 170 | DARREN EDWARDS | CELTIC TRI | 01:33:40 | MS | 01:33:36 | 174 | 1087 |
| 171 | JONATHAN HANCOCK | TROTS | 01:33:40 | M40 | 01:33:30 | 173 | 1823 |
| 172 | STUART DAVIES | | 01:33:41 | MS | 01:33:27 | 171 | 762 |
| 173 | IAN EVANS | ABERYSTWYTH AC | 01:33:56 | MS | 01:33:49 | 177 | 1350 |
| 174 | ADRIAN JONES | | 01:34:05 | M40 | 01:33:56 | 179 | 1365 |
| 175 | IAN HOSKINS | | 01:34:09 | MS | 01:33:50 | 178 | 1036 |
| 176 | CHRIS CARTER | | 01:34:11 | M40 | 01:34:06 | 181 | 32 |
| 177 | PAUL DAVIES | | 01:34:12 | MS | 01:33:42 | 175 | 1084 |
| 178 | ARWEL WYN JONES | | 01:34:13 | MS | 01:34:00 | 180 | 127 |
| 179 | JEREMY ALFORD | PENARTH & DINAS RUNNERS | 01:34:14 | M40 | 01:31:20 | 139 | 1822 |
| 180 | ABYD QUINN AZIZ | PENARTH & DINAS RUNNERS | 01:34:14 | M50 | 01:33:42 | 176 | 1450 |
| 181 | NEIL WILLIAMS | | 01:34:21 | M40 | 01:34:11 | 183 | 1531 |
| 182 | MATTHEW LEWIS | | 01:34:25 | MS | 01:34:17 | 185 | 1586 |
| 183 | PAUL JELLEY | PORT TALBOT HARRIERS | 01:34:26 | M40 | 01:34:20 | 186 | 1688 |
| 184 | LEIGHTON GARDNER | SWANSEA HARRIERS | 01:34:28 | M40 | 01:34:22 | 188 | 1779 |
| 185 | TOM JEFFERY | | 01:34:29 | MS | 01:34:20 | 187 | 680 |
| 186 | ROB DRAPER | | 01:34:34 | MS | 01:34:24 | 189 | 1625 |
| 187 | BRIAN RUSSELL | CARDIGAN RC | 01:34:45 | M50 | 01:34:33 | 190 | 1483 |
| 188 | ROBERT HOOK | CHEPSTOW HARRIERS | 01:34:47 | M40 | 01:34:42 | 192 | 1500 |
| 189 | STUART ANDERSON | | 01:34:48 | M40 | 01:34:38 | 191 | 588 |
| 190 | DAVID LLOYD | LES CROUPIERS | 01:34:52 | M40 | 01:34:12 | 184 | 1685 |

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|-----|---------------------|-------------------------|----------|-----|-----------|----------|--------|
| 191 | LAURENCE WORTH | PEMBROKESHIRE HARRIERS | 01:34:58 | M40 | 01:34:45 | 194 | 301 |
| 192 | GARETH HILL | | 01:34:58 | MS | 01:34:45 | 195 | 328 |
| 193 | JONATHAN OWEN | | 01:35:13 | M40 | 01:34:43 | 193 | 1384 |
| 194 | DAVID GREEN | | 01:35:23 | MS | 01:34:06 | 182 | 977 |
| 195 | RICHARD THOMAS | | 01:35:27 | MS | 01:35:16 | 201 | 1297 |
| 196 | HUW GRIFFITHS | | 01:35:29 | MS | 01:35:11 | 198 | 1048 |
| 197 | ANDREW JAMES HURLEY | PENARTH & DINAS RUNNERS | 01:35:32 | MS | 01:35:20 | 203 | 941 |
| 198 | LISA THOMAS | AMMAN VALLEY HARRIERS | 01:35:38 | FS | 01:35:21 | 204 | 1348 |
| 199 | PHILLIP THOMAS | BRACKLA HARRIERS | 01:35:40 | M40 | 01:35:15 | 200 | 1412 |
| 200 | NICK ELLIOTT | | 01:35:42 | M40 | 01:35:14 | 199 | 1519 |
| 201 | MARTIN DAVIES | | 01:35:43 | MS | 01:35:31 | 205 | 472 |
| 202 | SIMON WILLIAMS | | 01:35:46 | MS | 01:35:16 | 202 | 1872 |
| 203 | SARAH ARMSTRONG | | 01:35:49 | F35 | 01:35:44 | 210 | 26 |
| 204 | JAMES DIXON | | 01:35:51 | MS | 01:35:34 | 207 | 47 |
| 205 | PAUL EDWARDS | PEMBROKESHIRE HARRIERS | 01:35:53 | M50 | 01:35:34 | 208 | 1622 |
| 206 | JONATHAN WATTS | SERPENTINE | 01:35:57 | MS | 01:35:57 | 212 | 411 |
| 207 | OLIVER NAZER | | 01:35:59 | MS | 01:35:31 | 206 | 1897 |
| 208 | CAROLINE JONES | TROTS | 01:36:01 | F45 | 01:35:55 | 211 | 128 |
| 209 | IAN COPLEY | BARNSLEY A.C. | 01:36:08 | MS | 01:35:08 | 197 | 1146 |
| 210 | SIMON PETER GILLETT | | 01:36:10 | MS | 01:36:02 | 213 | 1233 |
| 211 | MATTHEW PEARCE | | 01:36:23 | MS | 01:34:47 | 196 | 1879 |
| 212 | MARK TREGILGAS | | 01:36:25 | MS | 01:36:02 | 214 | 1342 |
| 213 | JAMES DELANEY | | 01:36:27 | M60 | 01:36:22 | 219 | 1916 |
| 214 | MATTHEW MULCAHY | | 01:36:28 | MS | 01:36:22 | 220 | 251 |
| 215 | ALAN FLEAR | LEG-IT | 01:36:33 | MS | 01:36:17 | 217 | 996 |
| 216 | GARETH REES | SOSPAN ROAD RUNNERS | 01:36:36 | MS | 01:36:29 | 224 | 463 |
| 217 | LEIGHTON WILLIAMS | | 01:36:43 | MS | 01:36:22 | 221 | 235 |
| 218 | ANDREW ROBERTS | | 01:36:43 | MS | 01:36:23 | 222 | 1428 |
| 219 | STEPHEN DAVIES | | 01:36:53 | MS | 01:36:33 | 225 | 1891 |
| 220 | JONATHAN JONES | CARMARTHEN HARRIERS | 01:36:53 | MS | 01:35:37 | 209 | 1009 |
| 221 | STUART TYRRELL | | 01:36:56 | MS | 01:36:41 | 230 | 1119 |
| 222 | ANTHONY WILLIAMS | | 01:36:58 | MS | 01:36:45 | 231 | 1844 |
| 223 | KEITH ANDREW BURT | | 01:36:59 | M40 | 01:36:02 | 215 | 1517 |
| 224 | LYN RICHARDS | | 01:37:01 | M40 | 01:36:35 | 227 | 187 |
| 225 | HAILES ROGER | | 01:37:04 | MS | 01:36:11 | 216 | 107 |
| 226 | NIGEL JOHN CLARKE | HEREFORD COURIERS | 01:37:07 | M40 | 01:36:46 | 232 | 33 |
| 227 | MIKE GIBBS | BITTON ROAD RUNNERS | 01:37:10 | M40 | 01:30:32 | 125 | 81 |
| 228 | PAUL SHEPPARD | | 01:37:10 | MS | 01:36:38 | 228 | 963 |

DON'T FORGET ... The Llanelli Waterside 10k - 20th June 2010

Llanelli Waterside Half Marathon - Results - 2010(provisional until fully ratified)

| Pos | Full Name | Club | Time | Cat | Chip Time | Chip Pos | Bib No |
|-----|--------------------|------------------------|----------|-----|-----------|----------|--------|
| 229 | AMY WILLIAMS | | 01:37:12 | FS | 01:37:03 | 234 | 1290 |
| 230 | MIKE ERSKINE | | 01:37:15 | MS | 01:36:27 | 223 | 54 |
| 231 | DAVID BOWN | | 01:37:16 | MS | 01:37:07 | 235 | 1643 |
| 232 | PAUL WHITMARSH | PENARTH & DINAS | 01:37:24 | MS | 01:36:52 | 233 | 1444 |
| 233 | JASON WOODRUFF | | 01:37:27 | M40 | 01:37:16 | 237 | 1101 |
| 234 | MARTIN JONES | | 01:37:33 | MS | 01:37:14 | 236 | 655 |
| 235 | CHRIS WELSH | | 01:37:39 | M40 | 01:37:28 | 242 | 1326 |
| 236 | MARK WHITBY | | 01:37:43 | MS | 01:37:21 | 239 | 1262 |
| 237 | NEIL JONES | | 01:37:43 | MS | 01:37:30 | 244 | 756 |
| 238 | MARK WHITEHEAD | | 01:37:47 | MS | 01:36:33 | 226 | 1400 |
| 239 | LEANN GIBBS | | 01:37:49 | F35 | 01:37:28 | 243 | 1630 |
| 240 | RICHARD SMITH | | 01:37:51 | MS | 01:36:39 | 229 | 836 |
| 241 | KEV JOYCE | PEMBROKESHIRE HARRIERS | 01:37:52 | M40 | 01:37:23 | 240 | 1669 |
| 242 | JASON THOMAS EVANS | | 01:37:56 | MS | 01:37:17 | 238 | 917 |
| 243 | CHRISTOPHER BROWN | BITTON ROAD RUNNERS | 01:38:02 | MS | 01:37:41 | 246 | 593 |
| 244 | DION DAFYDD | | 01:38:03 | MS | 01:37:23 | 241 | 1373 |
| 245 | RICKY WELLS | | 01:38:04 | MS | 01:37:32 | 245 | 1805 |
| 246 | JOHN MAGEE | LES CROUPIERS | 01:38:04 | MS | 01:37:56 | 249 | 1246 |
| 247 | MICHAEL JONES | | 01:38:08 | M40 | 01:37:52 | 248 | 851 |
| 248 | DAVID WILLIAMS | LES CROUPIERS | 01:38:13 | M40 | 01:38:06 | 251 | 594 |
| 249 | ANDREW HERBERT | | 01:38:16 | MS | 01:36:17 | 218 | 103 |
| 250 | TONY WENLOCK | ABERYSTWYTH AC | 01:38:19 | M50 | 01:38:19 | 254 | 410 |
| 251 | ANDREW EVANS | | 01:38:23 | M50 | 01:38:12 | 253 | 1112 |
| 252 | ROBERT REES | | 01:38:24 | MS | 01:38:09 | 252 | 1416 |
| 253 | ALEX MARK LORD | | 01:38:26 | MS | 01:37:51 | 247 | 145 |
| 254 | ANITA WORTHING | ABERYSTWYTH AC | 01:38:27 | F45 | 01:37:58 | 250 | 928 |
| 255 | CHRISTOPHER PRICE | CELTIC TRI | 01:38:37 | MS | 01:38:29 | 260 | 177 |
| 256 | STEVE BROWN | PEMBROKESHIRE HARRIERS | 01:38:40 | M40 | 01:38:27 | 259 | 1724 |
| 257 | PAUL ROWLAND | | 01:38:40 | MS | 01:38:25 | 258 | 1047 |
| 258 | ANDY HUNTER | | 01:38:53 | MS | 01:38:29 | 261 | 1006 |
| 259 | MARTIN GEORGE | SOSPAN ROAD RUNNERS | 01:39:00 | MS | 01:38:53 | 271 | 940 |
| 260 | RAY MAJER | SOSPAN ROAD RUNNERS | 01:39:02 | M50 | 01:38:50 | 268 | 1247 |
| 261 | SARAH GIBBY | EMLYN RUNNERS | 01:39:02 | FS | 01:38:52 | 270 | 1387 |
| 262 | JONATHAN HARVEY | | 01:39:03 | MS | 01:38:57 | 278 | 674 |
| 263 | RICHARD JAMES | EMLYN RUNNERS | 01:39:04 | M40 | 01:38:54 | 274 | 119 |
| 264 | LOUISE FLYNN | | 01:39:08 | FS | 01:38:51 | 269 | 67 |
| 265 | LUKE JONES | | 01:39:08 | MS | 01:38:49 | 267 | 882 |
| 266 | LEE ELWELL | | 01:39:09 | MS | 01:38:22 | 256 | 50 |

DON'T FORGET ... The Llanelli Waterside 10k - 20th June 2010

Llanelli Waterside Half Marathon - Results - 2010(provisional until fully ratified)

| Pos | Full Name | Club | Time | Cat | Chip Time | Chip Pos | Bib No |
|-----|------------------------|--------------------------------|----------|-----|-----------|----------|--------|
| 267 | MICHAEL FLYNN | | 01:39:09 | M60 | 01:38:53 | 272 | 1156 |
| 268 | ANTHONY CUSACK | | 01:39:09 | MS | 01:38:47 | 265 | 1697 |
| 269 | DORIAN JONES | BTA | 01:39:11 | MS | 01:38:54 | 275 | 1812 |
| 270 | STEPHEN JONES | | 01:39:13 | M40 | 01:38:48 | 266 | 1243 |
| 271 | JAYNE ARNOLD | CELTIC TRI | 01:39:18 | F35 | 01:38:55 | 276 | 1134 |
| 272 | MARC BATCUP | SWANSEA HARRIERS | 01:39:19 | MS | 01:39:01 | 280 | 1518 |
| 273 | MICHAEL WARNER | | 01:39:20 | M60 | 01:39:02 | 281 | 706 |
| 274 | LEE DEAN | | 01:39:21 | M40 | 01:38:20 | 255 | 513 |
| 275 | TIM MYALL | | 01:39:24 | MS | 01:39:09 | 286 | 578 |
| 276 | NIALL FOSTER | | 01:39:26 | MS | 01:38:56 | 277 | 70 |
| 277 | IAN DAVIES | BUILTH & DISTRICT RUNNING CLUB | 01:39:28 | M50 | 01:39:19 | 294 | 1505 |
| 278 | KEVIN BRYAN | | 01:39:28 | M40 | 01:39:10 | 287 | 1049 |
| 279 | PHILLIP RICHARD TURNER | LLANELLI TRI-CLUB | 01:39:30 | M40 | 01:39:13 | 288 | 222 |
| 280 | GERAINT JENKINS | AMMAN VALLEY HARRIERS | 01:39:30 | M40 | 01:39:13 | 289 | 1100 |
| 281 | DAVID LEWIS FOWLER | | 01:39:33 | MS | 01:38:34 | 262 | 1158 |
| 282 | DONALD MATHESON | | 01:39:36 | MS | 01:39:04 | 282 | 831 |
| 283 | ALLEN BUNNEY | ABERDARE V.A.A.C | 01:39:38 | M40 | 01:39:17 | 291 | 894 |
| 284 | JONATHAN WRIGHT | PENARTH & DINAS RUNNERS | 01:39:39 | M40 | 01:39:18 | 293 | 1340 |
| 285 | PAUL WRIGHT | | 01:39:39 | MS | 01:39:17 | 292 | 1330 |
| 286 | JOHNNY LAM | | 01:39:39 | MS | 01:38:39 | 264 | 1429 |
| 287 | ZOE WELCH | WEST END | 01:39:41 | F35 | 01:39:22 | 295 | 1366 |
| 288 | JANET BROWN | BITTON ROAD RUNNERS | 01:39:45 | F45 | 01:39:23 | 296 | 583 |
| 289 | SIMON O'BRIEN | | 01:39:48 | M40 | 01:38:36 | 263 | 1674 |
| 290 | NICKY EDWARDS | HEREFORD COURIERS | 01:39:48 | F35 | 01:39:31 | 298 | 976 |
| 291 | PHILIP JONES | PRESTEIGNE PACERS | 01:39:48 | M50 | 01:39:41 | 300 | 1481 |
| 292 | ALVIN PHILLIPS | RWPY WARRIORS | 01:39:56 | MS | 01:39:04 | 283 | 1835 |
| 293 | IOAN DAVIES | RWPY WARRIORS | 01:39:57 | MS | 01:39:05 | 284 | 1738 |
| 294 | DAVID MCKECHAN | | 01:39:59 | MS | 01:39:44 | 301 | 1875 |
| 295 | CHARLIE WHITE | CANTERBURY HARRIERS | 01:40:02 | M50 | 01:39:31 | 299 | 792 |
| 296 | OLIVER DUBBERT | | 01:40:05 | MS | 01:38:53 | 273 | 488 |
| 297 | PAUL BENJAMIN | | 01:40:06 | M40 | 01:38:22 | 257 | 1388 |
| 298 | IAN SPEED | | 01:40:12 | M40 | 01:39:30 | 297 | 1125 |
| 299 | MEILYR HUGHES | | 01:40:17 | MS | 01:40:06 | 306 | 1740 |
| 300 | GREG ROWLANDS | | 01:40:19 | MS | 01:39:16 | 290 | 1273 |
| 301 | YVONNE REES | | 01:40:20 | F35 | 01:40:01 | 304 | 1198 |
| 302 | UKU KUMARI | SWANSEA HARRIERS VET | 01:40:20 | M50 | 01:40:11 | 308 | 1244 |
| 303 | KEVIN PLANK | | 01:40:21 | MS | 01:39:48 | 302 | 1308 |
| 304 | STACEY FARNELL | | 01:40:22 | MS | 01:40:02 | 305 | 1452 |

DON'T FORGET ... The Llanelli Waterside 10k - 20th June 2010

Llanelli Waterside Half Marathon - Results - 2010(provisional until fully ratified)

| Pos | Full Name | Club | Time | Cat | Chip Time | Chip Pos | Bib No |
|-----|-----------------------|-----------------------------|----------|-----|-----------|----------|--------|
| 305 | MICK GRANT | ROAD RUNNERS CLUB | 01:40:31 | M50 | 01:39:07 | 285 | 693 |
| 306 | CEDRIC DAVID | VEGAN RUNNERS UK | 01:40:32 | MS | 01:40:17 | 310 | 1068 |
| 307 | DAVID GRIFFITHS | | 01:40:37 | MS | 01:40:17 | 311 | 1111 |
| 308 | DARREN FLOYD | | 01:40:40 | MS | 01:40:36 | 317 | 1231 |
| 309 | CLIVE DENTON | RHONDDA VALLEY RUNNERS | 01:40:41 | M40 | 01:40:20 | 313 | 1623 |
| 310 | ALEX JENKINS | | 01:40:47 | MS | 01:39:00 | 279 | 1363 |
| 311 | PAUL CARMAN | | 01:40:50 | M50 | 01:40:35 | 316 | 842 |
| 312 | CLEMENT HUW LLEWELLYN | | 01:40:55 | M60 | 01:40:12 | 309 | 1181 |
| 313 | NATASHA DOYLE | | 01:41:00 | FS | 01:40:33 | 314 | 1004 |
| 314 | DAVID PARFITT | PORT TALBOT HARRIERS | 01:41:03 | M40 | 01:40:57 | 329 | 165 |
| 315 | RABAB RABAB | | 01:41:04 | MS | 01:40:36 | 318 | 514 |
| 316 | ANTHONY DOUGLAS | | 01:41:05 | MS | 01:40:52 | 324 | 698 |
| 317 | STEPHEN BENDLE | SWANSEA HARRIERS | 01:41:05 | M40 | 01:40:52 | 325 | 1705 |
| 318 | MATTHEW BEAMISH | | 01:41:08 | MS | 01:39:48 | 303 | 1331 |
| 319 | BETHAN OUSELEY | INGLI RUNNERS | 01:41:10 | FS | 01:40:58 | 331 | 727 |
| 320 | MARCUS BOSKEY | | 01:41:11 | MS | 01:40:46 | 322 | 12 |
| 321 | JONATHAN ALFORD | | 01:41:15 | M50 | 01:40:55 | 326 | 373 |
| 322 | PATRICK O'BRIEN | | 01:41:17 | M40 | 01:40:36 | 319 | 1378 |
| 323 | PHILLIP THOMAS | | 01:41:17 | MS | 01:40:36 | 320 | 1376 |
| 324 | LOTTIE CHANT | | 01:41:20 | FS | 01:40:56 | 327 | 791 |
| 325 | MATTHEW HOLLIFIELD | | 01:41:22 | MS | 01:40:42 | 321 | 427 |
| 326 | JAMES HEYWOOD-ONSDALE | | 01:41:25 | MS | 01:41:06 | 334 | 1885 |
| 327 | STUART MOYSE | MLC | 01:41:25 | M40 | 01:40:56 | 328 | 1381 |
| 328 | STEPHEN RICHARDS | | 01:41:28 | MS | 01:40:33 | 315 | 925 |
| 329 | GEOFF SMITH | | 01:41:30 | MS | 01:40:50 | 323 | 481 |
| 330 | BRIAN SIMPSON | | 01:41:33 | M40 | 01:41:18 | 341 | 1054 |
| 331 | CERITH GRIFFITHS | | 01:41:35 | M40 | 01:40:59 | 332 | 1449 |
| 332 | JUSTIN SHOWELL | PURPLE PATCH RUNNERS | 01:41:38 | M40 | 01:41:26 | 343 | 432 |
| 333 | MATTHEW JONES | | 01:41:41 | MS | 01:41:10 | 336 | 630 |
| 334 | ANDREW SEDGMOND | LES CROUPIERS | 01:41:44 | M50 | 01:41:17 | 339 | 823 |
| 335 | PETER CUCUZ | | 01:41:46 | MS | 01:40:19 | 312 | 1670 |
| 336 | RICHARD JAMES | DIK AND FULLER'S BARMY ARMY | 01:41:47 | MS | 01:41:24 | 342 | 1362 |
| 337 | NICK FRANCIS | | 01:41:52 | MS | 01:40:10 | 307 | 1356 |
| 338 | GETHIN JONES | | 01:41:53 | MS | 01:41:39 | 348 | 1743 |
| 339 | GERWYN MALPAS | | 01:41:56 | MS | 01:41:34 | 345 | 1491 |
| 340 | DOMINIC NORCROSS | | 01:41:57 | MS | 01:41:44 | 350 | 1462 |
| 341 | PAUL ARNOLD | CELTIC TRI | 01:41:59 | M40 | 01:41:34 | 346 | 1135 |
| 342 | PETER DONNISON | | 01:41:59 | MS | 01:41:15 | 337 | 1478 |

