

## Llanelli Waterside Half Marathon - 2011 results

Gun Pos	No	Forename	Surname	M/F	Cat	Club	GunTime	Chip Pos	ChipTime
1	1699	Richie	Gardiner	M		ABERDARE ATHLETIC	01:09:12	1	01:09:12
2	1451	David	Coales	M	40	TEAM BATH AC	01:11:29	2	01:11:28
3	823	Steve	Davies	M		SWANSEA HARRIERS	01:12:03	3	01:12:02
4	1640	David	Smith	M		ARMY	01:12:20	4	01:12:18
5	1502	David	Kehoe	M		SWANSEA HARRIERS	01:14:32	5	01:14:32
6	1052	Tim	Iveson	M		BUILTH & DISTRICT RC	01:15:40	6	01:15:39
7	1540	Chris	Parker	M	40	PORT TALBOT HARRIERS	01:16:26	7	01:16:26
8	1151	Hugh	Pascoe	M		CELTIC TRI	01:17:15	8	01:17:07
9	1553	Lee	Ladd	M		CARMARTHEN HARRIERS	01:17:19	9	01:17:18
10	1028	John	Morris	M		AMMAN VALLEY HARRIERS	01:17:30	10	01:17:28
11	1726	Sam	Blanshard	M			01:17:57	11	01:17:55
12	1452	Mathew	Jacklin	M			01:18:06	12	01:18:04
13	665	Peter	Morton	M			01:18:15	13	01:18:14
14	835	Simon	Rendall	M			01:18:59	14	01:18:56
15	1294	Paul	Bird	M	40	CLEVEDON AC	01:19:12	15	01:19:09
16	541	Rhys	Harries	M		CARDIGAN RC	01:19:20	16	01:19:18
17	1330	James	Nunn	M		CARDIFF TRI	01:19:31	17	01:19:28
18	1072	Martin Paul	Williams	M	40	LES CROUPIERS	01:19:42	18	01:19:39
19	72	Kevin	Griffiths	M	40	TROTS	01:19:49	19	01:19:46
20	1493	Stuart	Wadlow	M		ISLWYN RUNNING CLUB	01:19:51	20	01:19:49
21	1320	Brian	Richardson	M	50	LES CROUPIERS	01:19:58	21	01:19:56
22	1056	D	Thomas	M		SOSPAN ROAD RUNNERS	01:20:50	23	01:20:45
23	691	Luke Paul	Davies	M		LEG-IT	01:20:54	22	01:20:35
24	1269	Daniel	Hooper	M		SARN HELEN	01:20:56	24	01:20:54
25	1235	Dan	Peace	M		WHITE HORSE HARRIERS	01:21:06	25	01:21:04
26	856	Mike	Evans	M		TROTS	01:21:12	26	01:21:11
27	513	Ian	Phillips	M		3M's GORSEINON ROAD RUNNERS	01:21:14	27	01:21:11
28	506	Paul	Lovell	M	50	PLYMOUTH HARRIERS	01:21:18	28	01:21:16
29	480	Lyndon	Tudor Maisey	M		LES CROUPIERS	01:21:46	29	01:21:44
30	333	Steffen	Scholz	M	40		01:21:47	30	01:21:45
31	1210	John	Morgan	M		ARMY	01:21:51	31	01:21:48
32	1548	James	Elgar	M		LLISWERRY RUNNERS	01:21:53	32	01:21:48
33	1483	Nigel	Phillips	M			01:22:01	34	01:21:57
34	645	Mark	Vowles	M		PORTISHEAD RUNNING CLUB	01:22:02	33	01:21:50
35	1563	Steffan	Hughes	M		CARMARTHEN HARRIERS	01:22:03	35	01:22:00
36	1650	Carl	Thomasson	M		ARMY	01:22:16	36	01:22:15
37	1005	Samuel	Webster	M		CARDIFF TRI	01:22:23	37	01:22:21

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Gun Pos	No	Forename	Surname	M/F	Cat	Club	GunTime	Chip Pos	ChipTime
38	1694	Dai	Woodsford	M			01:22:23	38	01:22:21
39	801	Stephen	Richards	M		SWANSEA HARRIERS	01:22:54	39	01:22:52
40	1549	Ann	Thomas	F	35	TROTS	01:23:00	40	01:22:58
41	1421	John	Johnson	M		ROYAL AIR FORCE AA	01:23:06	42	01:23:02
42	1430	David	Cole	M			01:23:17	43	01:23:13