DON'T FORGET ... The Llanelli Waterside 10k - 20th June 2010

Llanelli Waterside Half Marathon - Results - 2010(provisional until fully ratified)

| Pos | Full Name | Club | Time | Cat | Chip Time | Chip Pos | Bib No |
|-----|-----------------------|----------------------------|----------|-----|-----------|----------|--------|
| 343 | DANIEL DUNCAN | | 01:42:00 | MS | 01:41:17 | 340 | 1479 |
| 344 | ROY BOARD | | 01:42:05 | M40 | 01:41:46 | 352 | 638 |
| 345 | ANDY CARPENTER | | 01:42:06 | M40 | 01:41:58 | 359 | 964 |
| 346 | IAN MORGAN | | 01:42:09 | MS | 01:40:57 | 330 | 701 |
| 347 | ALWYN WILLIAMS | | 01:42:13 | M40 | 01:41:01 | 333 | 990 |
| 348 | STUART LYNCH | | 01:42:17 | MS | 01:41:42 | 349 | 1627 |
| 349 | ALAIN THOMAS | | 01:42:17 | M50 | 01:41:54 | 355 | 1306 |
| 350 | SALLY WILSON | INGLI RUNNERS | 01:42:18 | FS | 01:42:05 | 361 | 749 |
| 351 | CHRISTINA SMITH | 3MS GORSEINON ROAD RUNNERS | 01:42:19 | F45 | 01:41:55 | 356 | 1576 |
| 352 | SIMON LA MONICA | | 01:42:19 | MS | 01:42:10 | 364 | 822 |
| 353 | BEN CURTIS | ISLWYN RC | 01:42:23 | MS | 01:41:57 | 357 | 1225 |
| 354 | OWEN LEWIS | | 01:42:36 | MS | 01:41:27 | 344 | 1401 |
| 355 | SANDIP THAKALI | | 01:42:39 | MS | 01:42:11 | 365 | 1355 |
| 356 | NATALIE TAYLOR | | 01:42:42 | FS | 01:42:15 | 367 | 1899 |
| 357 | IRINA DALE | | 01:42:43 | FS | 01:41:35 | 347 | 812 |
| 358 | HELEN WALKER | INGLI RUNNERS | 01:42:44 | F45 | 01:42:31 | 372 | 642 |
| 359 | CHRIS HERDMAN | | 01:42:45 | MS | 01:41:15 | 338 | 1783 |
| 360 | LLOYD THOMAS | | 01:42:47 | MS | 01:41:07 | 335 | 783 |
| 361 | C WALTERS | TROTS | 01:42:47 | M60 | 01:42:13 | 366 | 1272 |
| 362 | CARWYN DAVIES | | 01:42:53 | MS | 01:42:09 | 363 | 1149 |
| 363 | SIMON SCURRELL | | 01:42:56 | MS | 01:41:45 | 351 | 1052 |
| 364 | AMY EDWARDS | RHONDDA VALLEY RUNNERS | 01:42:57 | FS | 01:42:36 | 373 | 1641 |
| 365 | DEAN THOMAS | | 01:42:57 | MS | 01:42:42 | 376 | 1841 |
| 366 | ELLIE PIERCY | | 01:42:57 | MS | 01:42:22 | 368 | 1766 |
| 367 | RICHARD PRICE | | 01:43:00 | M40 | 01:42:27 | 370 | 1393 |
| 368 | RICHARD PHILLIPS | | 01:43:01 | MS | 01:41:50 | 353 | 1029 |
| 369 | DAFYDD TRYSTAN DAVIES | | 01:43:02 | MS | 01:42:36 | 374 | 1088 |
| 370 | CLARE HUGHES | BRIDGEND AC | 01:43:04 | F35 | 01:42:43 | 378 | 938 |
| 371 | DEAN BIRT | PONTYPRIDD ROADENTS | 01:43:08 | MS | 01:42:00 | 360 | 1675 |
| 372 | DAMION SMITH | | 01:43:10 | MS | 01:41:57 | 358 | 1710 |
| 373 | JUDI RHYS | LES CROUPIERS | 01:43:12 | F45 | 01:43:03 | 388 | 349 |
| 374 | KEITH HAWKINS | | 01:43:12 | MS | 01:42:48 | 380 | 1369 |
| 375 | KATHRYN JAMES | | 01:43:20 | FS | 01:42:06 | 362 | 502 |
| 376 | LYNN GOWARD | VILLAGE VIPERS | 01:43:20 | F45 | 01:42:58 | 385 | 1721 |
| 377 | SARAH MORRIS | VILLAGE VIPERS | 01:43:21 | F35 | 01:42:59 | 386 | 1731 |
| 378 | MARK WESTCOTT | | 01:43:21 | M40 | 01:43:04 | 389 | 229 |
| 379 | LIBBY LAVIS | BRACKLA HARRIERS | 01:43:26 | F45 | 01:43:01 | 387 | 672 |
| 380 | MARI GRIFFITHS | | 01:43:29 | FS | 01:43:08 | 392 | 1404 |

DON'T FORGET ... The Llanelli Waterside 10k - 20th June 2010

Llanelli Waterside Half Marathon - Results - 2010(provisional until fully ratified)

| Pos | Full Name | Club | Time | Cat | Chip Time | Chip Pos | Bib No |
|-----|--------------------------------|--------------------------------|----------|-----|-----------|----------|--------|
| 381 | RYAN JONES | | 01:43:29 | MS | 01:41:53 | 354 | 1880 |
| 382 | CHRISTIAN JULIAN FRANCIS MEARS | | 01:43:32 | M40 | 01:43:14 | 394 | 152 |
| 383 | MATT HEIRENE | | 01:43:34 | MS | 01:42:54 | 382 | 1349 |
| 384 | JEFF ROBINSON | | 01:43:35 | M40 | 01:42:42 | 377 | 520 |
| 385 | DAVID WAY | | 01:43:35 | MS | 01:42:27 | 371 | 336 |
| 386 | KIERON JONES | | 01:43:36 | MS | 01:43:26 | 398 | 1545 |
| 387 | ALEXIS PRINCE | | 01:43:37 | FS | 01:42:41 | 375 | 952 |
| 388 | JACK O'SULLIVAN | | 01:43:39 | MS | 01:42:56 | 383 | 737 |
| 389 | DANIEL HUMPHREYS | | 01:43:40 | MS | 01:43:04 | 390 | 319 |
| 390 | MARC RAWLE | | 01:43:41 | MS | 01:43:29 | 401 | 356 |
| 391 | GERAINT SMITH | | 01:43:42 | MS | 01:43:07 | 391 | 575 |
| 392 | LYNNETTE PECK | | 01:43:42 | FS | 01:42:57 | 384 | 1506 |
| 393 | ANTONY FURLONG | PENARTH & DINAS RUNNERS | 01:43:47 | MS | 01:43:19 | 395 | 78 |
| 394 | MICHAEL THOMAS | | 01:43:49 | M40 | 01:43:12 | 393 | 1436 |
| 395 | SOPHIE KEATES | | 01:43:50 | FS | 01:43:25 | 397 | 731 |
| 396 | JOHN FULLER | | 01:43:57 | MS | 01:43:34 | 404 | 1359 |
| 397 | MATTHEW ORCHARD | | 01:44:00 | MS | 01:42:26 | 369 | 1548 |
| 398 | MICHAEL PETERS | | 01:44:08 | MS | 01:43:40 | 406 | 496 |
| 399 | ROBERT WILSON | PENARTH & DINAS RUNNERS | 01:44:11 | M50 | 01:43:23 | 396 | 241 |
| 400 | DARRAN MAINWARING | | 01:44:17 | MS | 01:43:52 | 410 | 658 |
| 401 | CHRIS ROGERS | TEAM AMERICA! | 01:44:17 | MS | 01:43:52 | 411 | 650 |
| 402 | MATTHEW OSBORN | | 01:44:20 | M40 | 01:43:57 | 413 | 1543 |
| 403 | MARK SULLIVAN | | 01:44:22 | MS | 01:43:27 | 399 | 501 |
| 404 | MIKE ROSE | CELTIC TRI | 01:44:24 | M40 | 01:43:33 | 403 | 1511 |
| 405 | GILL ALDWORTH | BRECON AC | 01:44:25 | F35 | 01:43:31 | 402 | 1760 |
| 406 | MARK ROOKE | | 01:44:26 | MS | 01:43:58 | 414 | 468 |
| 407 | CRAIG DE-VULGT | | 01:44:35 | MS | 01:44:02 | 416 | 1588 |
| 408 | ROBERT DARROCK | | 01:44:35 | MS | 01:42:46 | 379 | 1616 |
| 409 | CHRISTOPHER EVANS | | 01:44:36 | MS | 01:44:06 | 419 | 1597 |
| 410 | SIMON MARKS | NEWT (NEWPORT EAST WALES TRIAT | 01:44:37 | MS | 01:43:51 | 408 | 820 |
| 411 | SIMON BIGGS | | 01:44:42 | MS | 01:44:23 | 428 | 1565 |
| 412 | ALEX BROWN | | 01:44:42 | MS | 01:44:30 | 429 | 647 |
| 413 | JONATHAN MILES | | 01:44:42 | MS | 01:42:52 | 381 | 1677 |
| 414 | DONNA DANIELLE DAVIES | | 01:44:43 | FS | 01:44:13 | 423 | 1228 |
| 415 | DEREK FENTON | | 01:44:43 | M40 | 01:44:14 | 424 | 1113 |
| 416 | ANDREA ROSS | | 01:44:43 | FS | 01:44:10 | 422 | 873 |
| 417 | ROBERT SHORNEY | | 01:44:46 | MS | 01:44:06 | 420 | 686 |
| 418 | JAMES RHYS DOYLE | | 01:44:46 | MS | 01:43:36 | 405 | 1510 |

DON'T FORGET ... The Llanelli Waterside 10k - 20th June 2010

Llanelli Waterside Half Marathon - Results - 2010(provisional until fully ratified)

| Pos | Full Name | Club | Time | Cat | Chip Time | Chip Pos | Bib No |
|-----|-------------------------|--------------------------------|----------|-----|-----------|----------|--------|
| 419 | BRETT GILLET | | 01:44:47 | MS | 01:43:58 | 415 | 1680 |
| 420 | NEIL WILLIAMS | WILLIAMS RUNS AGAIN | 01:44:51 | MS | 01:44:19 | 425 | 562 |
| 421 | BENJAMIN JONES | | 01:44:54 | MS | 01:44:42 | 432 | 908 |
| 422 | CARWYN THOMAS | | 01:45:01 | M40 | 01:43:51 | 409 | 682 |
| 423 | CHRISTIAN BURGE | | 01:45:02 | MS | 01:43:28 | 400 | 1547 |
| 424 | MATTHEW COOK | | 01:45:04 | MS | 01:44:50 | 434 | 1458 |
| 425 | NEIL HANHAM | | 01:45:07 | MS | 01:44:37 | 430 | 1435 |
| 426 | CLIVE GREAVES | 3MS GORSEINON ROAD RUNNERS | 01:45:13 | M40 | 01:44:50 | 435 | 85 |
| 427 | CARYL DAVIES | SARN HELEN | 01:45:15 | FS | 01:44:48 | 433 | 39 |
| 428 | NICHOLAS RICHARD THOMAS | | 01:45:17 | MS | 01:44:22 | 427 | 1260 |
| 429 | JILL WILCOX | INGLI RUNNERS | 01:45:19 | F35 | 01:45:05 | 439 | 1207 |
| 430 | DANIEL ALDOUS | | 01:45:19 | MS | 01:43:53 | 412 | 949 |
| 431 | STEPHEN EDWARD TARLING | | 01:45:36 | M40 | 01:44:03 | 417 | 525 |
| 432 | DARREN BEDDOWS | | 01:45:38 | MS | 01:45:06 | 440 | 857 |
| 433 | MATT HUSSAIN | | 01:45:38 | MS | 01:44:05 | 418 | 1761 |
| 434 | RICHARD BOLDERO | | 01:45:40 | MS | 01:44:06 | 421 | 1488 |
| 435 | PAUL REES | | 01:45:42 | MS | 01:45:32 | 449 | 1683 |
| 436 | ROB WOOD | | 01:45:43 | MS | 01:45:33 | 450 | 1041 |
| 437 | BRIAN DRYSDALE | CARDIFF UNIVERSITY ATHLETICS C | 01:45:51 | M40 | 01:45:18 | 441 | 871 |
| 438 | JONATHAN HILL | | 01:45:51 | MS | 01:44:19 | 426 | 677 |
| 439 | PAUL BIGMORE | BRACKLA HARRIERS | 01:45:51 | M50 | 01:45:25 | 446 | 1304 |
| 440 | JON BALDWIN | | 01:45:55 | M40 | 01:45:21 | 444 | 959 |
| 441 | MARGARET POBJOY | | 01:45:55 | FS | 01:45:24 | 445 | 497 |
| 442 | LAURA GUSH | | 01:45:57 | FS | 01:45:48 | 456 | 666 |
| 443 | JOHN FAIRCLOUGH | | 01:45:59 | M50 | 01:45:18 | 442 | 1530 |
| 444 | DAVID ROBSON | | 01:46:03 | MS | 01:45:29 | 448 | 797 |
| 445 | BARRY NICHOLS | | 01:46:06 | MS | 01:45:26 | 447 | 1648 |
| 446 | RICHARD PEARL | | 01:46:06 | MS | 01:45:18 | 443 | 1679 |
| 447 | CERI STEPHENS | | 01:46:07 | MS | 01:44:57 | 437 | 543 |
| 448 | RICHARD LEWIS | CELTIC TRI | 01:46:10 | MS | 01:45:36 | 451 | 447 |
| 449 | PAUL JONES | MUMBLES MILERS | 01:46:15 | MS | 01:45:49 | 457 | 1848 |
| 450 | KEVIN ANTHONY JONES | | 01:46:21 | M40 | 01:45:45 | 454 | 1242 |
| 451 | IAN VIVEASH | | 01:46:24 | M40 | 01:44:38 | 431 | 1484 |
| 452 | HYWEL JONES | | 01:46:24 | MS | 01:44:59 | 438 | 1703 |
| 453 | ANDREW DAVIDSON | | 01:46:27 | MS | 01:46:00 | 461 | 1720 |
| 454 | RICHARD MORGAN | | 01:46:35 | M40 | 01:46:20 | 469 | 1028 |
| 455 | TASMIN THOMAS | | 01:46:35 | FS | 01:45:59 | 460 | 1116 |
| 456 | NICOLA COLE | PEMBROKESHIRE HARRIERS | 01:46:37 | F35 | 01:45:56 | 459 | 1433 |

DON'T FORGET ... The Llanelli Waterside 10k - 20th June 2010

Llanelli Waterside Half Marathon - Results - 2010(provisional until fully ratified)

| Pos | Full Name | Club | Time | Cat | Chip Time | Chip Pos | Bib No |
|-----|----------------------|----------------------------|----------|-----|-----------|----------|--------|
| 457 | GARETH WELSH | | 01:46:39 | M50 | 01:46:02 | 462 | 1732 |
| 458 | THOMAS NINNIS | | 01:46:40 | MS | 01:46:31 | 477 | 1249 |
| 459 | MICHAEL TERRY | TROTS | 01:46:43 | M50 | 01:46:19 | 468 | 1527 |
| 460 | RAYMOND THOMAS | | 01:46:44 | M40 | 01:46:09 | 463 | 947 |
| 461 | RHIANYDD EDWARDS | | 01:46:45 | F35 | 01:46:10 | 464 | 946 |
| 462 | BENJAMIN HANKS | | 01:46:45 | MS | 01:46:30 | 476 | 607 |
| 463 | LEE STONE | | 01:46:48 | MS | 01:46:10 | 465 | 206 |
| 464 | BETH SCHOLES | WESTBURY HARRIERS | 01:46:49 | F35 | 01:46:31 | 478 | 199 |
| 465 | STEFFAN HUGHES | CARMARTHEN HARRIERS | 01:46:49 | MS | 01:46:49 | 491 | 1889 |
| 466 | ANDY MORTON | | 01:46:51 | M50 | 01:46:34 | 482 | 784 |
| 467 | KEIR LEWIS | | 01:46:55 | MS | 01:46:24 | 472 | 1419 |
| 468 | WYN JAMES | | 01:46:56 | MS | 01:46:32 | 479 | 1800 |
| 469 | DANIEL HOWELL | | 01:46:58 | MS | 01:46:11 | 466 | 745 |
| 470 | CHRIS WARMAN | | 01:46:58 | MS | 01:46:32 | 480 | 1598 |
| 471 | BEN SEABOURNE | | 01:47:02 | MS | 01:46:26 | 474 | 602 |
| 472 | SIMON CARTLIDGE | | 01:47:03 | MS | 01:46:39 | 487 | 366 |
| 473 | MARK BYFORD | | 01:47:04 | MS | 01:44:56 | 436 | 1074 |
| 474 | JULIAN FORSTER | | 01:47:05 | M50 | 01:46:36 | 485 | 1504 |
| 475 | JONATHAN LEWIS | | 01:47:07 | MS | 01:45:55 | 458 | 955 |
| 476 | GRANT MAUNDER | | 01:47:08 | M40 | 01:45:36 | 452 | 1126 |
| 477 | MARTIN RADFORD | DAIHARDS | 01:47:09 | M40 | 01:45:37 | 453 | 911 |
| 478 | ANDREW VAN HEININGEN | SERPENTINE RUNNING CLUB | 01:47:12 | M40 | 01:46:49 | 492 | 387 |
| 479 | GARETH REES | | 01:47:15 | MS | 01:45:46 | 455 | 1199 |
| 480 | KIRSTY JOPSON | SERPENTINE | 01:47:15 | FS | 01:47:00 | 497 | 1529 |
| 481 | STEPHEN HEATH | | 01:47:20 | M40 | 01:46:34 | 483 | 1357 |
| 482 | STEVEN DAVIES | | 01:47:24 | MS | 01:46:17 | 467 | 944 |
| 483 | NEIL MILVAIN | | 01:47:24 | MS | 01:47:06 | 501 | 1460 |
| 484 | ANTHONY PHILLIPS | | 01:47:29 | M50 | 01:46:49 | 493 | 973 |
| 485 | RHIAN WILLIAMS | BRACKLA HARRIERS | 01:47:31 | FS | 01:46:48 | 490 | 637 |
| 486 | ANDREW MARTIN | | 01:47:34 | MS | 01:46:45 | 489 | 1567 |
| 487 | DAN CLUROE | | 01:47:34 | MS | 01:47:05 | 499 | 1281 |
| 488 | SAM CORFIELD | | 01:47:34 | MS | 01:47:06 | 502 | 1418 |
| 489 | STEPHEN DANTER | | 01:47:36 | M40 | 01:46:29 | 475 | 945 |
| 490 | DARREN MORGAN | | 01:47:36 | MS | 01:46:33 | 481 | 1426 |
| 491 | PAUL FURLONG | | 01:47:37 | M60 | 01:47:09 | 503 | 79 |
| 492 | MARK HANFORD | | 01:47:44 | MS | 01:46:35 | 484 | 1734 |
| 493 | GARETH EVANS | | 01:47:47 | M40 | 01:47:13 | 504 | 53 |
| 494 | MATT ROGERSON | 3MS GORSEINON ROAD RUNNERS | 01:47:48 | MS | 01:47:18 | 505 | 1027 |

DON'T FORGET ... The Llanelli Waterside 10k - 20th June 2010

Llanelli Waterside Half Marathon - Results - 2010(provisional until fully ratified)

| Pos | Full Name | Club | Time | Cat | Chip Time | Chip Pos | Bib No |
|-----|----------------------|-------------------------|----------|-----|-----------|----------|--------|
| 495 | DAVID WILLIAMS | | 01:47:50 | MS | 01:47:34 | 512 | 997 |
| 496 | BURKHARD MARKHOFF | SWANSEA HARRIERS | 01:47:50 | M40 | 01:47:44 | 518 | 547 |
| 497 | HYWEL WYNN TOMOS | | 01:47:52 | M40 | 01:46:42 | 488 | 219 |
| 498 | DALE LORD | | 01:47:54 | MS | 01:46:22 | 471 | 1440 |
| 499 | DEBBIE DRAKE | TORBAY AAC | 01:47:57 | F45 | 01:47:30 | 509 | 435 |
| 500 | DAVID CHRISTOPHER | | 01:48:02 | MS | 01:46:55 | 496 | 1751 |
| 501 | MARK BAMFORD | | 01:48:03 | MS | 01:47:43 | 517 | 1414 |
| 502 | KEN KNIGHTS | | 01:48:03 | M40 | 01:46:37 | 486 | 1532 |
| 503 | SIMON COX | | 01:48:05 | M40 | 01:47:02 | 498 | 1839 |
| 504 | JULIE ARCHER | | 01:48:10 | F35 | 01:47:24 | 506 | 397 |
| 505 | PAUL DUGGAN | | 01:48:10 | MS | 01:47:54 | 521 | 1652 |
| 506 | NEIL GABRIEL | TRAMS PACEMAKERS | 01:48:11 | MS | 01:47:59 | 523 | 1634 |
| 507 | LOWRI JONES | | 01:48:13 | F35 | 01:47:27 | 507 | 937 |
| 508 | NICKY JOHN | | 01:48:14 | M40 | 01:47:05 | 500 | 1830 |
| 509 | DANIEL MURTAGH | | 01:50:17 | MS | 01:46:50 | 494 | 1115 |
| 510 | JUSTIN TAMLIN | | 01:48:17 | MS | 01:48:17 | 528 | 1694 |
| 511 | JENNY BARBER | | 01:48:18 | FS | 01:47:32 | 511 | 1117 |
| 512 | STEVEN WARREN DINHAM | | 01:48:20 | MS | 01:46:53 | 495 | 1402 |
| 513 | HUW WELLS | | 01:48:21 | M40 | 01:47:38 | 513 | 1206 |
| 514 | TIMOTHY BRICE | | 01:48:21 | MS | 01:47:40 | 515 | 675 |
| 515 | MARK LAVIS | | 01:48:22 | M40 | 01:47:31 | 510 | 466 |
| 516 | LLOYD MORRIS | | 01:48:22 | MS | 01:47:29 | 508 | 841 |
| 517 | BECKY CRAWFORD | | 01:48:27 | FS | 01:47:53 | 520 | 1687 |
| 518 | ROSIE LEWIS | | 01:48:30 | FS | 01:48:00 | 524 | 1334 |
| 519 | CLAIRE JOHNSTON | | 01:48:30 | FS | 01:46:24 | 473 | 1600 |
| 520 | ANDREA HURMAN | PENARTH & DINAS RUNNERS | 01:48:30 | F35 | 01:47:50 | 519 | 1064 |
| 521 | GLYN JONES | | 01:48:32 | M50 | 01:47:39 | 514 | 1073 |
| 522 | ZOE RADFORD | PINKY AND THE BRAIN | 01:48:43 | FS | 01:48:22 | 530 | 860 |
| 523 | MARTIN BENNETT | | 01:48:46 | MS | 01:47:41 | 516 | 1138 |
| 524 | DAVID REES | TEAM IMPULSE | 01:48:54 | MS | 01:47:54 | 522 | 1368 |
| 525 | PAUL EVANS | | 01:48:55 | MS | 01:48:27 | 534 | 439 |
| 526 | SIMON REES | ZANUSSI 'S HARRIERS | 01:48:56 | MS | 01:48:07 | 526 | 900 |
| 527 | STEPHEN COCKWELL | | 01:49:00 | MS | 01:48:24 | 532 | 1612 |
| 528 | ALUN PARRY | | 01:49:00 | MS | 01:48:06 | 525 | 1293 |
| 529 | SHERYL EVANS | HEREFORD & COUNTY AC | 01:49:07 | F35 | 01:48:41 | 539 | 61 |
| 530 | SHANE WATKINS | | 01:49:13 | MS | 01:48:28 | 535 | 710 |
| 531 | ANTHONY DEW | | 01:49:20 | MS | 01:48:23 | 531 | 477 |
| 532 | PETER LEWIS | | 01:49:23 | M40 | 01:48:33 | 536 | 1454 |

DON'T FORGET ... The Llanelli Waterside 10k - 20th June 2010

Llanelli Waterside Half Marathon - Results - 2010(provisional until fully ratified)

| Pos | Full Name | Club | Time | Cat | Chip Time | Chip Pos | Bib No |
|-----|-------------------------|--------------------------------|----------|-----|-----------|----------|--------|
| 533 | JULIA RIDGE | | 01:49:23 | F35 | 01:48:45 | 542 | 189 |
| 534 | WILLIAM CHANT | | 01:49:31 | MS | 01:49:08 | 550 | 790 |
| 535 | LEE ARTHURS | | 01:49:34 | MS | 01:48:45 | 543 | 1802 |
| 536 | PAUL REYNOLDS | | 01:49:35 | MS | 01:48:47 | 545 | 1781 |
| 537 | ARON JONES | | 01:49:40 | MS | 01:48:26 | 533 | 558 |
| 538 | KRISTIE HARPER | | 01:49:41 | FS | 01:49:17 | 554 | 1336 |
| 539 | STEPHEN WILLIAMS | LES GROUPIERS | 01:49:45 | M50 | 01:48:15 | 527 | 1746 |
| 540 | SIMON DOUGLAS | | 01:49:46 | MS | 01:49:33 | 563 | 494 |
| 541 | KEITH COXON | | 01:49:47 | M40 | 01:49:27 | 559 | 1456 |
| 542 | PAUL JENKINS | | 01:49:47 | M40 | 01:49:28 | 561 | 1560 |
| 543 | LEE SAMUEL | | 01:49:48 | MS | 01:49:03 | 547 | 1397 |
| 544 | PHILIP HAWKINS | | 01:49:48 | M40 | 01:49:09 | 551 | 101 |
| 545 | PETER LYNN ROBINSON | | 01:49:51 | M40 | 01:48:38 | 538 | 1197 |
| 546 | SILKE LUEHRMANN | | 01:49:55 | F35 | 01:49:27 | 560 | 440 |
| 547 | CLAIRE DAVIES | | 01:49:56 | FS | 01:49:03 | 548 | 1876 |
| 548 | IAN FIDDES | | 01:49:58 | M40 | 01:49:32 | 562 | 508 |
| 549 | NICOLE HUBERT | | 01:50:02 | FS | 01:49:39 | 570 | 112 |
| 550 | DAFYDD HARRIES | | 01:50:04 | MS | 01:49:16 | 553 | 755 |
| 551 | JENNIE CONTI | BUILTH & DISTRICT RUNNING CLUB | 01:50:05 | F55 | 01:49:19 | 555 | 893 |
| 552 | DAVID WHITEHILL | | 01:50:10 | M40 | 01:49:46 | 579 | 1871 |
| 553 | STEVE ALCOCK | | 01:50:10 | MS | 01:48:34 | 537 | 1370 |
| 554 | LEE KWOK | GLAMORGAN HEALTH & RAQUET | 01:50:11 | MS | 01:49:36 | 567 | 1799 |
| 555 | TONIA LEWIS | | 01:50:12 | F35 | 01:49:33 | 564 | 396 |
| 556 | RAY DAVIES | | 01:50:13 | M50 | 01:48:41 | 540 | 1151 |
| 557 | TOM DUDLEY | | 01:50:14 | MS | 01:48:19 | 529 | 1438 |
| 558 | OWEN MCNAMARA | | 01:50:19 | MS | 01:49:33 | 565 | 697 |
| 559 | JOHN GOODBY | | 01:50:20 | M50 | 01:49:35 | 566 | 83 |
| 560 | GARY ZOLA JONES | WINDOS | 01:50:20 | MS | 01:50:05 | 585 | 1129 |
| 561 | CERI JONES | | 01:50:20 | M40 | 01:48:41 | 541 | 1341 |
| 562 | JAIME PHILLIPS | | 01:50:21 | MS | 01:48:54 | 546 | 422 |
| 563 | BOB GARDINER | TEAM WECORI | 01:50:21 | M50 | 01:49:04 | 549 | 1473 |
| 564 | WILLIAM DAVID LLEWELLYN | | 01:50:24 | M60 | 01:49:41 | 572 | 1180 |
| 565 | LORRAINE COOPEY | | 01:50:25 | F45 | 01:49:49 | 580 | 1108 |
| 566 | CARL SEAMAN | RHONDDA VALLEY RUNNERS | 01:50:28 | M40 | 01:49:44 | 575 | 1926 |
| 567 | IAIN BURNS | | 01:50:30 | MS | 01:49:56 | 583 | 20 |
| 568 | ANDREW WILLIAMS | | 01:50:34 | M40 | 01:49:25 | 558 | 413 |
| 569 | RICHARD THOMAS | | 01:50:34 | MS | 01:49:44 | 576 | 1046 |
| 570 | JAMES BEN TURNER | | 01:50:35 | MS | 01:48:45 | 544 | 221 |

DON'T FORGET ... The Llanelli Waterside 10k - 20th June 2010

Llanelli Waterside Half Marathon - Results - 2010(provisional until fully ratified)

| Pos | Full Name | Club | Time | Cat | Chip Time | Chip Pos | Bib No |
|-----|-------------------------|-------------------------------|----------|-----|-----------|----------|--------|
| 571 | CARL BROOKES | | 01:50:35 | MS | 01:49:37 | 568 | 614 |
| 572 | MICHAEL REED | | 01:50:39 | M40 | 01:49:44 | 577 | 1109 |
| 573 | GRAHAME VINER | | 01:50:41 | M50 | 01:49:15 | 552 | 1657 |
| 574 | KEVIN PHELPS | | 01:50:42 | M40 | 01:49:43 | 573 | 172 |
| 575 | LEIGH MORGAN TOMLINS | | 01:50:43 | MS | 01:49:44 | 578 | 1467 |
| 576 | PHILLIP WORTH | | 01:50:48 | MS | 01:49:24 | 557 | 942 |
| 577 | MATTHEW THOMAS | | 01:50:48 | MS | 01:50:03 | 584 | 868 |
| 578 | ROGER SPITH | BIRKENHEAD | 01:50:48 | M60 | 01:50:16 | 590 | 1692 |
| 579 | KATHRYN HUGHES | | 01:50:52 | FS | 01:50:48 | 603 | 1528 |
| 580 | CHERYL GRIFFITHS | | 01:50:55 | F35 | 01:49:51 | 581 | 571 |
| 581 | GERWYN WADE | | 01:50:56 | M40 | 01:49:40 | 571 | 1542 |
| 582 | HELEN RODDICK | | 01:50:59 | FS | 01:50:26 | 593 | 957 |
| 583 | ANDREW WILLIAMS | | 01:51:02 | MS | 01:50:28 | 594 | 915 |
| 584 | RACHEL WILLIAMS | | 01:51:02 | FS | 01:50:16 | 591 | 1786 |
| 585 | JAMES RICHARD WATKINS | WILLMOTT DIXON TEAM ON BEHALF | 01:51:03 | MS | 01:49:38 | 569 | 1210 |
| 586 | TRACY EDWARDS | RHONDDA VALLEY RUNNERS | 01:51:05 | F35 | 01:49:43 | 574 | 1722 |
| 587 | MICHELLE TOWNSEND | | 01:51:06 | F35 | 01:50:31 | 595 | 289 |
| 588 | TIMOTHY LAURENCE WARNER | | 01:51:06 | M40 | 01:50:14 | 588 | 1208 |
| 589 | IRENE HEWINGS | TORBAY AAC | 01:51:07 | F45 | 01:50:41 | 597 | 351 |
| 590 | CRESSY MORGAN | | 01:51:09 | F35 | 01:50:15 | 589 | 154 |
| 591 | ALISON LEWIS | | 01:51:10 | F45 | 01:50:49 | 604 | 262 |
| 592 | RICHARD WEBSTER | 3MS GORSEINON ROAD RUNNERS | 01:51:20 | M50 | 01:50:58 | 613 | 708 |
| 593 | JANETTE MORGAN | | 01:51:20 | FS | 01:50:45 | 600 | 1509 |
| 594 | SASHA MACKEN | LES CROUPIERS | 01:51:21 | F35 | 01:50:32 | 596 | 1686 |
| 595 | IAN JONES | | 01:51:23 | MS | 01:49:20 | 556 | 1173 |
| 596 | JULIE JONES | | 01:51:26 | F35 | 01:51:19 | 625 | 1057 |
| 597 | MATTHEW WILLIAMS | | 01:51:27 | MS | 01:50:13 | 587 | 704 |
| 598 | SUSAN LLOYD | PEMBROKESHIRE HARRIERS | 01:51:29 | F45 | 01:50:47 | 601 | 419 |
| 599 | MATTHEW HULMES | | 01:51:32 | MS | 01:50:56 | 611 | 343 |
| 600 | JAMES STUART | | 01:51:33 | M40 | 01:49:54 | 582 | 1259 |
| 601 | MATHEW MARZANO | | 01:51:38 | M40 | 01:50:54 | 607 | 1908 |
| 602 | GLYN WILLIAMS | 3MS GORSEINON ROAD RUNNERS | 01:51:40 | M60 | 01:51:16 | 623 | 640 |
| 603 | RYAN FLETCHER | FLETCHER | 01:51:43 | MS | 01:51:22 | 627 | 1831 |
| 604 | BEN BULLARD | WIOC | 01:51:45 | MS | 01:50:20 | 592 | 610 |
| 605 | DARREN ROBINSON | | 01:51:46 | MS | 01:50:53 | 606 | 830 |
| 606 | JO DALE | TEAM BARROW | 01:51:48 | FS | 01:50:10 | 586 | 487 |
| 607 | CRAIG MILLS | | 01:51:49 | MS | 01:50:59 | 614 | 668 |
| 608 | MICHAEL GARDEN | | 01:51:52 | M50 | 01:51:06 | 618 | 1487 |

DON'T FORGET ... The Llanelli Waterside 10k - 20th June 2010

Llanelli Waterside Half Marathon - Results - 2010(provisional until fully ratified)

| Pos | Full Name | Club | Time | Cat | Chip Time | Chip Pos | Bib No |
|-----|-------------------------|-----------------------|----------|-----|-----------|----------|--------|
| 609 | ROBERT SANDERS | | 01:51:56 | M50 | 01:51:01 | 615 | 921 |
| 610 | COLIN HARMAN | | 01:51:59 | MS | 01:50:57 | 612 | 982 |
| 611 | SAMANTHA PRICE | | 01:52:00 | FS | 01:51:59 | 644 | 1549 |
| 612 | NEIL LEWIS | MUMBLES MILERS | 01:52:02 | MS | 01:51:35 | 633 | 1676 |
| 613 | RAYMOND HASLER | | 01:52:04 | M50 | 01:51:12 | 620 | 1806 |
| 614 | IAIN MORING | | 01:52:04 | M40 | 01:51:50 | 639 | 623 |
| 615 | LISA COLLINS | | 01:52:04 | F35 | 01:51:18 | 624 | 1001 |
| 616 | THOMAS DAVIES | | 01:52:05 | MS | 01:51:30 | 630 | 930 |
| 617 | CHRIS B MORGAN | LES CROUPIERS | 01:52:05 | M40 | 01:51:04 | 617 | 153 |
| 618 | LEIGH WILLIAMS | | 01:52:06 | MS | 01:50:52 | 605 | 771 |
| 619 | LUKE DAVIES | | 01:52:06 | MS | 01:51:31 | 631 | 846 |
| 620 | PAUL CLARKE | MUMBLES MILERS | 01:52:08 | MS | 01:51:41 | 634 | 1287 |
| 621 | GARRETH DAVIES | | 01:52:09 | MS | 01:51:24 | 628 | 922 |
| 622 | SAMUEL RICHARDS | | 01:52:11 | MS | 01:51:01 | 616 | 1396 |
| 623 | ANTHONY RICHARD WORMAN | | 01:52:13 | MS | 01:50:44 | 598 | 244 |
| 624 | FRANCESCA CAPEL | CARDIFF AAC | 01:52:14 | FS | 01:51:45 | 637 | 31 |
| 625 | GABRIEL JONES | | 01:52:16 | MS | 01:51:20 | 626 | 596 |
| 626 | ARFON EDWARDS | | 01:52:18 | MS | 01:50:44 | 599 | 663 |
| 627 | DERYCK HUTCHINSON | KESWICK AC | 01:52:23 | M50 | 01:52:18 | 653 | 1170 |
| 628 | KAREN DAVIES | ACTIVA | 01:52:24 | F35 | 01:51:44 | 636 | 1226 |
| 629 | DAVE SAUNDERS | | 01:52:28 | M50 | 01:51:52 | 641 | 282 |
| 630 | RAMON BORRELL | | 01:52:29 | MS | 01:50:54 | 608 | 1471 |
| 631 | MATTHEW WILLIAM BURGESS | | 01:52:30 | MS | 01:50:55 | 610 | 1472 |
| 632 | HELEN WATKINSON | VEGAN RUNNERS UK | 01:52:31 | FS | 01:51:13 | 621 | 1069 |
| 633 | TIM PADFIELD | | 01:52:32 | M40 | 01:51:25 | 629 | 164 |
| 634 | BRYAN REES | RHEDWYR EMLYN RUNNERS | 01:52:32 | M60 | 01:51:49 | 638 | 985 |
| 635 | ELSPETH JARMAN | ABERGAVENNY STRIDERS | 01:52:36 | F45 | 01:52:14 | 649 | 1171 |
| 636 | JAMES JEWELL | | 01:52:37 | M40 | 01:50:47 | 602 | 648 |
| 637 | RICHARD SPRINGETT | | 01:52:40 | M40 | 01:51:13 | 622 | 203 |
| 638 | HOLLY LEWIS | | 01:52:42 | FS | 01:52:12 | 647 | 1411 |
| 639 | MIKE WADE | | 01:52:46 | M40 | 01:50:54 | 609 | 246 |
| 640 | DAN GREGORY | | 01:52:49 | MS | 01:52:21 | 654 | 1671 |
| 641 | BEVERLEY WARBURTON | | 01:52:55 | F45 | 01:51:31 | 632 | 1209 |
| 642 | MARTIN DONOVAN | | 01:52:58 | M40 | 01:52:35 | 660 | 919 |
| 643 | LEE HAPGOOD | | 01:53:03 | M40 | 01:51:41 | 635 | 431 |
| 644 | LINDA HIRD | | 01:53:05 | F45 | 01:52:43 | 666 | 109 |
| 645 | ALED PHILLIPS | | 01:53:07 | MS | 01:51:54 | 642 | 528 |
| 646 | JONATHAN LEWIS WISBEY | | 01:53:09 | MS | 01:52:14 | 650 | 242 |