43	471	Martin	Davies	M		TROTS	01:23:24	44	01:23:19
44	1302	Jonathan	Jones	M	40	CARMARTHEN HARRIERS	01:23:24	41	01:22:59
45	1408	Robert	Davies	M		ISLWYN RUNNING CLUB	01:23:31	45	01:23:25
46	385	Mark	Jones	M			01:23:39	46	01:23:35
47	347	James	Bruce	M			01:23:44	47	01:23:41
48	406	Gareth David Lloyd	Harvey	M			01:23:50	48	01:23:42
49	1278	Richard	Self	M	40	LES CROUPIERS	01:23:52	49	01:23:48
50	654	Gemma	Sharp	F		ARENA 80	01:24:20	50	01:24:19
51	786	John	Bainbridge	M			01:24:52	51	01:24:44
52	25	Phil	Briston	M	50	SAN DOMENICO	01:24:57	52	01:24:53
53	889	Peter	Osborne	M	50	SWANSEA HARRIERS	01:25:01	53	01:24:58
54	772	Chris	Allton	M	40	SWANSEA HARRIERS	01:25:19	54	01:25:14
55	1364	Scott	Hemmens	M		LES CROUPIERS	01:25:33	55	01:25:31
56	812	Tim	Butt	M			01:25:52	56	01:25:48
57	1435	Mark	Whitehead	M			01:26:02	57	01:25:51
58	690	Robert	Rotherham	M		MANX HARRIERS	01:26:03	58	01:25:52
59	594	Jason	Brewer	M	40		01:26:06	60	01:26:05
60	327	Nathan	Allen	M			01:26:08	62	01:26:08
61	14	Neil	Jones	M			01:26:11	59	01:26:01
62	754	Martin	George	M		SOSPAN ROAD RUNNERS	01:26:13	61	01:26:07
63	997	Jason	Dickinson	M	40	TROTS	01:26:15	63	01:26:10
64	1612	Bernard	Henderson	M	50	PORT TALBOT HARRIERS	01:26:20	65	01:26:13
65	414	John	Littlewood	M			01:26:36	66	01:26:14
66	1	Robert	Warlow	M		PORT TALBOT HARRIERS	01:26:40	67	01:26:34
67	504	Michelle	Cole	F		3M's GORSEINON ROAD RUNNERS	01:26:43	69	01:26:42
68	1587	Gerard	Crispie	M	40	LES CROUPIERS	01:26:46	68	01:26:42
69	896	Dean	Webster	M		3M's GORSEINON ROAD RUNNERS	01:26:55	71	01:26:52
70	1286	Paul	Davies	M	40	PORT TALBOT HARRIERS	01:27:02	74	01:26:55
71	1445	David	Parfit	M	40	PORT TALBOT HARRIERS	01:27:02	75	01:26:55
72	619	Mark	Beveridge	M	40		01:27:07	73	01:26:55
73	1029	Laura	Hale	F			01:27:11	76	01:27:07
74	1130	Jonathan	Walker	M		SOSPAN ROAD RUNNERS	01:27:15	72	01:26:52

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Gun Pos	No	Forename	Surname	M/F	Cat	Club	GunTime	Chip Pos	ChipTime
75	1183	David	Bones	M			01:27:25	70	01:26:48
76	147	Neil	Jones	M			01:27:31	77	01:27:23
77	1234	Andrew	Marlow	M			01:27:36	79	01:27:29
78	700	Simon	Gillett	M			01:27:36	78	01:27:25
79	1659	Scott	Patrick	M		PEMBROKSHIRE TRI	01:27:39	64	01:26:11
80	926	Mathew	Maidment	M			01:27:41	80	01:27:31
81	1682	Steve	Chissell	M	40		01:27:44	83	01:27:42
82	1591	Ian	Harris	M			01:27:50	81	01:27:35
83	62	Robyn	Jones	M			01:27:52	85	01:27:49
84	862	David	Cheneler	M			01:27:55	87	01:27:53
85	293	Jason	Davies	M	40		01:27:56	88	01:27:53
86	755	Richard	Copp	M			01:27:59	84	01:27:45
87	501	John	Sutherland	M		LES CROUPIERS	01:28:01	89	01:27:57
88	497	Gareth	Hall	M		LLISWERRY RUNNERS	01:28:09	90	01:28:04