DON'T FORGET ... The Llanelli Waterside 10k - 20th June 2010

Llanelli Waterside Half Marathon - Results - 2010(provisional until fully ratified)

| Pos | Full Name | Club | Time | Cat | Chip Time | Chip Pos | Bib No |
|-----|-----------------------|--------------------------------|----------|-----|-----------|----------|--------|
| 647 | MICHAEL JAMES | | 01:53:10 | MS | 01:52:15 | 651 | 1810 |
| 648 | GEMMA BUFTON | | 01:53:12 | FS | 01:52:22 | 657 | 950 |
| 649 | CRAIG GAMBELL | | 01:53:14 | MS | 01:52:12 | 648 | 1700 |
| 650 | HUW THOMAS | | 01:53:15 | MS | 01:52:03 | 645 | 605 |
| 651 | SIMON SLINN | | 01:53:20 | MS | 01:52:53 | 672 | 711 |
| 652 | CATRIN WILLIAMS | | 01:53:20 | FS | 01:52:54 | 674 | 712 |
| 653 | MARTIN ALLEN WILLIAMS | | 01:53:22 | M40 | 01:51:50 | 640 | 536 |
| 654 | PATRICIA EAST | | 01:53:23 | F45 | 01:52:26 | 658 | 1617 |
| 655 | GARETH JONES | | 01:53:25 | MS | 01:52:17 | 652 | 1061 |
| 656 | RICHARD HUMPHREYS | | 01:53:26 | MS | 01:51:56 | 643 | 1635 |
| 657 | KIRSTEN TUCKER | SWANSEA HARRIERS | 01:53:26 | FS | 01:53:16 | 683 | 220 |
| 658 | EMMA CONTI | BUILTH & DISTRICT RUNNING CLUB | 01:53:27 | F35 | 01:52:40 | 663 | 1223 |
| 659 | THOMAS WILLIAMS | | 01:53:29 | MS | 01:52:37 | 661 | 1265 |
| 660 | NIGEL EVANS | | 01:53:30 | MS | 01:52:57 | 676 | 560 |
| 661 | BILLY STORRS | | 01:53:30 | MS | 01:53:02 | 677 | 1043 |
| 662 | DAVID ROZIER | | 01:53:32 | MS | 01:52:41 | 664 | 1257 |
| 663 | HANNAH GARDNER | | 01:53:37 | FS | 01:51:11 | 619 | 1278 |
| 664 | STACEY EVANS | | 01:53:38 | FS | 01:52:52 | 670 | 782 |
| 665 | TONY CHI WAH CHAN | | 01:53:39 | MS | 01:52:39 | 662 | 1499 |
| 666 | RICHARD WILLIAMS | | 01:53:40 | M40 | 01:52:11 | 646 | 526 |
| 667 | CLARE PARKINSON | DULWICH PARK RUNNERS | 01:53:40 | F55 | 01:52:42 | 665 | 329 |
| 668 | JAMES HALE | | 01:53:40 | MS | 01:53:06 | 680 | 691 |
| 669 | RHIAN JINNY-JONES | | 01:53:44 | FS | 01:46:21 | 470 | 1765 |
| 670 | JENNY HUGHES | LES CROUPIERS | 01:53:47 | FS | 01:53:20 | 686 | 1660 |
| 671 | OWAIN HANMER | | 01:53:49 | MS | 01:53:17 | 685 | 1611 |
| 672 | JONATHAN PRITCHARD | | 01:53:50 | MS | 01:52:21 | 655 | 1196 |
| 673 | RONY SEAMONS | | 01:53:51 | MS | 01:52:43 | 667 | 929 |
| 674 | NEIL BALL | | 01:53:57 | MS | 01:53:05 | 678 | 1706 |
| 675 | ANTONIO PANICOLA | | 01:54:00 | M40 | 01:52:43 | 668 | 168 |
| 676 | HANNAH JENKINS | | 01:54:00 | FS | 01:52:43 | 669 | 123 |
| 677 | RHIAN CLAYTON | ISLWYN RC | 01:54:02 | FS | 01:53:13 | 681 | 1604 |
| 678 | SALLY HARTNELL | | 01:54:03 | FS | 01:53:31 | 691 | 1121 |
| 679 | ANTHONY PAUL JONES | | 01:54:07 | MS | 01:52:52 | 671 | 126 |
| 680 | MIKE HODGES | TROTS | 01:54:08 | M50 | 01:53:55 | 706 | 1039 |
| 681 | ADAM THOMAS YOUNG | | 01:54:11 | MS | 01:52:29 | 659 | 1496 |
| 682 | PAUL SEDDON | | 01:54:14 | M50 | 01:53:05 | 679 | 1490 |
| 683 | CHRIS MAHER | | 01:54:14 | M50 | 01:53:24 | 689 | 769 |
| 684 | DAVID ELVY | | 01:54:15 | M40 | 01:53:38 | 698 | 1501 |

DON'T FORGET ... The Llanelli Waterside 10k - 20th June 2010

Llanelli Waterside Half Marathon - Results - 2010(provisional until fully ratified)

| Pos | Full Name | Club | Time | Cat | Chip Time | Chip Pos | Bib No |
|-----|----------------------|----------------------------|----------|-----|-----------|----------|--------|
| 685 | DEREK EDMONDS | | 01:54:18 | M60 | 01:53:32 | 692 | 1788 |
| 686 | NEALE DAVIES | TRAMS RUNNING CLUB | 01:54:20 | M40 | 01:54:07 | 715 | 1489 |
| 687 | PHILL PERKINS | | 01:54:22 | M40 | 01:53:48 | 704 | 1911 |
| 688 | CHRIS KUMARAN | | 01:54:23 | MS | 01:52:55 | 675 | 1821 |
| 689 | SAMANTHA JAYNE SMITH | | 01:54:23 | FS | 01:53:34 | 693 | 878 |
| 690 | DAVID PLACE | | 01:54:25 | M40 | 01:52:21 | 656 | 531 |
| 691 | ALLAN SMITH | 3MS GORSEINON ROAD RUNNERS | 01:54:26 | M60 | 01:53:59 | 711 | 742 |
| 692 | OWAIN GRIFFITHS | TAFF ELY TRI CLUB | 01:54:28 | MS | 01:52:53 | 673 | 1451 |
| 693 | JAMIE FLEIG | | 01:54:30 | MS | 01:53:14 | 682 | 66 |
| 694 | RICHARD BAKER | | 01:54:32 | M60 | 01:53:37 | 697 | 574 |
| 695 | JAMES DAVIES | 3MS GORSEINON ROAD RUNNERS | 01:54:36 | M40 | 01:53:47 | 703 | 1480 |
| 696 | CAROLINE DANCYGER | | 01:54:36 | FS | 01:53:57 | 710 | 535 |
| 697 | SHAREEN GEERS | | 01:54:36 | F35 | 01:53:41 | 702 | 1633 |
| 698 | SHONA DOUGLAS | ISLWYN RC | 01:54:37 | FS | 01:54:11 | 718 | 1291 |
| 699 | MICHAEL HENRY | | 01:54:37 | M40 | 01:53:22 | 688 | 105 |
| 700 | TONY EUSTACE | BRIDGEND FORDS | 01:54:38 | M40 | 01:54:11 | 719 | 1737 |
| 701 | OWAIN BROWN | OWTABCLANG | 01:54:38 | MS | 01:53:51 | 705 | 1829 |
| 702 | STEPHEN GARVEY | | 01:54:38 | M50 | 01:53:36 | 694 | 1653 |
| 703 | MARK FARRAR | LES CROUPIERS | 01:54:44 | MS | 01:54:17 | 721 | 63 |
| 704 | ANNE FOLLANE | PONTYPRIDD ROADENTS | 01:54:46 | F35 | 01:54:26 | 730 | 934 |
| 705 | BECKY HORSFALL | | 01:54:50 | FS | 01:54:05 | 713 | 702 |
| 706 | ANDREW WILLIAMS | | 01:54:50 | MS | 01:53:36 | 695 | 1372 |
| 707 | STEPHEN PHILLIPS | | 01:54:53 | MS | 01:53:59 | 712 | 641 |
| 708 | WYN JOHN HARRIES | | 01:54:55 | MS | 01:53:21 | 687 | 780 |
| 709 | EMILY LUKE | PENARTH & DINAS RUNNERS | 01:54:55 | FS | 01:54:13 | 720 | 147 |
| 710 | JASON THOMAS | | 01:54:59 | MS | 01:54:05 | 714 | 212 |
| 711 | RHYS HARPER | | 01:55:00 | MS | 01:53:36 | 696 | 1776 |
| 712 | DAVID FAIRCLOUGH | | 01:55:00 | M40 | 01:54:19 | 722 | 1618 |
| 713 | JENNIFER SLEATH | | 01:55:08 | F35 | 01:53:56 | 708 | 202 |
| 714 | CHARLOTTE GOODWIN | | 01:55:09 | FS | 01:54:22 | 725 | 320 |
| 715 | KELLY GIPSON | TEAM DEVIANT | 01:55:14 | F35 | 01:53:56 | 709 | 1097 |
| 716 | EVA COOK | SOSPAN ROAD RUNNERS | 01:55:17 | F55 | 01:54:53 | 742 | 829 |
| 717 | NIGEL TAYLOR | | 01:55:25 | M40 | 01:53:26 | 690 | 1601 |
| 718 | HUW KEENAN | | 01:55:28 | MS | 01:53:38 | 699 | 529 |
| 719 | EDWIN GREEN | CHEPSTOW HARRIERS | 01:55:28 | M40 | 01:54:56 | 746 | 1833 |
| 720 | RICHARD LONG | | 01:55:28 | M40 | 01:54:58 | 749 | 144 |
| 721 | JENNIFER FRYER | | 01:55:29 | FS | 01:54:08 | 716 | 707 |
| 722 | IAN SHAW | | 01:55:31 | M40 | 01:54:26 | 731 | 1592 |

DON'T FORGET ... The Llanelli Waterside 10k - 20th June 2010

Llanelli Waterside Half Marathon - Results - 2010(provisional until fully ratified)

| Pos | Full Name | Club | Time | Cat | Chip Time | Chip Pos | Bib No |
|-----|--------------------------------|--------------------------|----------|-----|-----------|----------|--------|
| 723 | NICK THORNE | | 01:55:33 | MS | 01:54:20 | 723 | 1904 |
| 724 | JOHN REDMOND | | 01:55:37 | MS | 01:53:16 | 684 | 295 |
| 725 | PETER DREW | | 01:55:38 | M40 | 01:54:40 | 736 | 879 |
| 726 | GARETH JONES | | 01:55:42 | MS | 01:53:55 | 707 | 1241 |
| 727 | DELLA GRIFFITHS | PEMBROKESHIRE HARRIERS | 01:55:43 | F45 | 01:55:01 | 752 | 1443 |
| 728 | LYN EVANS | | 01:55:44 | M50 | 01:54:23 | 726 | 55 |
| 729 | KEN MILLIGAN | | 01:55:45 | M50 | 01:55:21 | 762 | 1442 |
| 730 | BURNADETTE DAVIES | | 01:55:46 | F35 | 01:55:27 | 766 | 376 |
| 731 | RAY ELLINGHAM | SAN DOMENICO | 01:55:46 | M40 | 01:54:56 | 747 | 1886 |
| 732 | MALCOLM BOOY | | 01:55:48 | MS | 01:54:09 | 717 | 739 |
| 733 | LEE JENKINS | | 01:55:48 | MS | 01:54:29 | 732 | 395 |
| 734 | CHRISTOPHER WILLIAMS | | 01:55:50 | M40 | 01:54:24 | 727 | 233 |
| 735 | ANTHONY BARKER | SOUTH WALES FIRE SERVICE | 01:55:51 | M60 | 01:54:24 | 728 | 732 |
| 736 | ANDREW GALLIVAN | | 01:55:51 | M40 | 01:54:25 | 729 | 1469 |
| 737 | MATHEW JAMES | | 01:55:52 | MS | 01:54:20 | 724 | 684 |
| 738 | ANNA PARKINSON | | 01:55:54 | FS | 01:54:55 | 745 | 1689 |
| 739 | SYLVIA ELIZABETH DAVIES-MORRIS | | 01:55:55 | F35 | 01:55:02 | 753 | 46 |
| 740 | AMANDA MORGAN | TROTS | 01:55:56 | FS | 01:55:18 | 761 | 1344 |
| 741 | ADAM THOMAS JONES | | 01:55:58 | MS | 01:53:40 | 700 | 1172 |
| 742 | JAMIE FRANCIS | | 01:55:58 | MS | 01:53:40 | 701 | 1159 |
| 743 | RICHARD HARRIES | | 01:55:58 | M40 | 01:54:45 | 738 | 1579 |
| 744 | JAMES ASHTON | | 01:56:00 | MS | 01:55:00 | 751 | 615 |
| 745 | KEVIN MORGAN | | 01:56:03 | MS | 01:55:02 | 754 | 1638 |
| 746 | GERAINT EDWARDS | | 01:56:05 | M40 | 01:55:07 | 757 | 1607 |
| 747 | PAUL EVANS | | 01:56:08 | MS | 01:54:56 | 748 | 482 |
| 748 | DON BURROWS | | 01:56:10 | M40 | 01:55:26 | 765 | 924 |
| 749 | GARTH EDWARD GIESBRECHT | | 01:56:12 | M50 | 01:54:59 | 750 | 1477 |
| 750 | JASON DONOVAN | | 01:56:12 | MS | 01:54:54 | 744 | 1321 |
| 751 | ALASDAIR HIGGINS | | 01:56:13 | MS | 01:54:42 | 737 | 270 |
| 752 | ARWYN WILLIAMS | | 01:56:16 | MS | 01:54:50 | 740 | 471 |
| 753 | LLION AP DYLAN | | 01:56:16 | MS | 01:55:43 | 772 | 1217 |
| 754 | HELEN DONNA JONES | | 01:56:19 | F35 | 01:55:48 | 774 | 132 |
| 755 | NIGEL IMPEY | | 01:56:20 | MS | 01:55:27 | 767 | 1015 |
| 756 | JOANNE HALE | | 01:56:24 | FS | 01:55:17 | 760 | 671 |
| 757 | DAMIEN LLOYD-JONES | | 01:56:24 | MS | 01:55:16 | 759 | 1266 |
| 758 | ARFON JAMES | | 01:56:27 | MS | 01:54:39 | 735 | 1025 |
| 759 | ALICE TRAVERS | | 01:56:27 | FS | 01:54:49 | 739 | 1345 |
| 760 | PAULA ACE | | 01:56:28 | F35 | 01:55:37 | 770 | 1215 |

DON'T FORGET ... The Llanelli Waterside 10k - 20th June 2010

Llanelli Waterside Half Marathon - Results - 2010(provisional until fully ratified)

| Pos | Full Name | Club | Time | Cat | Chip Time | Chip Pos | Bib No |
|-----|------------------------|----------------------------|----------|-----|-----------|----------|--------|
| 761 | OWEN GILSON | | 01:56:28 | MS | 01:55:32 | 768 | 80 |
| 762 | ELIZABETH RUBIN | | 01:56:28 | FS | 01:55:46 | 773 | 1448 |
| 763 | HILARY DAVIS | | 01:56:29 | F35 | 01:55:08 | 758 | 673 |
| 764 | STEVE YOUNG | | 01:56:30 | MS | 01:55:33 | 769 | 248 |
| 765 | STEVE DUFFILL | | 01:56:33 | MS | 01:56:00 | 780 | 584 |
| 766 | MARK DAVIES | | 01:56:39 | M40 | 01:55:24 | 763 | 41 |
| 767 | CHARLES COWAN | | 01:56:41 | M50 | 01:55:24 | 764 | 750 |
| 768 | IRENE COOPER | | 01:56:44 | F55 | 01:54:34 | 734 | 358 |
| 769 | EIROS DAVIES | | 01:56:46 | M40 | 01:54:53 | 743 | 1150 |
| 770 | ANNA E STICKLAND | | 01:56:51 | F35 | 01:54:52 | 741 | 205 |
| 771 | VICTORIA LIDDIARD-REES | ESPORTA | 01:56:52 | F35 | 01:56:52 | 802 | 889 |
| 772 | KATE RUSSELL | PARC BRYN BACH | 01:56:55 | FS | 01:56:17 | 787 | 196 |
| 773 | IAN STARK | | 01:57:00 | MS | 01:55:39 | 771 | 420 |
| 774 | HUGH CHRISTOPHER | | 01:57:00 | MS | 01:55:54 | 777 | 1752 |
| 775 | SARAH GOULD-DAVIES | | 01:57:01 | FS | 01:56:39 | 797 | 1385 |
| 776 | SHAHID AFZAL | | 01:57:03 | MS | 01:55:48 | 775 | 833 |
| 777 | VICKY LANGSTON | | 01:57:04 | FS | 01:56:14 | 784 | 1283 |
| 778 | RICHARD MYERS | | 01:57:07 | MS | 01:56:26 | 792 | 869 |
| 779 | ADRIAN BINNEY | | 01:57:08 | M40 | 01:55:03 | 755 | 8 |
| 780 | HELEN MANN | | 01:57:13 | FS | 01:55:53 | 776 | 1468 |
| 781 | EIRI EVANS | 3MS GORSEINON ROAD RUNNERS | 01:57:15 | FS | 01:56:38 | 795 | 1107 |
| 782 | MIKE SMITH | | 01:57:16 | M50 | 01:57:16 | 811 | 1711 |
| 783 | IEUAN BENNETT | | 01:57:17 | M40 | 01:56:49 | 801 | 414 |
| 784 | JONATHAN KESTIN | | 01:57:21 | MS | 01:55:03 | 756 | 757 |
| 785 | CATH ROOKE | | 01:57:24 | F35 | 01:56:56 | 803 | 469 |
| 786 | JOSIE HUNSDON | | 01:57:26 | F35 | 01:57:15 | 810 | 741 |
| 787 | STEFFAN LLYR PHILLIPS | | 01:57:27 | MS | 01:56:11 | 783 | 175 |
| 788 | AMY HILLIER | | 01:57:30 | FS | 01:56:14 | 785 | 1167 |
| 789 | CRAIG JONES | BRITISH AIRWAYS CYMRU | 01:57:33 | MS | 01:56:07 | 782 | 1512 |
| 790 | BEN GIESBRECHT | RUNNING SOMEWHERE ELSE | 01:57:33 | MS | 01:56:20 | 788 | 1463 |
| 791 | SIAN WIGLEY | RHONDDA VALLEY RUNNERS | 01:57:36 | F45 | 01:56:14 | 786 | 1807 |
| 792 | ANDREW HILL | | 01:57:46 | MS | 01:56:00 | 781 | 1236 |
| 793 | LUKAS GAMBLE | | 01:57:49 | MS | 01:57:33 | 818 | 465 |
| 794 | ROBERT GREEN | | 01:57:52 | MS | 01:55:54 | 778 | 778 |
| 795 | RHIANNON KINGSLEY | | 01:57:56 | FS | 01:57:19 | 812 | 1754 |
| 796 | PAUL WHITTAKER | | 01:57:56 | M40 | 01:57:19 | 813 | 1755 |
| 797 | WILLIAM BEW G | CHEPSTOW HARRIERS | 01:57:56 | M60 | 01:57:00 | 804 | 1139 |
| 798 | HOWARD JONES | BRACKLA HARRIERS | 01:57:57 | M50 | 01:56:24 | 791 | 935 |

DON'T FORGET ... The Llanelli Waterside 10k - 20th June 2010

Llanelli Waterside Half Marathon - Results - 2010(provisional until fully ratified)

| Pos | Full Name | Club | Time | Cat | Chip Time | Chip Pos | Bib No |
|-----|---------------------------|-------------------------|----------|-----|-----------|----------|--------|
| 799 | HANNAH VICTORIA O'CONNELL | | 01:58:00 | FS | 01:56:20 | 789 | 1250 |
| 800 | ADRIAN DANIEL BLAIR | | 01:58:00 | MS | 01:56:20 | 790 | 1218 |
| 801 | BRIAN COLEMAN | | 01:58:02 | M60 | 01:55:57 | 779 | 37 |
| 802 | STUART BARNES | | 01:58:03 | M50 | 01:56:42 | 799 | 1394 |
| 803 | KIM LAWSON | | 01:58:03 | F45 | 01:56:38 | 796 | 1791 |
| 804 | PHILIP WATKINS | | 01:58:03 | M50 | 01:57:19 | 814 | 709 |
| 805 | ANTONIA LAMONT | | 01:58:03 | F35 | 01:56:33 | 793 | 1803 |
| 806 | IAN EVANS | | 01:58:05 | MS | 01:54:33 | 733 | 1832 |
| 807 | JONATHAN DAVIES | | 01:58:07 | MS | 01:56:37 | 794 | 1045 |
| 808 | BRIAN DIAS | CARDIFF AAC | 01:58:08 | MS | 01:43:49 | 407 | 962 |
| 809 | GREG KING | | 01:58:08 | M40 | 01:57:07 | 808 | 1870 |
| 810 | MARK JENKINS | | 01:58:08 | M40 | 01:57:07 | 809 | 124 |
| 811 | RHIANNON JONES | | 01:58:08 | FS | 01:57:00 | 805 | 1063 |
| 812 | DAVID ANDREW PHILLIPS | | 01:58:11 | M40 | 01:56:40 | 798 | 1299 |
| 813 | RACHEL EVANS | | 01:58:11 | F35 | 01:57:31 | 817 | 299 |
| 814 | YVONNE WILLIAMS | PENARTH & DINAS RUNNERS | 01:58:13 | F55 | 01:57:33 | 819 | 1417 |
| 815 | STEVEN GARDINER | | 01:58:23 | MS | 01:57:40 | 822 | 984 |
| 816 | RACHEL BEVAN | | 01:58:25 | FS | 01:57:43 | 824 | 805 |
| 817 | CAMERON HUDSON | | 01:58:26 | MS | 01:57:43 | 825 | 806 |
| 818 | MARK ROWLANDSON | | 01:58:28 | MS | 01:57:48 | 829 | 920 |
| 819 | SIMON ELIAS | | 01:58:30 | M50 | 01:57:01 | 806 | 895 |
| 820 | IAN WALKER | | 01:58:33 | MS | 01:57:35 | 820 | 1409 |
| 821 | JASON MURPHY | | 01:58:37 | MS | 01:57:20 | 815 | 158 |
| 822 | ANTHONY EVANS | | 01:58:40 | MS | 01:58:19 | 840 | 1013 |
| 823 | SARAH PHILLIPS | | 01:58:40 | FS | 01:58:05 | 837 | 970 |
| 824 | HEULWEN JAMES | EMLYN RUNNERS | 01:58:40 | F35 | 01:58:30 | 843 | 118 |
| 825 | NICHOLAS MICHAEL COLWELL | | 01:58:42 | M40 | 01:57:45 | 826 | 1143 |
| 826 | IAN DAVID THOMAS | | 01:58:46 | M40 | 01:57:52 | 832 | 211 |
| 827 | ROBIN PARKER | | 01:58:47 | MS | 01:57:47 | 827 | 619 |
| 828 | GARETH SHAW | | 01:58:50 | MS | 01:56:48 | 800 | 1202 |
| 829 | CHRISTOPHER LANE | | 01:58:51 | M50 | 01:57:49 | 831 | 1578 |
| 830 | DARREN POWIS | | 01:58:51 | MS | 01:57:41 | 823 | 748 |
| 831 | DAN WOOD | | 01:58:52 | MS | 01:57:06 | 807 | 243 |
| 832 | STEVEN ROBERTS | SOMER AC | 01:58:52 | MS | 01:57:48 | 830 | 721 |
| 833 | SIAN JONES | | 01:59:00 | FS | 01:58:45 | 849 | 1742 |
| 834 | VICTORIA WOODSFORD | | 01:59:02 | FS | 01:57:25 | 816 | 403 |
| 835 | KAREN ANN HEWITT | | 01:59:02 | FS | 01:57:35 | 821 | 106 |
| 836 | LEE LLEWELLYN | | 01:59:03 | MS | 01:58:22 | 841 | 730 |