89	1485	Paul	Butcher	M	40		01:28:14	91	01:28:10
90	1604	Llewelyn	Lloyd	M			01:28:14	86	01:27:51
91	807	Oliver	Hurley	M			01:28:29	93	01:28:25
92	20	Clem	Clement	M	50	PENARTH & DINAS RUNNERS	01:28:35	92	01:28:24
93	1341	Neil	Williams	M	40		01:28:36	94	01:28:26
94	1713	Chris	Lodge	M			01:28:51	96	01:28:43
95	382	James	Reader	M			01:28:53	95	01:28:37
96	1383	Raul	Reismann	M		LC COBRAS	01:29:00	98	01:28:51
97	1360	Simon	Jones	M	40	ABERDARE ATHLETIC	01:29:02	99	01:28:58
98	1557	Gareth	O'Connor	M			01:29:05	97	01:28:48
99	1498	Gareth	Moss	M	40		01:29:06	100	01:28:58
100	1576	Mark	Allen	M			01:29:15	82	01:27:35
101	788	Steve	Rosewell	M	40		01:29:17	106	01:29:12
102	424	Peter	Walters	M	50	TROTS	01:29:21	102	01:29:08
103	1559	Alex	Hacket	M			01:29:24	108	01:29:21
104	1607	Gareth	Rees	M			01:29:26	107	01:29:18
105	1353	Neil	Drew	M			01:29:30	104	01:29:11
106	1420	Joanne	Johnson	F		ROYAL AIR FORCE AA	01:29:32	109	01:29:27
107	764	Richard	Allan	M		SWANSEA UNIVERSITY RUNNING	01:29:33	101	01:28:59
108	1044	Scott	Milne	M			01:29:34	103	01:29:11
109	1293	Stuart	Tyrrell	M			01:29:41	110	01:29:33
110	491	Will	Edwards	M		PORTHCAWL RUNNERSLIFE	01:29:42	112	01:29:38
111	1470	Bethan	Fowler	F			01:29:49	114	01:29:45

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Gun Pos	No	Forename	Surname	M/F	Cat	Club	GunTime	Chip Pos	ChipTime
112	1611	Mike	Tate	M	40	CELTIC TRI	01:29:55	116	01:29:46
113	1672	Darren	Stevens	M			01:29:56	111	01:29:38
114	1523	Simon	Scurrrell	M		TROTS	01:29:57	113	01:29:44
115	678	Kevin	Pugh	M	40		01:30:00	117	01:29:50
116	79	Andrew	Herbert	M	40	TATA STEEL MULTISPORTS	01:30:15	118	01:30:08
117	512	Simon	Hazel	M	40		01:30:23	119	01:30:18
118	821	Christopher	Ward	M			01:30:37	120	01:30:20
119	1369	David	Richardson	M			01:30:40	115	01:29:45
120	127	Lee	Miller	M			01:30:54	121	01:30:45
121	1316	Matthew	Reynolds	M			01:31:09	123	01:30:57
122	1685	Gareth	Morgan	M	40		01:31:09	124	01:30:57
123	724	Jill	Hamill	F			01:31:09	125	01:31:02
124	1186	Leann	Gibbs	F	35	CELTIC TRI	01:31:11	127	01:31:07
125	1300	Stacey	Farnell	M		3M's GORSEINON ROAD RUNNERS	01:31:16	126	01:31:04
126	1171	Barry	Herdman	M			01:31:17	128	01:31:09
127	46	Laurence	Pole	M		PONTYPRIDD ROADENTS	01:31:28	130	01:31:22
128	1441	Philip	Tucker	M			01:31:28	131	01:31:23
129	13	Louise Ann	Flynn	F			01:31:33	133	01:31:26
130	635	Richard	Bunn	M		PEEL ROAD RUNNERS	01:31:39	132	01:31:24
131	1081	Stewart	Roberts	M			01:31:45	136	01:31:37
132	1464	Christopher	Purdon	M	40		01:31:46	135	01:31:34
133	1667	Rhys	Harries	M			01:31:46	134	01:31:28
134	1568	Chris	Bates	M		FIRSTCMS SOFTWARE SOLUTIONS	01:31:47	137	01:31:38
135	511	Andrew	Morris	M			01:31:48	122	01:30:54
136	1736	James	O'Callaghan	M	40		01:31:49	105	01:29:11
137	1217	James	Horner	M		LES CROUPIERS	01:31:56	141	01:31:52
138	854	Steven	Williams	M			01:31:56	138	01:31:40
139	1381	Cedric	David	M		VEGAN RUNNERS	01:32:00	140	01:31:50
140	1055	Andrew	Miles	M	50		01:32:03	139	01:31:47
141	599	Greg	Tilston	M			01:32:07	142	01:31:52
142	1466	Mr	Watson	M	40	ERME VALLEY HARRIERS	01:32:12	146	01:32:08
143	313	Vincent	Playdon	M			01:32:18	144	01:31:55
144	1068	John Philip	Parry	M	50	BUILTH & DISTRICT RC	01:32:24	145	01:32:05
145	1064	Meirion	Evans	M			01:32:30	143	01:31:52
146	1370	Nick	Francis	M			01:32:31	147	01:32:20
147	1449	Eric	Davey	M	60	LLANELLI AC	01:32:31	151	01:32:29
148	1643	Andy	Holcroft	M		INGLI RUNNERS	01:32:35	152	01:32:29

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Gun Pos	No	Forename	Surname	M/F	Cat	Club	GunTime	Chip Pos	ChipTime
149	1216	Ian	Morgan	M		CELTIC TRI	01:32:36	148	01:32:23
150	1632	Shaun	Connor	M	40	LES CROUPIERS	01:32:37	153	01:32:33
151	704	Tomas	Ninis	M			01:32:41	149	01:32:28
152	259	Keith	Richards	M	40		01:32:49	150	01:32:28
153	1734	Gavin	Mahon	M		Newmarket Joggers	01:32:50	129	01:31:15
154	1633	Dean	Trebilcock	M			01:32:54	157	01:32:42
155	892	Gabriella	Maine	F		PORTHCAWL RUNNERSLIFE	01:32:56	159	01:32:53
156	540	Robert	Rees	M			01:32:56	154	01:32:33
157	1015	Ian	Speed	M	40		01:32:57	158	01:32:48
158	162	Andrew	Evans	M	50		01:33:00	156	01:32:39
159	1359	Mark	Tregilgas	M		30+BOOTCAMP	01:33:08	160	01:32:57
160	1037	Lloyd	Thomas	M			01:33:23	161	01:32:58
161	1031	Lloyd	Morgan	M		SAN DOMENICO	01:33:25	163	01:33:07
162	1586	David	Williams	M			01:33:27	155	01:32:38
163	532	Amy	Lunnon	F		BRIDGEND AC	01:33:36	167	01:33:30
164	1566	Rachel	Allcock	F	35	AMMAN VALLEY HARRIERS	01:33:36	168	01:33:31
165	1393	Kate	Skidmore	F			01:33:40	162	01:33:07
166	815	Mark	Whitby	M			01:33:42	166	01:33:25
167	1491	Kevin	Russell	M	50	SAN DOMENICO	01:33:45	169	01:33:31
168	1077	Mary Virginia	Bowen Rees	F	45	TROTS	01:33:46	174	01:33:41
169	951	Gareth	Hill	M	40	CAREERING WALES	01:33:47	170	01:33:35
170	1386	Daniel	Thomas	M			01:33:55	175	01:33:48
171	1110	Sam	Corfield	M			01:33:56	173	01:33:39
172	503	Adrian	Blair	M			01:34:00	171	01:33:36
173	56	Richard	Long	M	40		01:34:01	177	01:33:52
174	1365	Jonathan	Owen	M	40		01:34:01	176	01:33:50
175	404	Martyn	Poole	M			01:34:05	165	01:33:16
176	1579	Matthew	Reardon	M			01:34:06	172	01:33:38
177	1670	Jonathan	Hancock	M	40	TROTS	01:34:09	180	01:33:58
178	932	John	Redmond	M			01:34:12	179	01:33:56
179	1036	Nathan	Walmsley	M			01:34:15	164	01:33:14
180	629	Andrew	Fairclough	M			01:34:21	186	01:34:16
181	1141	Mark	Jones	M	50		01:34:21	185	01:34:15
182	1423	Julian	Maine	M	50	PORTHCAWL RUNNERSLIFE	01:34:24	187	01:34:19