DON'T FORGET ... The Llanelli Waterside 10k - 20th June 2010

Llanelli Waterside Half Marathon - Results - 2010(provisional until fully ratified)

| Pos | Full Name | Club | Time | Cat | Chip Time | Chip Pos | Bib No |
|-----|---------------------------------|----------------|----------|-----|-----------|----------|--------|
| 837 | LESLEY MAINWARING | | 01:59:08 | F35 | 01:58:06 | 838 | 1185 |
| 838 | NIGEL LEIGHTON JONES | | 01:59:11 | M50 | 01:57:54 | 833 | 1174 |
| 839 | BETHAN SUZANNA CHICHOLOWSKA | | 01:59:12 | FS | 01:58:04 | 836 | 954 |
| 840 | RICHARD NICHOLAS | | 01:59:13 | M40 | 01:57:47 | 828 | 1896 |
| 841 | ANWEN JONES | | 01:59:18 | FS | 01:58:03 | 835 | 1346 |
| 842 | CRISPIN JOHN CAMPBELL-CROSS | | 01:59:25 | M40 | 01:58:43 | 848 | 30 |
| 843 | RHIAN BREESE | | 01:59:25 | FS | 01:58:38 | 846 | 1816 |
| 844 | MATT WILLIAMSON | | 01:59:28 | MS | 01:58:38 | 847 | 723 |
| 845 | PAUL ANTHONY DAVIES | | 01:59:29 | MS | 01:58:47 | 852 | 42 |
| 846 | FRANK CALDER | | 02:01:33 | MS | 01:58:23 | 842 | 1131 |
| 847 | EMYR REES | | 01:59:36 | MS | 01:58:32 | 844 | 184 |
| 848 | ALUN NELSON | | 01:59:41 | MS | 01:58:46 | 850 | 1901 |
| 849 | SARAH DRAPER | | 01:59:43 | FS | 01:58:11 | 839 | 1717 |
| 850 | PAUL DAVIES | | 01:59:45 | MS | 01:57:57 | 834 | 1024 |
| 851 | RICHARD MCCARTHY | | 01:59:47 | MS | 01:58:32 | 845 | 480 |
| 852 | STEPHEN JOB | | 01:59:48 | M40 | 01:58:46 | 851 | 740 |
| 853 | ROBERT HARRIS | ASICS AMATEURS | 01:59:48 | MS | 01:59:16 | 866 | 1589 |
| 854 | LON MORGAN | TROT'S | 01:59:52 | F45 | 01:59:14 | 864 | 1508 |
| 855 | CHRISTOPHER BURKE | | 01:59:53 | MS | 01:59:03 | 859 | 1774 |
| 856 | SIAN HARTSTILL | | 01:59:54 | FS | 01:59:33 | 874 | 1521 |
| 857 | DAMIAN MACKEY | | 02:00:03 | M40 | 01:58:52 | 853 | 1065 |
| 858 | REBECCA GUNSTONE | MUMBLES MILERS | 02:00:07 | FS | 01:59:40 | 882 | 1649 |
| 859 | RICHARD JOHN NICHOLAS JEFFERIES | | 02:00:09 | MS | 01:59:04 | 860 | 120 |
| 860 | WAYNE TALBOT | | 02:00:15 | M40 | 01:59:07 | 862 | 772 |
| 861 | JIM HALSEY | | 02:00:15 | M40 | 01:59:43 | 884 | 1827 |
| 862 | CARL HANNEY | | 02:00:15 | MS | 01:59:36 | 879 | 1311 |
| 863 | GARETH MORGAN | | 02:00:15 | MS | 01:59:36 | 880 | 1309 |
| 864 | KELLY WAITE | ISLWYN RC | 02:00:16 | FS | 01:59:27 | 870 | 1332 |
| 865 | CHRIS HAINES | | 02:00:18 | MS | 01:58:53 | 854 | 1000 |
| 866 | NEIL GREENAWAY | | 02:00:18 | MS | 01:58:56 | 856 | 1699 |
| 867 | PHILLIP STONEMAN | | 02:00:19 | M40 | 01:59:48 | 885 | 207 |
| 868 | RICHARD ELLISON | | 02:00:20 | M40 | 01:58:59 | 857 | 1120 |
| 869 | MATTHEW THOMAS | | 02:00:20 | M40 | 01:59:00 | 858 | 1615 |
| 870 | CHRISTOPHER WRIGHT | | 02:00:20 | MS | 01:59:35 | 878 | 1609 |
| 871 | ORMOND WILLIAMS | | 02:00:23 | M40 | 02:00:10 | 901 | 1808 |
| 872 | AIDAN DAVIES | | 02:00:26 | MS | 01:59:20 | 868 | 669 |
| 873 | STEVEN WILLIAMS | MLC | 02:00:32 | M40 | 02:00:02 | 893 | 1382 |
| 874 | STEVEN JEFFERIES | | 02:00:35 | FS | 01:59:34 | 875 | 617 |

DON'T FORGET ... The Llanelli Waterside 10k - 20th June 2010

Llanelli Waterside Half Marathon - Results - 2010(provisional until fully ratified)

| Pos | Full Name | Club | Time | Cat | Chip Time | Chip Pos | Bib No |
|-----|------------------------|--------------------------------|----------|-----|-----------|----------|--------|
| 875 | EWEN MCLAUGHLIN | | 02:00:42 | M40 | 01:58:53 | 855 | 498 |
| 876 | PHIL DAWBER | | 02:00:42 | MS | 02:00:29 | 917 | 284 |
| 877 | OWEN HATHWAY | ABER BAA BAAS | 02:00:44 | MS | 01:59:57 | 891 | 389 |
| 878 | EMMA BOWEN | | 02:00:45 | FS | 01:59:55 | 888 | 489 |
| 879 | PETER SHANLEY | | 02:00:48 | M40 | 01:59:04 | 861 | 459 |
| 880 | PHILIP HYATT | | 02:00:48 | M40 | 01:59:23 | 869 | 1655 |
| 881 | EMMA EVANS | | 02:00:48 | F35 | 01:59:18 | 867 | 1470 |
| 882 | NEIL HUGGINS | | 02:00:53 | MS | 01:59:13 | 863 | 1398 |
| 883 | HELEN ELIZABETH COATES | | 02:00:53 | FS | 01:59:41 | 883 | 34 |
| 884 | MARTIN WELLS | SILVER SURFER | 02:00:54 | MS | 02:00:17 | 908 | 1842 |
| 885 | MICHAEL CLAYDEN | | 02:00:55 | MS | 01:59:31 | 873 | 1777 |
| 886 | JOANNA CLAIRE ROTHWELL | | 02:01:02 | FS | 01:59:27 | 871 | 195 |
| 887 | ANNETTE DAVIES | BUILTH & DISTRICT RUNNING CLUB | 02:01:05 | F35 | 02:00:17 | 909 | 1594 |
| 888 | RHIAN EDWARDS | | 02:01:07 | FS | 02:00:10 | 902 | 1642 |
| 889 | RACHAEL KENNARD | | 02:01:07 | F35 | 02:00:10 | 903 | 1640 |
| 890 | MARY-ANNE MILLS | | 02:01:09 | FS | 02:00:19 | 911 | 1286 |
| 891 | GLYN JOHNSTON | | 02:01:09 | MS | 02:00:03 | 894 | 1239 |
| 892 | MATTHEW JENKINS | | 02:01:10 | MS | 02:00:17 | 910 | 1497 |
| 893 | ROB JONES | | 02:01:10 | M40 | 02:00:19 | 912 | 814 |
| 894 | RACHEL REES | | 02:01:13 | F35 | 01:59:34 | 876 | 258 |
| 895 | JASON TURNBULL | | 02:01:13 | M40 | 01:59:34 | 877 | 1431 |
| 896 | ERYL POWELL | PENARTH & DINAS | 02:01:14 | F35 | 01:59:39 | 881 | 1327 |
| 897 | CARL MORRIS | | 02:01:15 | MS | 01:59:57 | 892 | 1298 |
| 898 | MARTIN JOHN HARRIS | | 02:01:16 | M40 | 02:00:07 | 898 | 97 |
| 899 | ALAN WOODS | | 02:01:17 | MS | 02:00:14 | 907 | 1020 |
| 900 | RICHARD DONNE | 3MS GORSEINON ROAD RUNNERS | 02:01:20 | M40 | 02:00:08 | 899 | 1644 |
| 901 | RHYS MURPHY | | 02:01:25 | MS | 02:01:08 | 926 | 1814 |
| 902 | HUW DAVIES | | 02:01:26 | MS | 01:59:55 | 889 | 1010 |
| 903 | JUSTIN LLOYD | SCARLETS | 02:01:27 | MS | 01:59:56 | 890 | 1562 |
| 904 | TERESA PRIDMORE | ELODIE WILTON APPEAL | 02:01:29 | F35 | 02:00:38 | 921 | 1590 |
| 905 | HEATHER DENNIS | | 02:01:29 | F35 | 02:00:39 | 922 | 452 |
| 906 | SAMANTHA STRONACH | | 02:01:29 | FS | 02:00:10 | 904 | 426 |
| 907 | NICOLA DONOVAN | | 02:01:29 | F35 | 02:00:11 | 906 | 1322 |
| 908 | JAMES REED | | 02:01:32 | MS | 01:59:28 | 872 | 180 |
| 909 | CARYS ROBERTS | | 02:01:33 | FS | 02:00:31 | 919 | 967 |
| 910 | ROBERT TOD | | 02:01:36 | MS | 01:59:51 | 886 | 1818 |
| 911 | ANITA TUCKNUTT | | 02:01:37 | F35 | 02:00:24 | 916 | 548 |
| 912 | MARK THOMAS | | 02:01:39 | MS | 02:00:29 | 918 | 214 |

DON'T FORGET ... The Llanelli Waterside 10k - 20th June 2010

Llanelli Waterside Half Marathon - Results - 2010(provisional until fully ratified)

| Pos | Full Name | Club | Time | Cat | Chip Time | Chip Pos | Bib No |
|-----|----------------------------|------------------------|----------|-----|-----------|----------|--------|
| 913 | JONATHAN WALTERS | | 02:01:42 | MS | 02:00:42 | 923 | 770 |
| 914 | DELYTH MURRAY-LINES | | 02:01:44 | FS | 02:00:19 | 913 | 157 |
| 915 | RICHARD RIMMER | | 02:01:44 | M40 | 02:00:08 | 900 | 190 |
| 916 | DYLAN JONES | | 02:01:52 | M40 | 01:59:52 | 887 | 130 |
| 917 | BERNARD JAMES CARROLL | | 02:01:54 | M50 | 02:00:34 | 920 | 1486 |
| 918 | JONATHON TALBOT | | 02:01:56 | MS | 02:00:48 | 924 | 774 |
| 919 | DANIELLE LOUISA HARDCASTLE | | 02:01:56 | FS | 02:00:10 | 905 | 96 |
| 920 | LISA THOMAS | | 02:01:58 | F35 | 02:01:08 | 927 | 795 |
| 921 | GRANT DUNCAN | | 02:01:58 | M50 | 02:01:19 | 930 | 809 |
| 922 | GEMMA DAVIES | | 02:02:01 | FS | 02:00:22 | 914 | 1096 |
| 923 | DONNA THATCHER | | 02:02:05 | F35 | 02:01:43 | 943 | 753 |
| 924 | MICHAEL WILLIAMS | | 02:02:11 | MS | 02:01:00 | 925 | 1584 |
| 925 | DEBBIE ONEIL | | 02:02:15 | FS | 02:00:04 | 895 | 1793 |
| 926 | HUW DAKIN | | 02:02:15 | MS | 02:00:04 | 896 | 1794 |
| 927 | DAVE WALKER | | 02:02:26 | M40 | 02:01:28 | 936 | 1410 |
| 928 | GARETH PARRY | | 02:02:32 | MS | 02:00:23 | 915 | 1351 |
| 929 | SIMON CLEMENT | | 02:02:34 | MS | 02:01:26 | 934 | 534 |
| 930 | JASON JONES | | 02:02:37 | M40 | 02:01:59 | 948 | 718 |
| 931 | KATE QUICK | | 02:02:42 | F35 | 02:01:25 | 932 | 760 |
| 932 | DAVID ROBINSON | | 02:02:44 | MS | 02:01:56 | 947 | 1895 |
| 933 | ALAN EVANS | | 02:02:47 | M50 | 02:01:15 | 928 | 1749 |
| 934 | RICHARD COUSINS | | 02:02:50 | MS | 02:01:26 | 935 | 788 |
| 935 | SARAH BARKER | | 02:02:50 | FS | 02:01:48 | 946 | 864 |
| 936 | TONY DICKINSON | BRAT CLUB | 02:02:58 | MS | 02:01:21 | 931 | 374 |
| 937 | DORIAN WHITE | | 02:02:59 | MS | 02:01:33 | 939 | 450 |
| 938 | SARA MORGAN | | 02:03:06 | FS | 02:02:04 | 950 | 1058 |
| 939 | KEVIN DAVIS | THORNBURY RUNNING CLUB | 02:03:06 | M50 | 02:01:37 | 940 | 337 |
| 940 | FRAN PARKINSON | | 02:03:08 | FS | 02:02:09 | 952 | 838 |
| 941 | STEPHEN LEWIS | | 02:03:10 | MS | 02:01:30 | 937 | 436 |
| 942 | KATHRYN ZEHETMAYR | MINNE MOUSE | 02:03:12 | FS | 02:01:47 | 945 | 751 |
| 943 | MARTIN SYMONDS | | 02:03:12 | M50 | 02:01:44 | 944 | 1539 |
| 944 | REBECCA HUDSON | CLUB DERIANT | 02:03:14 | FS | 02:01:41 | 941 | 114 |
| 945 | CARON HANDS | FERC | 02:03:14 | F45 | 02:01:15 | 929 | 1744 |
| 946 | STUART PEARSON | | 02:03:23 | MS | 02:03:11 | 973 | 1828 |
| 947 | JENNY WILLIAMS | GOOCH | 02:03:31 | FS | 02:01:25 | 933 | 1647 |
| 948 | KEVIN GRIFFITHS | | 02:03:31 | MS | 02:02:11 | 953 | 1459 |
| 949 | JIM SULLIVAN | | 02:03:31 | M40 | 02:02:16 | 955 | 862 |
| 950 | STEVE THOMAS | | 02:03:35 | M40 | 02:02:19 | 956 | 416 |

DON'T FORGET ... The Llanelli Waterside 10k - 20th June 2010

Llanelli Waterside Half Marathon - Results - 2010(provisional until fully ratified)

| Pos | Full Name | Club | Time | Cat | Chip Time | Chip Pos | Bib No |
|-----|----------------------|------------------------|----------|-----|-----------|----------|--------|
| 951 | ALAN CHESTERS | | 02:03:38 | M50 | 02:01:41 | 942 | 1221 |
| 952 | KAREN DUSGATE | | 02:03:40 | F45 | 02:02:31 | 958 | 384 |
| 953 | JOHN DAVID WILKINS | | 02:03:43 | M50 | 02:02:05 | 951 | 232 |
| 954 | HUW RICHARDS | | 02:03:43 | MS | 02:02:41 | 962 | 890 |
| 955 | RACHEL WOOLLEY | VILLAGE VIPERS | 02:03:47 | FS | 02:01:59 | 949 | 1667 |
| 956 | STEPHEN DONNELLY | | 02:03:47 | MS | 02:01:31 | 938 | 1918 |
| 957 | CHRISTINE O'SHEA | | 02:03:53 | FS | 02:02:15 | 954 | 1323 |
| 958 | MURRAY HICKEY | | 02:03:59 | MS | 02:02:36 | 960 | 765 |
| 959 | RICHARD THORPE | | 02:04:02 | M40 | 02:02:50 | 966 | 956 |
| 960 | BRIAN SLATE | | 02:04:03 | M60 | 02:02:32 | 959 | 659 |
| 961 | AMANDA BARRINGTON | WOMENS RUNNING NETWORK | 02:04:05 | F35 | 02:03:07 | 971 | 980 |
| 962 | ANDREA PACE | | 02:04:05 | F35 | 02:03:08 | 972 | 524 |
| 963 | JASON MERRIFIELD | | 02:04:16 | MS | 02:02:25 | 957 | 958 |
| 964 | ANDREW LIGHT | | 02:04:22 | M40 | 02:03:24 | 976 | 1315 |
| 965 | OLIVER MINERS | | 02:04:23 | MS | 02:02:40 | 961 | 1651 |
| 966 | STUART REES | | 02:04:24 | MS | 02:04:02 | 986 | 775 |
| 967 | JAMES SAUNDERS | | 02:04:29 | MS | 02:03:19 | 975 | 1536 |
| 968 | COLIN JOHNS | | 02:04:30 | M40 | 02:02:56 | 968 | 1067 |
| 969 | GARETH JONES | | 02:04:36 | M40 | 02:02:45 | 964 | 865 |
| 970 | DONNA JONES | | 02:04:36 | F35 | 02:02:45 | 965 | 866 |
| 971 | KATH HUDD | | 02:04:36 | FS | 02:02:44 | 963 | 113 |
| 972 | STEVEN THOMAS | | 02:04:42 | MS | 02:03:40 | 979 | 1406 |
| 973 | JAMIE PROBERT | | 02:04:42 | MS | 02:03:40 | 980 | 1405 |
| 974 | IAIN LEIGHTON | | 02:04:53 | MS | 02:02:57 | 969 | 1178 |
| 975 | ALUN EVANS | | 02:05:01 | MS | 02:03:58 | 985 | 1624 |
| 976 | GARY BIRD | | 02:05:02 | M40 | 02:04:04 | 989 | 9 |
| 977 | RICHARD ADAMS | | 02:05:06 | M40 | 02:03:01 | 970 | 1526 |
| 978 | NIC NORTH | | 02:05:07 | M40 | 02:05:00 | 1000 | 888 |
| 979 | ALLISON JONES | WECORI | 02:05:13 | F35 | 02:03:14 | 974 | 687 |
| 980 | AMANDA LYNCH | | 02:05:18 | F35 | 02:04:12 | 992 | 1312 |
| 981 | GARY JONES | | 02:05:30 | M50 | 02:03:56 | 982 | 736 |
| 982 | SADIE JONES | | 02:05:30 | FS | 02:03:57 | 984 | 735 |
| 983 | MICHAEL WILLIAMS | | 02:05:31 | MS | 01:59:15 | 865 | 635 |
| 984 | ALUN NEALE | | 02:05:33 | MS | 02:03:32 | 977 | 1193 |
| 985 | SIAN LOUISE TOMOS | | 02:05:35 | F35 | 02:03:45 | 981 | 218 |
| 986 | DAVE THOMAS | BRITISH AIRWAYS AC | 02:05:38 | M40 | 02:04:45 | 996 | 518 |
| 987 | SIMON PETER WILLIAMS | | 02:05:39 | M40 | 02:03:38 | 978 | 1214 |
| 988 | JIM HOLLAND | | 02:05:44 | MS | 02:04:11 | 990 | 1421 |