183	1251	Owen	Lewis	M			01:34:25	181	01:34:06
184	1432	Daniel	Elliott	M			01:34:26	178	01:33:53
185	405	Kevin	Corcoran	M	40	SWANSEA HARRIERS	01:34:32	184	01:34:12

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186	1698	Lee	Davies	M			01:34:44	192	01:34:30
187	1494	Tim	John	M		TROTS	01:34:45	194	01:34:32
188	155	Karl	Sepahpour	M			01:34:46	189	01:34:27
189	433	Daniel	Cluroe	M			01:34:47	193	01:34:30
190	63	Joan Caroline	Jones	F	45	TROTS	01:34:48	195	01:34:34
191	1237	Rhodri	Morgan	M	40		01:34:56	198	01:34:40
192	1032	Steven	Jones	M	40		01:34:58	196	01:34:36
193	956	Paul	Carman	M	50		01:35:00	201	01:34:52
194	219	Daniel	Tidball	M			01:35:04	199	01:34:46
195	1152	Alun	Bonello	M			01:35:07	183	01:34:11
196	1252	Gareth	Rees	M		SOSPAN ROAD RUNNERS	01:35:07	204	01:35:00
197	1608	Matthew	Beamish	M			01:35:08	191	01:34:28
198	965	David	Williams	M	40	LES CROUPIERS	01:35:10	197	01:34:40
199	1459	Rod	Harris	M	40		01:35:14	205	01:35:03
200	1339	Luke	Richards	M			01:35:14	203	01:34:57
201	1273	Michael	Jones	M	50		01:35:15	206	01:35:04
202	1239	Gareth	Davies	M			01:35:19	188	01:34:22
203	486	Viv	Clement	F	35	CARDIFF TRI	01:35:23	207	01:35:13
204	1195	Laurence	Worth	M	40	PEMBROKESHIRE HARRIERS	01:35:25	190	01:34:28
205	1511	Richard	Jones	M			01:35:28	182	01:34:10
206	1401	Simon	Smith	M			01:35:30	202	01:34:56
207	1457	Richard	James	M	40	EMLYN RUNNERS	01:35:30	200	01:34:48
208	11	Ian	Bamford	M		3M's GORSEINON ROAD RUNNERS	01:35:42	211	01:35:30
209	1120	Andrew	Powell-Chandler	M	40		01:35:46	209	01:35:22
210	866	Martin	Price	M			01:35:52	208	01:35:14
211	1583	David	Cornish	M	40	PORT TALBOT HARRIERS	01:35:59	214	01:35:43
212	1354	Anthony	Deacy	M	50	ESPIRIT	01:36:01	215	01:35:51
213	1319	Michael R	Bryant	M	50		01:36:10	218	01:36:01
214	522	Stephanie	Avery	F			01:36:14	213	01:35:43
215	1026	Adrian	Corbett	M	50	OUTDOOR FITNESS	01:36:15	221	01:36:11
216	966	Paul	Evans	M		BRECON AC	01:36:17	210	01:35:28
217	1309	Marc	Batcup	M		SWANSEA HARRIERS	01:36:19	217	01:36:01
218	1480	Michael	Davies	M	60	LES CROUPIERS	01:36:19	219	01:36:06
219	806	James	Dawe	M			01:36:20	224	01:36:13
220	1472	Wayne	Cross	M	40		01:36:27	223	01:36:12
221	1601	Derek	Fenton	M	40		01:36:28	222	01:36:11
222	695	Anthony	David	M			01:36:30	226	01:36:17

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223	1625	Huw	Littlewood	M			01:36:30	220	01:36:09
224	1009	Clare	Scott	F	35	HEREFORD COURIERS	01:36:34	227	01:36:17
225	940	Jason	Evans	M		CELTIC TRI	01:36:36	230	01:36:24
226	1474	Amy	Edwards	F		RHONDDA VALLEY RUNNERS	01:36:36	216	01:35:58
227	1639	Anthony	Corria	M	40		01:36:38	212	01:35:41
228	1018	Liz	Ashton	F		LES CROUPIERS	01:36:39	233	01:36:33
229	1427	Nigel	Taylor	M	40		01:36:44	228	01:36:20
230	1332	Paul	Martin	M			01:36:45	225	01:36:16
231	1199	Fiona	Davies	F	55	PONTYPRIDD ROADENTS	01:36:46	234	01:36:33
232	427	Sally	Wilson	F	35	INGLI RUNNERS	01:36:47	232	01:36:32
233	1062	Lindy	Eynon	F	45	TROTS	01:36:50	236	01:36:38
234	818	Gair	McAdie	M		TEAM DEVIANT	01:36:53	229	01:36:21
235	451	Oliver	Nazer	M			01:37:02	237	01:36:45
236	1276	Seamus	Gallagher	M		SAN DOMENICO	01:37:06	243	01:36:57
237	1564	David	James	M		AMMAN VALLEY HARRIERS	01:37:08	246	01:37:03
238	846	Rhian	Loudon	F	45	NEWPORT HARRIERS	01:37:12	244	01:37:01
239	1287	Jonathan	Cousins	M	40		01:37:12	239	01:36:50
240	29	Paul	Arnold	M	40	CELTIC TRI	01:37:13	240	01:36:52
241	1626	Phil	Jones	M			01:37:15	248	01:37:06
242	447	Mark	Jones	M	50	CLWB TRIATHLON	01:37:15	252	01:37:09
243	1173	Richard	Thomas	M			01:37:17	235	01:36:37
244	1324	Samuel	Marsh	F			01:37:17	231	01:36:32
245	569	Leigh	Fennell	M			01:37:21	250	01:37:07
246	1084	Mark	Thomson	M	40		01:37:24	242	01:36:56
247	944	Anne	Davies	F	45	WIMBLEDON WINDMILERS	01:37:24	255	01:37:18
248	978	Neil	Price	M			01:37:26	241	01:36:55
249	1413	Paul	Davies	M			01:37:27	259	01:37:25
250	182	Matthew	Davies	M			01:37:30	245	01:37:02
251	1177	Ross	McNally	M		PEMBROKESHIRE HARRIERS	01:37:31	251	01:37:08
252	1515	Matt	Rogerson	M			01:37:34	238	01:36:47
253	637	Gary	Bodman	M	40	LES CROUPIERS	01:37:36	247	01:37:05
254	1012	Mick	Grant	M	50	ROAD RUNNERS CLUB	01:37:36	260	01:37:25
255	576	Marc	Bevan	M			01:37:37	254	01:37:17
256	1196	Wyn	James	M			01:37:39	261	01:37:25
257	1539	Nigel	Evans	M	40	TROTS	01:37:41	263	01:37:28
258	1092	Kevin	Neads	M	50	CLEVEDON AC	01:37:42	268	01:37:39
259	1175	Sam	Duggan	M			01:37:42	253	01:37:16

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## Llanelli Waterside Half Marathon - 2011 results

Gun Pos	No	Forename	Surname	M/F	Cat	Club	GunTime	Chip Pos	ChipTime
260	1732	Runner	1732	M			01:37:43	249	01:37:07
261	1371	Linden	Cox	M	40		01:37:45	264	01:37:29
262	1577	Edwin	Roggeband	M	40		01:37:50	271	01:37:46
263	1428	Llion	Ap Dylan	M			01:37:54	265	01:37:30
264	1488	Mark	Bryant	M	40		01:37:55	267	01:37:35
265	110	Mike	Griffiths	M			01:37:56	258	01:37:24
266	933	Luthfur	Rahman	M			01:38:02	270	01:37:46
267	995	Megan	Evans	F			01:38:03	272	01:37:49
268	30	Jayne	Arnold	F	35	CELTIC TRI	01:38:05	269	01:37:44
269	1580	Graham	Vyner	M	40	CELTIC TRI	01:38:05	256	01:37:23
270	70	Kellinu J.C	Portelli	M	40	LES CROUPIERS	01:38:12	276	01:38:05
271	1181	Jon	Walters	M			01:38:12	280	01:38:09
272	701	Antony	Panter	M	40		01:38:18	257	01:37:24
273	1569	Grahame	Viner	M	50	CAERLEON RUNNING CLUB	01:38:22	266	01:37:31