DON'T FORGET ... The Llanelli Waterside 10k - 20th June 2010

Llanelli Waterside Half Marathon - Results - 2010(provisional until fully ratified)

| Pos | Full Name | Club | Time | Cat | Chip Time | Chip Pos | Bib No |
|------|-------------------------|-----------------------|----------|-----|-----------|----------|--------|
| 989 | JUDE ROBERTS | | 02:05:53 | F35 | 02:04:02 | 987 | 1789 |
| 990 | JOHN PALMER | | 02:05:54 | M50 | 02:04:39 | 994 | 167 |
| 991 | DUNCAN THROP | | 02:05:57 | MS | 02:03:56 | 983 | 592 |
| 992 | CLAIRE JENKINS | | 02:05:58 | F35 | 02:05:14 | 1004 | 122 |
| 993 | BETH COLLINS | | 02:06:00 | FS | 02:04:34 | 993 | 462 |
| 994 | ANDREW WILLIAMS | | 02:06:01 | MS | 02:05:24 | 1011 | 1023 |
| 995 | ROBAT RUSSELL | | 02:06:02 | FS | 02:05:19 | 1007 | 1546 |
| 996 | PAUL GANDER | | 02:06:03 | MS | 02:04:41 | 995 | 478 |
| 997 | MATTHEW PRICE | | 02:06:09 | MS | 02:04:11 | 991 | 1599 |
| 998 | CHRISTOPHER THOMAS HALL | | 02:06:09 | M40 | 02:04:02 | 988 | 1270 |
| 999 | HELEN WALSH | | 02:06:10 | F55 | 02:05:02 | 1001 | 225 |
| 1000 | LYNDA THOMAS | | 02:06:11 | FS | 02:05:21 | 1009 | 310 |
| 1001 | HELEN UZZELL | | 02:06:16 | F35 | 02:05:46 | 1019 | 1550 |
| 1002 | JAMIE PAWSEY | | 02:06:17 | MS | 02:05:24 | 1012 | 839 |
| 1003 | PHILLIP KYTE | | 02:06:18 | MS | 02:05:15 | 1005 | 140 |
| 1004 | ANDREA GRIFFITHS | CELTIC TRI | 02:06:27 | F35 | 02:05:23 | 1010 | 1413 |
| 1005 | PETER JONES | | 02:06:28 | M50 | 02:04:50 | 997 | 1005 |
| 1006 | HYWEL LLOYD HUGHES | | 02:06:30 | M50 | 02:05:07 | 1003 | 1493 |
| 1007 | MARTIN CARROLL | | 02:06:39 | M50 | 02:05:19 | 1008 | 1485 |
| 1008 | SIAN SPENCER-JONES | | 02:06:44 | FS | 02:05:40 | 1018 | 1678 |
| 1009 | LEA FOGARAS | | 02:06:45 | FS | 02:04:57 | 998 | 1537 |
| 1010 | BEN RAICHONDHURY | | 02:06:45 | M60 | 02:04:58 | 999 | 1868 |
| 1011 | NICOLA POOLE | | 02:06:47 | F35 | 02:05:05 | 1002 | 1367 |
| 1012 | HELEN GRIFFITHS | | 02:06:52 | F35 | 02:06:32 | 1038 | 1464 |
| 1013 | ANDRE MCPHERSON | SOSPAN ROAD RUNNERS | 02:06:56 | MS | 02:05:53 | 1022 | 380 |
| 1014 | RUMIKO KING | | 02:07:03 | FS | 02:06:07 | 1028 | 595 |
| 1015 | DYLAN JONES | | 02:07:06 | MS | 02:05:15 | 1006 | 1603 |
| 1016 | JOHN AYRES | PORT TALBOT HARRIERS | 02:07:07 | M50 | 02:05:58 | 1025 | 1320 |
| 1017 | ANDREW PARK | TORQUAY ATHLETIC CLUB | 02:07:08 | M60 | 02:06:14 | 1029 | 1563 |
| 1018 | LINDA KEELAN | | 02:07:10 | F45 | 02:05:47 | 1020 | 764 |
| 1019 | JOHN JOSEPH KING | | 02:07:15 | M60 | 02:06:54 | 1047 | 1525 |
| 1020 | JULIE ANN LEWIS | | 02:07:16 | F35 | 02:06:25 | 1036 | 1177 |
| 1021 | OWEN DUGGAN | | 02:07:18 | MS | 02:05:53 | 1023 | 1772 |
| 1022 | JOHN RYAN BEVAN | | 02:07:20 | MS | 02:05:50 | 1021 | 265 |
| 1023 | RHIANWEN PETRUSE | | 02:07:20 | F35 | 02:06:14 | 1030 | 844 |
| 1024 | EIRIAN MARC DAVIES | | 02:07:23 | MS | 02:06:49 | 1043 | 1295 |
| 1025 | JOSEPHINE ROSS | | 02:07:29 | F45 | 02:00:05 | 897 | 1907 |
| 1026 | ROBERT WEEKS | | 02:07:30 | M40 | 02:05:53 | 1024 | 227 |

DON'T FORGET ... The Llanelli Waterside 10k - 20th June 2010

Llanelli Waterside Half Marathon - Results - 2010(provisional until fully ratified)

| Pos | Full Name | Club | Time | Cat | Chip Time | Chip Pos | Bib No |
|------|-----------------------------|--------------------------------|----------|-----|-----------|----------|--------|
| 1027 | NICHOLAS COLE | | 02:07:30 | MS | 02:05:33 | 1014 | 1840 |
| 1028 | FIONA OWEN | | 02:07:30 | F45 | 02:05:30 | 1013 | 1430 |
| 1029 | ZOE EMERY | | 02:07:32 | F35 | 02:06:35 | 1039 | 52 |
| 1030 | JO WATSON | | 02:07:33 | FS | 02:05:39 | 1017 | 1797 |
| 1031 | ALISON PALMER | | 02:07:34 | F45 | 02:06:18 | 1033 | 166 |
| 1032 | KIM WILLIAMS | | 02:07:40 | F45 | 02:06:31 | 1037 | 1729 |
| 1033 | DARREN HANCOCK | | 02:07:42 | MS | 02:06:38 | 1040 | 1165 |
| 1034 | ERIKA FITZGIBBON | WOMENS RUNNING NETWORK | 02:07:50 | F55 | 02:06:53 | 1045 | 363 |
| 1035 | DANIELLE CASE | WRL | 02:07:50 | FS | 02:06:52 | 1044 | 1893 |
| 1036 | MARK THOMAS | | 02:07:50 | M40 | 02:06:40 | 1041 | 1122 |
| 1037 | CATRIN ELLIS | | 02:07:50 | FS | 02:05:58 | 1026 | 1587 |
| 1038 | LEIGH MOSES | | 02:07:52 | MS | 02:07:05 | 1049 | 1867 |
| 1039 | SARAH POPE | WOMEN'S RUNNING NETWORK | 02:07:55 | F45 | 02:06:57 | 1048 | 545 |
| 1040 | PAUL CARPANINI | | 02:07:58 | MS | 02:07:12 | 1050 | 1271 |
| 1041 | SHIRLEY DAVIES | | 02:08:00 | F35 | 02:06:40 | 1042 | 877 |
| 1042 | DAVID LOCKE | SPIRIT OF MONMOUTH RUNNING CLU | 02:08:07 | M40 | 02:06:00 | 1027 | 825 |
| 1043 | WENDY WALKER | | 02:08:07 | FS | 02:06:17 | 1032 | 905 |
| 1044 | CAROLINE COLE | | 02:08:32 | FS | 02:06:53 | 1046 | 1771 |
| 1045 | GAVIN EVANS | | 02:08:32 | M40 | 02:06:20 | 1034 | 1422 |
| 1046 | HELEN GRIFFITHS | | 02:08:33 | FS | 02:06:16 | 1031 | 371 |
| 1047 | JULIAN SANDERS | | 02:08:33 | MS | 02:06:21 | 1035 | 1423 |
| 1048 | MANDY BEER | WOMENS RUNNING NETWORK | 02:08:50 | F45 | 02:07:12 | 1051 | 493 |
| 1049 | FINOLA WILSON | WOMENS RUNNING NETWORK | 02:08:52 | F35 | 02:07:14 | 1052 | 240 |
| 1050 | CLIVE POUND | | 02:08:57 | MS | 02:07:46 | 1058 | 1476 |
| 1051 | STEVEN FORD | | 02:08:59 | MS | 02:07:24 | 1054 | 69 |
| 1052 | JAMES HARVEY | WIOC | 02:09:00 | MS | 02:07:34 | 1055 | 601 |
| 1053 | JOHN GEESON | | 02:09:04 | MS | 02:05:34 | 1015 | 1408 |
| 1054 | JOHN PAYNE | | 02:09:06 | M40 | 02:08:35 | 1071 | 1268 |
| 1055 | AISHA HUSSEIN | | 02:09:06 | FS | 02:05:36 | 1016 | 1407 |
| 1056 | STEVEN NADEN | | 02:09:17 | M40 | 02:07:16 | 1053 | 1881 |
| 1057 | HAYLEY REVELL | | 02:09:18 | F35 | 02:08:33 | 1070 | 1727 |
| 1058 | HELEN WILLIAMS | ISLWYN RC | 02:09:19 | FS | 02:08:30 | 1069 | 1606 |
| 1059 | PETER DAVID MARTIN TOWNSEND | | 02:09:21 | MS | 02:08:17 | 1066 | 1203 |
| 1060 | NICK STAVRAKIS | | 02:09:26 | M40 | 02:07:57 | 1061 | 507 |
| 1061 | CATHERINE LLEWELLYN | | 02:09:30 | F45 | 02:09:21 | 1087 | 1780 |
| 1062 | NIGEL WILLIAM BRYANT | | 02:09:32 | M50 | 02:02:54 | 967 | 22 |
| 1063 | DARRYL SLEATH | | 02:09:33 | M40 | 02:07:58 | 1062 | 201 |
| 1064 | VIVIENNE KAVANAGH | 3MS GORSEINON ROAD RUNNERS | 02:09:35 | F45 | 02:07:47 | 1059 | 1514 |

DON'T FORGET ... The Llanelli Waterside 10k - 20th June 2010

Llanelli Waterside Half Marathon - Results - 2010(provisional until fully ratified)

| Pos | Full Name | Club | Time | Cat | Chip Time | Chip Pos | Bib No |
|------|---------------------|----------------------------|----------|-----|-----------|----------|--------|
| 1065 | JOANNE DERRICK | | 02:09:35 | F35 | 02:07:47 | 1060 | 1513 |
| 1066 | MATHEW JOJES | | 02:09:43 | MS | 02:08:39 | 1072 | 1759 |
| 1067 | RHIAN JONES | | 02:09:46 | FS | 02:07:38 | 1057 | 1035 |
| 1068 | GRAHAM TUCKWOOD | | 02:09:49 | M40 | 02:09:08 | 1084 | 1279 |
| 1069 | CLARE JEWELL | | 02:09:49 | F45 | 02:07:58 | 1063 | 646 |
| 1070 | NIGEL WILLIAMS | | 02:09:51 | MS | 02:09:15 | 1085 | 891 |
| 1071 | EMMA JOHNSTON | | 02:09:55 | FS | 02:08:48 | 1076 | 1240 |
| 1072 | KEITH LEWIS | | 02:09:57 | M40 | 02:08:41 | 1074 | 832 |
| 1073 | JOANA LINDLEY | | 02:10:02 | FS | 02:08:16 | 1065 | 974 |
| 1074 | SARA SANCHEZ | | 02:10:03 | F35 | 02:08:17 | 1067 | 975 |
| 1075 | CALUM LAWSON | | 02:10:03 | MS | 02:08:07 | 1064 | 1654 |
| 1076 | ANGHARAD HULL | SARN HELEN | 02:10:07 | FS | 02:09:25 | 1090 | 1353 |
| 1077 | JUSTINE PHILLIPS | | 02:10:09 | FS | 02:08:48 | 1077 | 1285 |
| 1078 | LOUISE NICHOLLS | | 02:10:19 | FS | 02:08:49 | 1078 | 1541 |
| 1079 | CAROLINE YOUNG | | 02:10:19 | FS | 02:07:35 | 1056 | 1123 |
| 1080 | SIMON DAVIS | | 02:10:22 | M40 | 02:09:01 | 1081 | 683 |
| 1081 | ANTHONY HENEBERY | MUMBLES MILERS | 02:10:23 | M40 | 02:09:23 | 1088 | 931 |
| 1082 | CERIS LLEWELLYN | | 02:10:27 | F45 | 02:09:43 | 1095 | 1775 |
| 1083 | RICHARD KYTE | | 02:10:27 | M40 | 02:09:24 | 1089 | 781 |
| 1084 | CHERYL STANSFIELD | | 02:10:32 | F45 | 02:08:40 | 1073 | 1696 |
| 1085 | LOUISE PIPER-JONES | | 02:10:34 | FS | 02:09:15 | 1086 | 133 |
| 1086 | LOUISE PARRY | 3MS GORSEINON ROAD RUNNERS | 02:10:35 | FS | 02:09:58 | 1099 | 1646 |
| 1087 | EMMALINE HARDY-REES | | 02:10:37 | FS | 02:08:49 | 1079 | 271 |
| 1088 | CLAIRE THOMAS | TROTS | 02:10:40 | FS | 02:10:02 | 1103 | 1610 |
| 1089 | NIAMH GILL | | 02:10:41 | FS | 02:08:42 | 1075 | 1702 |
| 1090 | MICHAEL HOWELL | | 02:10:43 | M40 | 02:08:25 | 1068 | 1284 |
| 1091 | BECKY STACKHOUSE | | 02:10:48 | FS | 02:09:04 | 1082 | 768 |
| 1092 | TONY GRANDON | | 02:10:52 | M60 | 02:09:31 | 1091 | 1162 |
| 1093 | GARETH EDWARDS | | 02:10:58 | M40 | 02:10:12 | 1107 | 1811 |
| 1094 | SHIRLEY DAVIES | MULTISPORT RACING CLUB | 02:10:58 | F45 | 02:10:14 | 1108 | 1446 |
| 1095 | GEMMA WILLIAMS | | 02:11:01 | FS | 02:09:56 | 1098 | 367 |
| 1096 | STEVEN BIRCHENOUGH | | 02:11:08 | MS | 02:09:06 | 1083 | 1140 |
| 1097 | JOSEPH SULLIVAN | | 02:11:15 | MS | 02:10:01 | 1101 | 863 |
| 1098 | DAVID GUINEE | | 02:11:16 | MS | 02:10:02 | 1104 | 867 |
| 1099 | MATT COLTON | | 02:11:20 | MS | 02:08:54 | 1080 | 1277 |
| 1100 | CATHERINE RICHARDS | MULTISPORT RACING CLUB | 02:11:25 | F45 | 02:10:41 | 1115 | 1445 |
| 1101 | PETER LACEY | | 02:11:26 | M40 | 02:09:41 | 1093 | 332 |
| 1102 | JENNY PARKER | | 02:11:27 | FS | 02:09:42 | 1094 | 333 |

DON'T FORGET ... The Llanelli Waterside 10k - 20th June 2010

Llanelli Waterside Half Marathon - Results - 2010(provisional until fully ratified)

| Pos | Full Name | Club | Time | Cat | Chip Time | Chip Pos | Bib No |
|------|---------------------------|--------------------------------|----------|-----|-----------|----------|--------|
| 1103 | IAN STRATTON | BRACKLA HARRIERS | 02:11:31 | M40 | 02:10:07 | 1105 | 1424 |
| 1104 | RACHAEL SHAW | | 02:11:32 | FS | 02:10:39 | 1114 | 1302 |
| 1105 | JOHN SHEEHAN | | 02:11:36 | MS | 02:10:23 | 1110 | 1040 |
| 1106 | CHARLES IAN ALLEN | | 02:11:38 | M40 | 02:09:59 | 1100 | 24 |
| 1107 | HELEN WYN HALL | | 02:11:40 | F45 | 02:09:33 | 1092 | 1269 |
| 1108 | KATE BROOKS | | 02:11:42 | F35 | 02:10:01 | 1102 | 785 |
| 1109 | PETER THOMAS | | 02:11:42 | MS | 02:10:23 | 1111 | 357 |
| 1110 | JONATHAN DAVIES | | 02:11:42 | MS | 02:10:23 | 1112 | 1629 |
| 1111 | FIONA EVANS | | 02:11:44 | F35 | 02:10:45 | 1117 | 269 |
| 1112 | RACHEL NEWTON | | 02:11:44 | FS | 02:10:44 | 1116 | 1613 |
| 1113 | CHLOE WHITTALL | | 02:11:45 | FS | 02:09:47 | 1096 | 992 |
| 1114 | FRAN EDWARDS | | 02:11:47 | FS | 02:09:55 | 1097 | 1380 |
| 1115 | LANA REES | QUEST | 02:11:49 | FS | 02:10:17 | 1109 | 1056 |
| 1116 | ANDREW KEITH STALEY | | 02:11:52 | M40 | 02:11:52 | 1149 | 204 |
| 1117 | TINA JONES | | 02:11:52 | F45 | 02:10:07 | 1106 | 136 |
| 1118 | LAURA PRITCHARD | | 02:11:54 | FS | 02:10:29 | 1113 | 1453 |
| 1119 | SARA THOMAS | | 02:11:56 | FS | 02:10:56 | 1122 | 217 |
| 1120 | PETER WIDDRINGTON | | 02:12:01 | M60 | 02:11:13 | 1126 | 1645 |
| 1121 | ANDREA BRABROOK | EMLYN RUNNERS | 02:12:02 | F35 | 02:11:19 | 1128 | 1042 |
| 1122 | DAVID REES | | 02:12:09 | M40 | 02:10:45 | 1118 | 183 |
| 1123 | ERIC FREW | | 02:12:18 | M40 | 02:12:06 | 1155 | 1846 |
| 1124 | KAREL BALCAEN | SWANSEA UNIVERSITY | 02:12:22 | MS | 02:10:45 | 1119 | 1767 |
| 1125 | KAROLINA KAPETANAKI | SWANSEA UNIVERSITY ATHLETIC UN | 02:12:23 | FS | 02:10:47 | 1120 | 1762 |
| 1126 | NIGEL BEST | | 02:12:26 | M50 | 02:11:03 | 1125 | 1081 |
| 1127 | CERI FRANCIS | | 02:12:31 | FS | 02:11:13 | 1127 | 1628 |
| 1128 | MICHELLE CAMPBELL-DAVIES | | 02:12:37 | FS | 02:11:44 | 1144 | 667 |
| 1129 | RUNA BAKSHI | | 02:12:38 | FS | 02:11:45 | 1146 | 654 |
| 1130 | DYLAN DAVIES | | 02:12:39 | MS | 02:11:28 | 1131 | 1605 |
| 1131 | EIFION JONES | | 02:12:39 | MS | 02:11:28 | 1132 | 1375 |
| 1132 | HAYLEY WALDER | | 02:12:40 | F35 | 02:11:33 | 1137 | 223 |
| 1133 | ELIZABETH CLAIRE WILLIAMS | | 02:12:41 | FS | 02:11:36 | 1138 | 1498 |
| 1134 | JAMES HEALEY | | 02:12:44 | M40 | 02:11:59 | 1154 | 1909 |
| 1135 | TIMOTHY CUNDY | | 02:12:45 | MS | 02:11:02 | 1123 | 378 |
| 1136 | JON CUNDY | | 02:12:45 | MS | 02:11:02 | 1124 | 379 |
| 1137 | DAVID CLARK | | 02:12:56 | M50 | 02:11:57 | 1152 | 1913 |
| 1138 | REBECCA GREENAWAY | | 02:12:58 | F35 | 02:11:37 | 1140 | 1698 |
| 1139 | JEREMIE RICHARD | | 02:12:58 | MS | 02:10:50 | 1121 | 272 |
| 1140 | IAN MORRIS | | 02:13:01 | MS | 02:11:28 | 1133 | 653 |