274	646	Huw	Wells	M	40		01:38:23	277	01:38:05
275	1624	Bethan	Ouseley	F		INGLI RUNNERS	01:38:24	281	01:38:10
276	590	Cain	Thomas	M		VILLAGE VIPERS	01:38:26	274	01:38:03
277	1665	Jason	Williams	M			01:38:26	284	01:38:18
278	339	Nick	Denny	M			01:38:28	275	01:38:04
279	1020	Caroline	McBeth	F	45	SWINDON STRIDERS	01:38:28	285	01:38:18
280	1663	Ken	Parton	M	50		01:38:36	273	01:38:00
281	1336	Ed	Laverack	M			01:38:41	283	01:38:18
282	805	Robert	Young	M			01:38:49	291	01:38:35
283	1476	Peter	Austin	M			01:38:50	262	01:37:26
284	767	Neil	Lawrence	M		BUILTH & DISTRICT RC	01:38:51	282	01:38:12
285	756	Matthew	Courtney-Smith	M			01:38:53	286	01:38:22
286	1709	Simon	Williams	M			01:38:56	288	01:38:28
287	1321	Michelle	Grey	F		PORT TALBOT HARRIERS	01:38:57	293	01:38:41
288	1361	Thomas	Chennell	M			01:38:57	292	01:38:37
289	1146	Glyn	Jones	M	50		01:38:57	296	01:38:45
290	842	Chris	Ormonde	M			01:38:59	290	01:38:35
291	840	Lloyd	Jones	M			01:39:00	289	01:38:35
292	587	Ben	Reid	M			01:39:02	299	01:38:51
293	1422	Julian	Vance-Daniel	M	50		01:39:03	278	01:38:06
294	565	Paul	Morgan	M			01:39:04	297	01:38:50
295	634	Bunn	Tricia	F	35	PEEL ROAD RUNNERS	01:39:06	300	01:38:51
296	1487	Stephen	Lewis	M	40		01:39:10	302	01:38:52

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## Llanelli Waterside Half Marathon - 2011 results

Gun Pos	No	Forename	Surname	M/F	Cat	Club	GunTime	Chip Pos	ChipTime
297	1169	Lee-John	Griffiths	M			01:39:13	298	01:38:50
298	1033	Helen	Jones	F	35		01:39:13	301	01:38:51
299	1384	Steven	Percey	M	40		01:39:26	304	01:39:03
300	299	Darren	Floyd	M			01:39:27	279	01:38:09
301	989	Gill	Aldworth	F	35	BRECON AC	01:39:31	294	01:38:42
302	324	Uku	Kumari	M	50		01:39:32	314	01:39:24
303	1599	Alwyn	Williams	M	40		01:39:33	295	01:38:42
304	1058	Sian	Phillips	F	45	SWANSEA HARRIERS	01:39:35	316	01:39:26
305	467	Aled	Rees	M			01:39:36	287	01:38:22
306	722	Marie	Dawson	F			01:39:36	306	01:39:05
307	315	Andy	Hunter	M			01:39:37	309	01:39:14
308	389	Richard	Hayes	M			01:39:38	305	01:39:03
309	1233	Philip	Hughes	M		SAN DOMENICO	01:39:40	317	01:39:26
310	266	Andy	Sheel	M			01:39:41	307	01:39:10
311	1533	Geraint	Jenkins	M	40	AMMAN VALLEY HARRIERS	01:39:42	319	01:39:37
312	875	Richard	Evans	M	40		01:39:43	320	01:39:37
313	632	Richard	Hamlin	M		STROUD AC	01:39:46	310	01:39:15
314	621	Anthony	Douglas	M			01:39:48	318	01:39:36
315	1192	Don	Burrows	M	40		01:39:51	325	01:39:46
316	1620	Ian	Sparks	M			01:40:00	321	01:39:41
317	1592	Mark	Overton	M	40		01:40:08	308	01:39:11
318	481	Nicholas	Masefield	M			01:40:08	313	01:39:20
319	124	Andrew	Reddy	M			01:40:10	328	01:39:53
320	372	Michael	Walton	M	50		01:40:11	326	01:39:46
321	1331	Aled	Smith	M		TENBY ACES	01:40:14	303	01:39:00