DON'T FORGET ... The Llanelli Waterside 10k - 20th June 2010

Llanelli Waterside Half Marathon - Results - 2010(provisional until fully ratified)

| Pos | Full Name | Club | Time | Cat | Chip Time | Chip Pos | Bib No |
|------|---------------------|----------------------------|----------|-----|-----------|----------|--------|
| 1141 | RHIANNON MORRIS | | 02:13:01 | F35 | 02:11:28 | 1134 | 652 |
| 1142 | CHARLOTTE MONNIOT | | 02:13:05 | FS | 02:11:22 | 1130 | 377 |
| 1143 | KIM STOUT | | 02:13:06 | F45 | 02:11:36 | 1139 | 1032 |
| 1144 | CAROLINE MORGAN | | 02:13:06 | F35 | 02:11:57 | 1153 | 903 |
| 1145 | HUW JAKEWAY | | 02:13:09 | M40 | 02:11:43 | 1143 | 483 |
| 1146 | LLOYD WILLIAMS | | 02:13:09 | M40 | 02:11:44 | 1145 | 237 |
| 1147 | KEVIN GREEN | | 02:13:15 | M40 | 02:12:22 | 1156 | 1102 |
| 1148 | MATTHEW BRIANT | | 02:13:19 | M40 | 02:11:30 | 1135 | 608 |
| 1149 | LES TAYLOR | | 02:13:21 | M50 | 02:12:47 | 1165 | 1070 |
| 1150 | EMMA JOHN | | 02:13:24 | F35 | 02:11:19 | 1129 | 125 |
| 1151 | VICTORIA ANDERSON | SCARLETS | 02:13:25 | FS | 02:11:55 | 1150 | 1561 |
| 1152 | MARTIN CORRALL | | 02:13:27 | M50 | 02:11:55 | 1151 | 1224 |
| 1153 | ALUN SAMUEL | | 02:13:29 | M40 | 02:11:40 | 1141 | 1316 |
| 1154 | MAUREEN FOLEY | | 02:13:30 | F35 | 02:11:51 | 1148 | 1555 |
| 1155 | ANDREW DAVID MILES | | 02:13:33 | M40 | 02:11:30 | 1136 | 1189 |
| 1156 | TOM STEVENS | | 02:13:40 | MS | 02:11:46 | 1147 | 1798 |
| 1157 | MARK ELLIS | | 02:13:45 | MS | 02:12:46 | 1164 | 1465 |
| 1158 | GARY GREY | | 02:13:49 | MS | 02:11:40 | 1142 | 1079 |
| 1159 | MARIO PICOTTOW | WINDOS | 02:13:49 | MS | 02:13:34 | 1180 | 1128 |
| 1160 | ANTHONY RICHARDS | | 02:13:51 | M40 | 02:12:31 | 1158 | 926 |
| 1161 | LIAM ROBERTS | 1ST BATTALION WELSH GUARDS | 02:13:59 | MS | 02:13:42 | 1185 | 1851 |
| 1162 | STEVEN JONES | 1ST BATTALION WELSH GUARDS | 02:13:59 | MS | 02:13:40 | 1182 | 1852 |
| 1163 | BEN FLYNN | 1ST BATTALION WELSH GUARDS | 02:13:59 | MS | 02:13:43 | 1188 | 1862 |
| 1164 | CARL TAYLOR | 1ST BATTALION WELSH GUARDS | 02:13:59 | MS | 02:13:44 | 1190 | 1856 |
| 1165 | SCOTT HAYWARD | 1ST BATTALION WELSH GUARDS | 02:13:59 | MS | 02:13:41 | 1184 | 1854 |
| 1166 | STEVEN PETERS | 1ST BATTALION WELSH GUARDS | 02:14:00 | MS | 02:13:45 | 1191 | 1861 |
| 1167 | STUART MAY | 1ST BATTALION WELSH GUARDS | 02:14:00 | MS | 02:13:42 | 1186 | 1855 |
| 1168 | EDWARD MANSEL LEWIS | | 02:14:00 | MS | 02:13:42 | 1187 | 1620 |
| 1169 | BEN DAVIES | 1ST BATTALION WELSH GUARDS | 02:14:00 | MS | 02:13:43 | 1189 | 1859 |
| 1170 | LIZ LEWIS | | 02:14:06 | F35 | 02:12:42 | 1162 | 334 |
| 1171 | CORRINE WILLIAMS | | 02:14:08 | FS | 02:12:51 | 1167 | 848 |
| 1172 | BEN WILLIAMSON | | 02:14:25 | MS | 02:13:15 | 1174 | 1012 |
| 1173 | MARY HARRIS | | 02:14:32 | F45 | 02:13:09 | 1169 | 570 |
| 1174 | BRENDAN SWEENEY | | 02:14:34 | M40 | 02:12:23 | 1157 | 362 |
| 1175 | HELEN WELCH | | 02:14:34 | F35 | 02:12:37 | 1161 | 1571 |
| 1176 | ALUN CLEVERLEY | | 02:14:35 | M40 | 02:12:31 | 1159 | 1666 |
| 1177 | CERI CLEVERLEY | | 02:14:36 | F35 | 02:12:32 | 1160 | 1668 |
| 1178 | JUDY TAYLOR | | 02:14:36 | F45 | 02:13:54 | 1196 | 1434 |

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| Pos | Full Name | Club | Time | Cat | Chip Time | Chip Pos | Bib No |
|------|-------------------------|------------------------------|----------|-----|-----------|----------|--------|
| 1179 | ROBERT FENWICK | | 02:14:37 | M40 | 02:13:27 | 1178 | 499 |
| 1180 | NAYLOR CHARLOTTE | | 02:14:38 | FS | 02:13:01 | 1168 | 1637 |
| 1181 | SANDRA RADFORD | | 02:14:40 | F35 | 02:13:12 | 1172 | 1593 |
| 1182 | STEVEN DELANEY | | 02:14:43 | MS | 02:12:44 | 1163 | 991 |
| 1183 | GIANCARLO LODWIG | | 02:14:58 | MS | 02:12:49 | 1166 | 1179 |
| 1184 | ALLYSON LIPP | | 02:15:05 | F45 | 02:13:21 | 1176 | 143 |
| 1185 | SARAH DAVIES | | 02:15:06 | FS | 02:13:28 | 1179 | 45 |
| 1186 | WING WONG | | 02:15:11 | MS | 02:13:10 | 1171 | 1212 |
| 1187 | CALUM JONES | | 02:15:14 | MS | 02:13:37 | 1181 | 1307 |
| 1188 | SARAH MAJOR | | 02:15:15 | FS | 02:13:09 | 1170 | 1522 |
| 1189 | ROBERT CLARKE | ROBERT CLARKE FITNESS CENTRE | 02:15:17 | M40 | 02:13:40 | 1183 | 1374 |
| 1190 | COLETTE CONROY | | 02:15:34 | F35 | 02:13:14 | 1173 | 798 |
| 1191 | PETER JONES | | 02:15:35 | M40 | 02:13:52 | 1194 | 1602 |
| 1192 | RACHEL ROBERTS | | 02:15:36 | FS | 02:15:11 | 1214 | 720 |
| 1193 | ANDREW JONES | | 02:15:37 | MS | 02:13:49 | 1193 | 567 |
| 1194 | CHRISTOPHER O'SHEA | | 02:15:40 | MS | 02:14:20 | 1202 | 1343 |
| 1195 | EDWARD MORRIS | | 02:15:40 | MS | 02:14:17 | 1200 | 1733 |
| 1196 | LUCY NEVITT | | 02:15:43 | F35 | 02:13:23 | 1177 | 799 |
| 1197 | SARAH GILLETT | | 02:15:44 | FS | 02:14:54 | 1205 | 1681 |
| 1198 | RUTH BUTTERFIELD | | 02:15:46 | FS | 02:14:54 | 1206 | 1614 |
| 1199 | NATHAN ANNAND | | 02:15:48 | MS | 02:15:27 | 1217 | 1338 |
| 1200 | EIRA ROWE | WOMENS RUNNING NETWORK | 02:15:49 | F35 | 02:13:56 | 1197 | 1427 |
| 1201 | MICHAEL JAMES | LES CROUPIERS | 02:15:53 | M60 | 02:15:01 | 1209 | 738 |
| 1202 | MANDY CAVILL | | 02:15:57 | F45 | 02:13:53 | 1195 | 491 |
| 1203 | LOWRI WILLIAMS | | 02:15:57 | FS | 02:13:46 | 1192 | 238 |
| 1204 | ALICE PIERCY | | 02:15:58 | FS | 02:15:23 | 1216 | 1658 |
| 1205 | SARAH EDWARDS | | 02:15:59 | FS | 02:14:17 | 1201 | 286 |
| 1206 | SUSAN BUCKLEY | FETCH EVERYONE RC | 02:16:11 | FS | 02:14:10 | 1198 | 625 |
| 1207 | GEORGE VENABLES | | 02:16:14 | M50 | 02:14:16 | 1199 | 1062 |
| 1208 | PAULA EVELEIGH-WILLIAMS | | 02:16:26 | F35 | 02:14:44 | 1203 | 961 |
| 1209 | LISA WOOD | | 02:16:32 | FS | 02:15:05 | 1212 | 449 |
| 1210 | NEIL JONES | | 02:16:36 | MS | 02:15:48 | 1221 | 1782 |
| 1211 | CHRISTOPHER FRAZER | | 02:16:46 | M40 | 02:15:09 | 1213 | 74 |
| 1212 | TRACY DRUMMOND-GOVIER | CELTIC TRI | 02:16:53 | F35 | 02:14:55 | 1207 | 516 |
| 1213 | ROBERT GOVIER | CELTIC TRI | 02:16:53 | MS | 02:14:57 | 1208 | 515 |
| 1214 | VIVIENNE JONES | SOSPAN ROAD RUNNERS | 02:16:58 | F35 | 02:15:02 | 1210 | 870 |
| 1215 | LINDA GREENFIELD | | 02:17:00 | F45 | 02:14:51 | 1204 | 87 |
| 1216 | GERAINT DAVIES | | 02:17:03 | MS | 02:15:32 | 1218 | 1874 |

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| Pos | Full Name | Club | Time | Cat | Chip Time | Chip Pos | Bib No |
|------|------------------------|----------------------------|----------|-----|-----------|----------|--------|
| 1217 | DYLAN HUGHES | | 02:17:03 | MS | 02:15:32 | 1219 | 1900 |
| 1218 | MARTIN NICHOLLS | 3MS GORSEINON ROAD RUNNERS | 02:17:03 | M40 | 02:15:03 | 1211 | 159 |
| 1219 | KELLY GAFFNEY | LLISWERRY RUNNERS | 02:17:10 | FS | 02:15:47 | 1220 | 624 |
| 1220 | CLARE BIRCH | QUEST FITNESS | 02:17:11 | F35 | 02:15:19 | 1215 | 936 |
| 1221 | MIKE RICHARDS | | 02:17:17 | MS | 02:15:57 | 1222 | 927 |
| 1222 | JULIE ELIZABETH NOBLE | CELTIC TRI | 02:17:34 | F35 | 02:16:00 | 1223 | 1191 |
| 1223 | ELINOR CORDINER | | 02:17:37 | F35 | 02:16:29 | 1228 | 257 |
| 1224 | EIRLYS EVANS | | 02:17:50 | F45 | 02:17:16 | 1237 | 897 |
| 1225 | SEANNE SANDFORD | | 02:17:58 | FS | 02:16:13 | 1224 | 696 |
| 1226 | ELIZABETH WAITES | | 02:18:02 | F45 | 02:16:33 | 1230 | 896 |
| 1227 | JODY DAVIES | WOMENS RUNNING NETWORK | 02:18:09 | FS | 02:17:20 | 1238 | 40 |
| 1228 | RACHAEL PARKINSON | | 02:18:10 | FS | 02:17:21 | 1239 | 307 |
| 1229 | CAROLYN JAY | | 02:18:14 | F35 | 02:16:29 | 1229 | 117 |
| 1230 | NEAL DOUGLAS STEPHENS | | 02:18:18 | M40 | 02:16:17 | 1226 | 1201 |
| 1231 | PAUL LANE | | 02:18:18 | M40 | 02:16:16 | 1225 | 1183 |
| 1232 | SUSAN KATHRYN FELSTEAD | CELTIC TRI | 02:18:21 | F35 | 02:16:48 | 1232 | 1157 |
| 1233 | BILL KENT | | 02:18:26 | M50 | 02:16:24 | 1227 | 1175 |
| 1234 | SARAH STEVENS | PENARTH & DINAS RUNNERS | 02:18:40 | FS | 02:16:40 | 1231 | 1770 |
| 1235 | GEOFF BURROWS | | 02:18:44 | M50 | 02:18:09 | 1254 | 587 |
| 1236 | PAUL GIBBY | | 02:18:49 | M60 | 02:17:12 | 1234 | 1503 |
| 1237 | ROGER O'BRIEN | | 02:18:54 | M40 | 02:18:54 | 1268 | 1595 |
| 1238 | MICHAEL PRITCHARD | | 02:19:08 | M50 | 02:17:41 | 1242 | 876 |
| 1239 | ELLENA TALBOT | | 02:19:12 | FS | 02:18:16 | 1257 | 1813 |
| 1240 | CATHRYN MCLEAN | | 02:19:15 | F35 | 02:18:24 | 1260 | 151 |
| 1241 | MARK DAVIES | | 02:19:19 | MS | 02:17:13 | 1236 | 622 |
| 1242 | MARTYN RUCK | | 02:19:23 | MS | 02:18:08 | 1253 | 1690 |
| 1243 | JENNY FIFIELD | | 02:19:26 | F45 | 02:17:33 | 1241 | 685 |
| 1244 | PETER DALE | | 02:19:26 | M50 | 02:17:07 | 1233 | 1083 |
| 1245 | MARK EMMS | | 02:19:27 | MS | 02:18:05 | 1252 | 1155 |
| 1246 | ANGELA LEWIS | | 02:19:30 | F45 | 02:17:53 | 1246 | 1726 |
| 1247 | ANNE MASTERS | CHEPSTOW HARRIERS | 02:19:31 | F55 | 02:17:47 | 1245 | 149 |
| 1248 | JACKIE MILLER | | 02:19:33 | F45 | 02:17:58 | 1248 | 1301 |
| 1249 | NIGEL JONES | | 02:19:35 | M50 | 02:17:30 | 1240 | 135 |
| 1250 | JENNIFER FRIGGENS | | 02:19:41 | FS | 02:17:42 | 1243 | 1843 |
| 1251 | DARREN XIBERRAS | | 02:19:41 | MS | 02:18:46 | 1266 | 1078 |
| 1252 | CLIVE THOMPSON | | 02:19:42 | M50 | 02:17:43 | 1244 | 1566 |
| 1253 | ALICE ANDREWS | | 02:19:47 | FS | 02:17:12 | 1235 | 23 |
| 1254 | ALEXANDRA MASON | | 02:19:49 | FS | 02:17:58 | 1249 | 1379 |

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| Pos | Full Name | Club | Time | Cat | Chip Time | Chip Pos | Bib No |
|------|-------------------------|----------------------|----------|-----|-----------|----------|--------|
| 1255 | CARLOS HERNANDEZ | | 02:19:49 | MS | 02:17:58 | 1250 | 743 |
| 1256 | KEVIN DAVIES | | 02:19:51 | MS | 02:18:33 | 1262 | 509 |
| 1257 | STEPHEN MERCHANT | | 02:19:54 | M40 | 02:17:55 | 1247 | 296 |
| 1258 | ADELLE GRIFFITHS | | 02:19:56 | FS | 02:18:29 | 1261 | 370 |
| 1259 | ALFIE GUAVARA | | 02:20:01 | MS | 02:18:18 | 1258 | 802 |
| 1260 | CAROLINE FREEMAN | RIVERSIDE RUNNERS | 02:20:01 | FS | 02:18:18 | 1259 | 801 |
| 1261 | WAYNE MALIPHANT | | 02:20:06 | MS | 02:18:38 | 1265 | 409 |
| 1262 | SHAN BREESE | ABERYSTWYTH AC | 02:20:14 | F45 | 02:19:26 | 1274 | 1815 |
| 1263 | SELINA PHILPIN | | 02:20:20 | FS | 02:18:37 | 1264 | 923 |
| 1264 | HELEN JONES | | 02:20:20 | FS | 02:18:11 | 1255 | 131 |
| 1265 | LEE-JOHN BAKER | | 02:20:21 | MS | 02:18:49 | 1267 | 2 |
| 1266 | ANNA GRIFFITHS | | 02:20:22 | FS | 02:18:54 | 1269 | 369 |
| 1267 | HELEN ASHCROFT | | 02:20:23 | FS | 02:18:15 | 1256 | 909 |
| 1268 | ROBERT NICHOLAS COLWELL | NEATH HARRIERS | 02:20:29 | MS | 02:19:32 | 1276 | 1144 |
| 1269 | TOM MILLARD | | 02:20:38 | MS | 02:18:35 | 1263 | 1188 |
| 1270 | MARK ANDREWS | | 02:20:38 | M40 | 02:18:03 | 1251 | 25 |
| 1271 | EMMA WHITTICK | ABERYSTWYTH AC | 02:20:45 | FS | 02:18:59 | 1270 | 1533 |
| 1272 | JULIE SPENCER | POTTERS TROTTERS | 02:20:57 | F35 | 02:19:03 | 1271 | 1034 |
| 1273 | JONATHAN THOMAS | | 02:21:15 | MS | 02:19:13 | 1272 | 1205 |
| 1274 | LISA MOFFAT | | 02:21:15 | FS | 02:19:14 | 1273 | 1187 |
| 1275 | MICHAEL GREEN | | 02:21:30 | M50 | 02:19:39 | 1278 | 1747 |
| 1276 | KRISTIAN MCCALLUM | | 02:21:31 | MS | 02:19:59 | 1285 | 421 |
| 1277 | ROBERT WILLIAMS | | 02:21:32 | MS | 02:19:50 | 1282 | 1792 |
| 1278 | WILL HYNDMAN | | 02:21:32 | MS | 02:19:51 | 1283 | 1795 |
| 1279 | KAREN O'BRIEN | | 02:21:34 | F45 | 02:19:39 | 1279 | 1673 |
| 1280 | ELIZABETH BEGLEY | DULWICH PARK RUNNERS | 02:21:34 | F45 | 02:19:29 | 1275 | 385 |
| 1281 | DAVE HOWELLS | | 02:21:37 | M40 | 02:19:51 | 1284 | 407 |
| 1282 | SIMON GRIGG-WILLIAMS | TEAM G-W | 02:21:43 | MS | 02:19:35 | 1277 | 1090 |
| 1283 | CHRISTINA MILLAR | CLAPHAM CLASSICS | 02:21:44 | FS | 02:20:38 | 1289 | 872 |
| 1284 | ALISON BRETTELL | | 02:21:45 | FS | 02:19:44 | 1281 | 1659 |
| 1285 | JANET DILYS REED | | 02:21:50 | F35 | 02:19:43 | 1280 | 181 |
| 1286 | GRAHAM SINGER | | 02:21:56 | M50 | 02:20:31 | 1288 | 1745 |
| 1287 | ANNEMARIE ROGERS | | 02:22:16 | F35 | 02:20:22 | 1286 | 626 |
| 1288 | CATHERINE NEWTON | | 02:22:16 | F35 | 02:20:23 | 1287 | 606 |
| 1289 | DAVID KINSELLA | | 02:22:19 | MS | 02:20:44 | 1292 | 886 |
| 1290 | KEVIN TOPPING | | 02:22:25 | M40 | 02:21:48 | 1301 | 530 |
| 1291 | LYNDA CIVIL | | 02:22:43 | F35 | 02:21:46 | 1300 | 1358 |
| 1292 | JANICE BERNI | | 02:22:45 | F45 | 02:20:41 | 1290 | 1873 |

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Llanelli Waterside Half Marathon - Results - 2010(provisional until fully ratified)

| Pos | Full Name | Club | Time | Cat | Chip Time | Chip Pos | Bib No |
|------|------------------------|----------------------------|----------|-----|-----------|----------|--------|
| 1293 | DEBBIE SHUFFLEBOTHAM | | 02:22:45 | F35 | 02:20:42 | 1291 | 1086 |
| 1294 | PEGGY SMITH | SPIRIT OF MONMOUTH | 02:22:49 | F45 | 02:20:57 | 1294 | 1523 |
| 1295 | LIZ THORNE | | 02:22:57 | FS | 02:21:10 | 1295 | 1719 |
| 1296 | STUART VICTOR HOWELLS | | 02:22:58 | M40 | 02:20:46 | 1293 | 111 |
| 1297 | RUTH BEER | | 02:23:09 | FS | 02:22:18 | 1308 | 402 |
| 1298 | IAN MCCARTHY | | 02:23:14 | MS | 02:22:13 | 1306 | 850 |
| 1299 | ALAN HOWELLS | SOSPAN ROAD RUNNERS | 02:23:23 | M40 | 02:21:29 | 1296 | 1825 |
| 1300 | DONNA GRIFFITHS | 3MS GORSEINON ROAD RUNNERS | 02:23:27 | FS | 02:22:36 | 1313 | 89 |
| 1301 | JODY DOVE-DIXON | | 02:23:30 | F45 | 02:21:33 | 1297 | 49 |
| 1302 | TRUDI KAYE | | 02:23:30 | F45 | 02:21:33 | 1298 | 138 |
| 1303 | STEFFANI DAVIES | | 02:23:36 | FS | 02:22:02 | 1305 | 843 |
| 1304 | SARAH JOHNSON | | 02:23:42 | F35 | 02:22:39 | 1314 | 137 |
| 1305 | HUW THOMAS NEALE | | 02:23:42 | MS | 02:21:40 | 1299 | 1192 |
| 1306 | PARTRIDGE SARAH | | 02:23:44 | F35 | 02:21:50 | 1302 | 1447 |
| 1307 | SARA THOMAS | | 02:23:44 | F35 | 02:21:50 | 1303 | 1639 |
| 1308 | JOHANNE HUGHES-DOWDLER | | 02:23:44 | F35 | 02:22:40 | 1315 | 115 |
| 1309 | GARETH JOHN | | 02:23:47 | M40 | 02:21:52 | 1304 | 425 |
| 1310 | VICTORIA WALL | | 02:24:03 | FS | 02:22:24 | 1309 | 1636 |
| 1311 | PATRICK SMITH | SPIRIT OF MONMOUTH | 02:24:07 | M50 | 02:22:16 | 1307 | 1524 |
| 1312 | JAYNIE RANCE | | 02:24:11 | F35 | 02:22:49 | 1316 | 1 |
| 1313 | JACKIE EVANS | SOSPAN ROAD RUNNERS | 02:24:25 | F35 | 02:22:29 | 1310 | 699 |
| 1314 | PHIL ANDREWS | | 02:24:37 | M40 | 02:22:33 | 1311 | 1133 |
| 1315 | DAVID EDWARDS | | 02:24:37 | M40 | 02:22:33 | 1312 | 1153 |
| 1316 | LAILA BEYNON | | 02:24:48 | FS | 02:22:51 | 1317 | 7 |
| 1317 | REBEKAH LANE | CHEPSTOW HARRIERS | 02:25:16 | F35 | 02:23:33 | 1318 | 141 |
| 1318 | NICOLA JONES | | 02:25:17 | FS | 02:24:38 | 1323 | 383 |
| 1319 | PAULINE THOMAS | TROTS | 02:25:20 | F55 | 02:24:41 | 1325 | 216 |
| 1320 | MARK LYNCH | | 02:25:30 | M40 | 02:23:49 | 1319 | 1626 |
| 1321 | TOM PRICE | | 02:25:37 | MS | 02:24:51 | 1328 | 178 |
| 1322 | LEE GRIFFITHS | | 02:25:54 | MS | 02:24:00 | 1321 | 1849 |
| 1323 | SUZANNE ROBERTS | | 02:25:58 | F35 | 02:23:49 | 1320 | 438 |
| 1324 | KATHRYN DUGGAN | TEAM BEAR | 02:26:03 | FS | 02:24:16 | 1322 | 717 |
| 1325 | GERAINT JAMES WRIGHT | | 02:26:07 | MS | 02:24:46 | 1326 | 245 |
| 1326 | EDWARD KEMP | 1ST BATTALION WELSH GUARDS | 02:26:22 | MS | 02:26:06 | 1339 | 1863 |
| 1327 | LUKE HAMMOND | 1ST BATTALION WELSH GUARDS | 02:26:22 | MS | 02:26:04 | 1338 | 1860 |
| 1328 | JARROD WILSON | | 02:26:40 | M40 | 02:24:38 | 1324 | 1213 |
| 1329 | WAYNE JONES | | 02:27:00 | M40 | 02:25:06 | 1329 | 281 |
| 1330 | ALED ANTHONY | | 02:27:02 | MS | 02:26:40 | 1343 | 1275 |

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| Pos | Full Name | Club | Time | Cat | Chip Time | Chip Pos | Bib No |
|------|-----------------------|----------------------------|----------|-----|-----------|----------|--------|
| 1331 | JENNY WYATT | WOMENS RUNNING NETWORK | 02:27:06 | F45 | 02:25:50 | 1336 | 247 |
| 1332 | CASSIE BRAY | | 02:27:07 | FS | 02:25:21 | 1331 | 15 |
| 1333 | LUCY BARBER | | 02:27:07 | FS | 02:25:29 | 1332 | 734 |
| 1334 | JUDY COOKE | REIGATE PRIORY | 02:27:12 | F45 | 02:24:49 | 1327 | 1145 |
| 1335 | TIM MCCARTHY | F.D.A.C | 02:27:20 | M50 | 02:25:11 | 1330 | 150 |
| 1336 | MATTHEW WILLIAM FRYER | | 02:27:20 | MS | 02:26:20 | 1341 | 1232 |
| 1337 | KATH EVANS | | 02:27:38 | F35 | 02:25:42 | 1334 | 344 |
| 1338 | MIKE EVANS | | 02:27:38 | F45 | 02:25:42 | 1335 | 345 |
| 1339 | ROBERT STONE | | 02:27:45 | M50 | 02:25:36 | 1333 | 1824 |
| 1340 | STEPHEN ROBINSON | | 02:27:57 | MS | 02:25:53 | 1337 | 912 |
| 1341 | SAMUEL WILLIAMS | 1ST BATTALION WELSH GUARDS | 02:27:57 | MS | 02:27:39 | 1351 | 1865 |
| 1342 | CERY S GWYNNE | | 02:28:23 | FS | 02:27:21 | 1346 | 555 |
| 1343 | KERRY GILBERT | | 02:28:23 | FS | 02:27:21 | 1347 | 554 |
| 1344 | LOUISA GILPIN | | 02:28:30 | FS | 02:26:12 | 1340 | 1466 |
| 1345 | CERI ANNE SAUNDERS | | 02:28:36 | F35 | 02:27:31 | 1349 | 198 |
| 1346 | DAVID SPENCER | | 02:28:36 | M40 | 02:27:31 | 1350 | 1621 |
| 1347 | LOUISE FLEET | | 02:28:39 | F55 | 02:26:24 | 1342 | 65 |
| 1348 | JULIE MILFORD | | 02:28:47 | F35 | 02:28:08 | 1365 | 382 |
| 1349 | PETER DAVIES | NAILSEA RUNNING CLUB | 02:28:52 | M60 | 02:27:24 | 1348 | 331 |
| 1350 | SARAH STANSFIELD | | 02:28:59 | F45 | 02:26:54 | 1344 | 386 |
| 1351 | CLARE FENCOTT | | 02:29:04 | FS | 02:28:20 | 1367 | 256 |
| 1352 | RACHEL MORTELL | | 02:29:06 | FS | 02:13:18 | 1175 | 845 |
| 1353 | LOUISE EVANS | | 02:29:07 | FS | 02:27:11 | 1345 | 580 |
| 1354 | MARK HALL | | 02:29:11 | MS | 02:27:49 | 1357 | 1845 |
| 1355 | LEONA SHANLEY | RHONDDA VALLEY RUNNERS | 02:29:24 | F35 | 02:27:41 | 1353 | 458 |
| 1356 | KEVIN MORRIS | | 02:29:26 | M40 | 02:28:02 | 1362 | 1184 |
| 1357 | KELLY HUGGINS | | 02:29:28 | FS | 02:27:48 | 1356 | 400 |
| 1358 | CATE LANGLEY | BCTTT | 02:29:40 | F35 | 02:27:41 | 1354 | 568 |
| 1359 | CHAN-JU-ANGEL WANG | | 02:29:41 | FS | 02:27:44 | 1355 | 1869 |
| 1360 | HANNAH LEACH | | 02:29:54 | FS | 02:28:02 | 1363 | 914 |
| 1361 | JENNA SPINK | | 02:29:56 | FS | 02:27:50 | 1359 | 603 |
| 1362 | CLAIRE WHITNEY | | 02:29:56 | FS | 02:27:50 | 1360 | 294 |
| 1363 | ALISON PENDLE | | 02:29:56 | F55 | 02:27:49 | 1358 | 170 |
| 1364 | RUTH CHAPPELL | | 02:29:58 | F55 | 02:27:40 | 1352 | 918 |
| 1365 | STEVE AUSTINS | | 02:30:06 | MS | 02:29:02 | 1371 | 1903 |
| 1366 | CATHERINE SIAN THOMAS | | 02:30:09 | FS | 02:27:59 | 1361 | 208 |
| 1367 | EIRIAN WILLIAMS | | 02:30:13 | M40 | 02:28:02 | 1364 | 787 |
| 1368 | STACEY EVANS | | 02:30:14 | FS | 02:28:12 | 1366 | 1820 |

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| Pos | Full Name | Club | Time | Cat | Chip Time | Chip Pos | Bib No |
|------|------------------------|------------------------|----------|-----|-----------|----------|--------|
| 1369 | LLOYD GRIFFITHS | | 02:30:28 | MS | 02:29:41 | 1380 | 91 |
| 1370 | PETER GEOFFREY DAVIES | | 02:30:30 | M60 | 02:29:42 | 1381 | 43 |
| 1371 | BRIAN FORD | | 02:30:31 | M60 | 02:28:57 | 1370 | 68 |
| 1372 | JOANNA BURKINSHAW | | 02:30:32 | FS | 02:28:33 | 1368 | 338 |
| 1373 | PHIL PHILLIPS | | 02:30:51 | M40 | 02:28:49 | 1369 | 670 |
| 1374 | HANNAH STONE | | 02:31:14 | FS | 02:29:06 | 1372 | 430 |
| 1375 | KAREN PERRY | | 02:31:16 | F35 | 02:29:33 | 1378 | 761 |
| 1376 | ROCHELLE HILL | | 02:31:30 | F35 | 02:29:09 | 1373 | 108 |
| 1377 | CLAIRE JAMES | WOMENS RUNNING NETWORK | 02:31:30 | F35 | 02:29:10 | 1374 | 1619 |
| 1378 | BENJAMIN TUCKER | | 02:31:34 | MS | 02:29:36 | 1379 | 406 |
| 1379 | PAUL ANTHONY EMANUEL | | 02:31:38 | MS | 02:29:23 | 1375 | 51 |
| 1380 | GERARD PITT | | 02:31:44 | MS | 02:30:02 | 1383 | 1768 |
| 1381 | DAVID WATKINS | | 02:31:44 | M40 | 02:29:58 | 1382 | 1515 |
| 1382 | ALED WILLIAMS | | 02:31:47 | MS | 02:29:25 | 1376 | 773 |
| 1383 | IWAN JONES | | 02:31:48 | MS | 02:29:25 | 1377 | 287 |
| 1384 | PATRICK TEAGUE | | 02:32:19 | MS | 02:30:06 | 1384 | 1877 |
| 1385 | ALEX BREMNER | | 02:32:32 | M40 | 02:31:38 | 1388 | 599 |
| 1386 | JOHN SELBY | | 02:32:47 | M40 | 02:30:54 | 1385 | 1258 |
| 1387 | KIM EVANS | | 02:32:56 | F45 | 02:31:09 | 1386 | 460 |
| 1388 | GILLIAN WESTLAKE-TOMS | | 02:33:16 | F35 | 02:32:24 | 1391 | 1492 |
| 1389 | JAMES MORGAN | | 02:33:17 | MS | 02:31:31 | 1387 | 906 |
| 1390 | DARREN ROBERTS | | 02:33:49 | MS | 02:32:02 | 1389 | 1095 |
| 1391 | VICKY NORTH | | 02:34:15 | F35 | 02:33:44 | 1396 | 887 |
| 1392 | GARY RICHARDS | | 02:34:24 | M40 | 02:32:12 | 1390 | 1474 |
| 1393 | LISA WILLIAMS | | 02:34:30 | FS | 02:32:41 | 1394 | 1455 |
| 1394 | CLARE GEORGE | | 02:34:39 | FS | 02:33:00 | 1395 | 1161 |
| 1395 | GERAINT JOHN | | 02:34:39 | MS | 02:32:28 | 1392 | 899 |
| 1396 | JOYCE HEMMINGS | | 02:34:52 | F55 | 02:32:34 | 1393 | 881 |
| 1397 | ELIZABETH ANN RICHARDS | TROTS | 02:35:01 | FS | 02:34:22 | 1402 | 1329 |
| 1398 | CARL JONES | | 02:35:31 | MS | 02:33:53 | 1399 | 1011 |
| 1399 | HELEN LUTLEY | | 02:36:02 | F55 | 02:33:49 | 1397 | 263 |
| 1400 | DAWN GOULBOURNE | | 02:36:02 | F35 | 02:33:49 | 1398 | 268 |
| 1401 | CHRIS REDGERS | | 02:36:17 | MS | 02:36:14 | 1411 | 972 |
| 1402 | CAROLINE SARGEANT | SHROPSHIRE SHUFFLERS | 02:36:24 | F35 | 02:34:16 | 1401 | 335 |
| 1403 | SANDRA MITCHELL | | 02:36:32 | FS | 02:34:12 | 1400 | 979 |
| 1404 | JESSICA NESBITT | | 02:37:04 | FS | 02:35:24 | 1403 | 776 |
| 1405 | SARA DAVIES | | 02:37:56 | FS | 02:35:36 | 1404 | 999 |
| 1406 | ROBERT WOOLCOCK | | 02:38:03 | MS | 02:36:00 | 1408 | 1211 |

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| Pos | Full Name | Club | Time | Cat | Chip Time | Chip Pos | Bib No |
|------|-------------------------|----------------------------|----------|-----|-----------|----------|--------|
| 1407 | SARAH BRAIN | | 02:38:06 | F35 | 02:35:49 | 1405 | 327 |
| 1408 | MARIA KOSTROMIN | | 02:38:06 | F35 | 02:35:49 | 1406 | 326 |
| 1409 | CAROL BUDGE | | 02:38:15 | F35 | 02:35:55 | 1407 | 995 |
| 1410 | WENDY JONES | PEMBROKESHIRE HARRIERS | 02:38:17 | F35 | 02:36:08 | 1409 | 1756 |
| 1411 | WENDY PREECE | PEMBROKESHIRE HARRIERS | 02:38:17 | F35 | 02:36:08 | 1410 | 1757 |
| 1412 | MATTHEW SMITH | | 02:38:49 | MS | 02:36:33 | 1412 | 404 |
| 1413 | PAUL FAULKNER | | 02:38:59 | MS | 02:37:10 | 1413 | 1229 |
| 1414 | JATINDER PARMAR | | 02:39:06 | MS | 02:37:23 | 1414 | 1495 |
| 1415 | FAYE POLSON | | 02:39:14 | FS | 02:37:30 | 1416 | 176 |
| 1416 | MARK HAY | | 02:39:18 | MS | 02:37:49 | 1418 | 1804 |
| 1417 | RACHEL FRYER | | 02:39:23 | FS | 02:38:21 | 1420 | 77 |
| 1418 | LYNNE HODGETTS | WOMENS RUNNING NETWORK | 02:39:24 | F55 | 02:37:28 | 1415 | 953 |
| 1419 | SIMON KNOYLE | | 02:39:37 | MS | 02:37:34 | 1417 | 1176 |
| 1420 | SCOTT MORGAN | | 02:40:15 | MS | 02:38:24 | 1421 | 1709 |
| 1421 | DEBBIE MORGAN | | 02:40:18 | F45 | 02:38:11 | 1419 | 1457 |
| 1422 | DANIEL BAKER | | 02:40:18 | MS | 02:38:27 | 1422 | 1894 |
| 1423 | RUSSELL HOOPER | | 02:41:16 | M40 | 02:39:09 | 1423 | 486 |
| 1424 | PAUL MARRIOTT | | 02:41:59 | M50 | 02:40:00 | 1424 | 826 |
| 1425 | MICHAEL WHELAN | | 02:42:00 | MS | 02:40:01 | 1425 | 827 |
| 1426 | JULIE DAVIES | 3MS GORSEINON ROAD RUNNERS | 02:42:11 | F55 | 02:40:59 | 1427 | 1227 |
| 1427 | NADINE HALL | 3MS GORSEINON ROAD RUNNERS | 02:42:15 | F35 | 02:41:02 | 1429 | 1164 |
| 1428 | CHERIE HUNTER | | 02:42:21 | F35 | 02:40:04 | 1426 | 476 |
| 1429 | DALE LLEWELLYN | | 02:42:36 | MS | 02:41:04 | 1430 | 777 |
| 1430 | MICHAEL BEACHAM | | 02:42:36 | MS | 02:41:04 | 1431 | 779 |
| 1431 | KIRSTY BRICE | | 02:43:19 | FS | 02:41:13 | 1432 | 1753 |
| 1432 | WENDY YATES | | 02:43:24 | F55 | 02:41:01 | 1428 | 559 |
| 1433 | CLAIRE FIDLER | | 02:43:39 | F45 | 02:41:25 | 1433 | 506 |
| 1434 | ADRIENNE JOYCE | | 02:43:57 | F35 | 02:41:35 | 1434 | 350 |
| 1435 | HELEN EDWARDS | | 02:44:28 | FS | 02:42:46 | 1437 | 485 |
| 1436 | JAYNE EDWARDS-MATTHEWS | | 02:44:28 | FS | 02:42:47 | 1438 | 484 |
| 1437 | BETHAN SIOUX HODGKINSON | | 02:44:29 | FS | 02:42:19 | 1436 | 110 |
| 1438 | MANN CARL ROBERT | | 02:44:29 | M50 | 02:42:15 | 1435 | 148 |
| 1439 | SCOTT BURTON | | 02:45:21 | MS | 02:43:44 | 1439 | 1892 |
| 1440 | STEVE HAMMOND | | 02:47:19 | M50 | 02:45:33 | 1442 | 1796 |
| 1441 | CONNIE EVANS | | 02:47:19 | F55 | 02:44:57 | 1440 | 398 |
| 1442 | NIA GODSMARK | | 02:47:30 | FS | 02:45:11 | 1441 | 1919 |
| 1443 | HANNAH BROOKE | | 02:47:54 | FS | 02:45:57 | 1443 | 17 |
| 1444 | LAURA SIMPSON | | 02:48:25 | F35 | 02:46:02 | 1444 | 951 |

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| Pos | Full Name | Club | Time | Cat | Chip Time | Chip Pos | Bib No |
|------|------------------------|-----------------|----------|-----|-----------|----------|--------|
| 1445 | BEVERLEY MORGAN | | 02:48:33 | FS | 02:46:27 | 1445 | 1053 |
| 1446 | NICOLA O'SULLIVAN | | 02:48:36 | F35 | 02:46:37 | 1446 | 322 |
| 1447 | ALLEN WATTS | SARN HELEN | 02:48:47 | M60 | 02:48:21 | 1450 | 1801 |
| 1448 | GARY MORRIS | | 02:49:02 | MS | 02:49:02 | 1455 | 156 |
| 1449 | ELIZABETH STEWART | | 02:49:56 | F45 | 02:48:00 | 1447 | 1665 |
| 1450 | ANDREA WHITTON | | 02:49:56 | FS | 02:48:01 | 1448 | 1764 |
| 1451 | YVONNE LILES | | 02:49:57 | F35 | 02:48:01 | 1449 | 1784 |
| 1452 | CLAUDINE GERRARD | | 02:50:58 | FS | 02:49:11 | 1457 | 1292 |
| 1453 | ALYSON SMITH | DRAIGAU DERWYDD | 02:51:04 | F35 | 02:48:40 | 1451 | 339 |
| 1454 | ALUN NEWSOME | | 02:51:06 | MS | 02:48:50 | 1452 | 1248 |
| 1455 | ZOE LOUISE ASHTON | | 02:51:08 | F35 | 02:48:51 | 1453 | 27 |
| 1456 | ZOE ANNE ROBERTS | | 02:51:08 | FS | 02:48:51 | 1454 | 191 |
| 1457 | TOBY GARRUD | | 02:51:27 | MS | 02:49:08 | 1456 | 565 |
| 1458 | MARTYN FIDLER | | 02:51:33 | M50 | 02:49:19 | 1458 | 1912 |
| 1459 | DAPHNE AUSTERBERRY | | 02:51:41 | F55 | 02:49:44 | 1459 | 298 |
| 1460 | CRAIG STURGESS | | 02:51:48 | MS | 02:50:47 | 1461 | 1325 |
| 1461 | KEVIN COLLINS | | 02:52:09 | MS | 02:50:05 | 1460 | 1142 |
| 1462 | CATRIN REES | | 02:53:37 | FS | 02:52:09 | 1462 | 581 |
| 1463 | SIAN MORGAN | | 02:54:26 | F35 | 02:52:35 | 1463 | 1914 |
| 1464 | NEIL GRIFFITHS | | 02:55:01 | MS | 02:52:50 | 1464 | 628 |
| 1465 | SALLY JOSEPHINE AMOS | | 02:55:04 | FS | 02:54:12 | 1465 | 1132 |
| 1466 | NIA GRIFFITHS | | 02:56:47 | FS | 02:54:55 | 1466 | 1650 |
| 1467 | STEPHEN CLARKE | | 02:58:03 | M50 | 02:55:58 | 1467 | 1141 |
| 1468 | NISHANTHA PERINPARAJAH | | 02:58:12 | FS | 02:56:04 | 1468 | 171 |
| 1469 | HELEN WILLIAMS | | 02:58:57 | FS | 02:56:36 | 1469 | 315 |
| 1470 | MIKE RICHARDSON | | 02:59:35 | MS | 02:57:25 | 1470 | 188 |
| 1471 | PETER AUSTIN | | 03:00:32 | MS | 02:58:31 | 1471 | 1136 |
| 1472 | LIZ BOWEN | | 03:01:17 | F45 | 02:59:00 | 1472 | 1219 |
| 1473 | CYNTHIA BERESFORD | | 03:01:17 | F55 | 02:59:00 | 1473 | 1507 |
| 1474 | LYNN CHAMBERS | | 03:01:31 | F55 | 02:59:22 | 1474 | 1091 |
| 1475 | CARL PHILLIPS | | 03:03:54 | MS | 03:02:23 | 1478 | 1917 |
| 1476 | SINEAD CASEY | | 03:04:06 | FS | 03:02:22 | 1477 | 1672 |
| 1477 | SARAH PHILLIPS | | 03:04:09 | F35 | 03:01:46 | 1475 | 1066 |
| 1478 | ZENTA SZPYT | | 03:04:10 | FS | 03:01:56 | 1476 | 1540 |
| 1479 | GARETH HYW JOHN | | 03:04:50 | M40 | 03:03:32 | 1479 | 1906 |
| 1480 | SUSAN EDWARDS | | 03:05:40 | F35 | 03:03:58 | 1480 | 455 |
| 1481 | HANNAH JOHNSON | | 03:07:29 | FS | 03:05:13 | 1481 | 323 |
| 1482 | DAVID LLOYD | | 03:09:41 | M60 | 03:07:19 | 1482 | 1866 |

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| Pos | Full Name | Club | Time | Cat | Chip Time | Chip Pos | Bib No |
|------|----------------------|--------------------|----------|-----|-----------|----------|--------|
| 1483 | LINDA SUSAN WILLIAMS | | 03:12:14 | F55 | 03:10:07 | 1483 | 236 |
| 1484 | CHRIS BEESTON | | 03:15:28 | M40 | 03:13:14 | 1484 | 5 |
| 1485 | MARIA BEESTON | | 03:15:28 | F35 | 03:13:14 | 1485 | 6 |
| 1486 | CHRISTINE BURROWS | ELLE & BEAU GREASE | 03:44:10 | M60 | 03:41:48 | 1486 | 585 |

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