322	1637	Simon	Brewer	M			01:40:15	311	01:39:18
323	800	Jade	Gittins	F		CAERLEON RUNNING CLUB	01:40:15	312	01:39:20
324	1244	Jeremy	Phillips	M			01:40:20	330	01:40:03
325	1595	Alun	Yeend	M	50		01:40:23	315	01:39:24
326	718	Mark	Hanford	M			01:40:24	333	01:40:18
327	1174	Daniel	Williams	M		PEMBROKESHIRE HARRIERS	01:40:26	331	01:40:04
328	156	Chris	Williams	M	40		01:40:31	332	01:40:07
329	826	Gavin	Morgan	M		BUILTH & DISTRICT RC	01:40:35	329	01:39:54
330	1541	Noel	Thompson	M	50		01:40:36	324	01:39:43
331	273	Christopher	Evans	M			01:40:38	322	01:39:41
332	1622	Mike	Palmer	M		SARN HELEN	01:40:41	337	01:40:30
333	530	Rachel	Williams	F			01:40:43	335	01:40:27

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## Llanelli Waterside Half Marathon - 2011 results

Gun Pos	No	Forename	Surname	M/F	Cat	Club	GunTime	Chip Pos	ChipTime
334	508	Darren	Picton	M			01:40:45	336	01:40:29
335	730	Gareth	Welsh	M	50	PORTHCAWL RUNNERSLIFE	01:40:47	334	01:40:19
336	1447	Kate	Hyatt	F			01:40:49	343	01:40:40
337	1280	John	Sibcy	M			01:40:50	340	01:40:33
338	371	Neil	Marvin	M	40		01:40:56	344	01:40:42
339	329	Allen	Fitzpatrick	M			01:40:57	338	01:40:31
340	444	Nigel	Williams	M	40		01:40:58	327	01:39:50
341	35	Stephen	May	M			01:41:01	348	01:40:55
342	1148	Barry	Nichols	M			01:41:07	342	01:40:36
343	33	Rachel	Walsh	F			01:41:12	347	01:40:54
344	1575	Matthew	Cook	M			01:41:12	350	01:40:59
345	688	Tim	Knight	M			01:41:14	349	01:40:58
346	539	Aled	Edwards	M			01:41:15	323	01:39:41
347	352	Kate	Penquet	F			01:41:20	355	01:41:08
348	1547	Christopher	Morgan	M	40		01:41:21	345	01:40:50
349	1574	Mike	Rossiter	M	50		01:41:24	357	01:41:17
350	1532	Geraint	Crocker	M			01:41:26	351	01:41:00
351	473	Celia	Speake	F	35	BUILTH & DISTRICT RC	01:41:40	352	01:41:01
352	1688	Dennis	Collins	M	40	RHONDDA VALLEY RUNNERS	01:41:40	371	01:41:40
353	346	Neil	Thomas	M	40		01:41:45	367	01:41:38
354	960	Nigel	Cowan	M	60		01:41:46	362	01:41:28
355	1436	Mark	Farrar	M		LES CROUPIERS	01:41:48	363	01:41:33
356	1524	Tom	Nettleship	M			01:41:49	353	01:41:01
357	526	Phillip	Worth	M			01:41:49	364	01:41:34
358	1142	Chris	Griffiths	M			01:41:50	339	01:40:31
359	102	Martyn	Hill	M			01:41:52	361	01:41:22
360	283	Richard	Baker	M			01:41:54	369	01:41:39
361	1716	Colan	Badham	M			01:41:55	341	01:40:33
362	1706	Michael	Thomas	M			01:42:00	368	01:41:38
363	1526	Lee	Davies	M			01:42:00	372	01:41:42
364	54	Paul	Bigmore	M	50	BRAKLA HARRIERS	01:42:01	356	01:41:14
365	1610	Huw	Turner	M	40		01:42:03	378	01:41:49
366	1388	Gwen	Morris	F		INGLI RUNNERS	01:42:04	354	01:41:05
367	1615	Allan	Davies	M	40		01:42:06	377	01:41:46
368	1318	Richard	Howe	M	40		01:42:06	373	01:41:42
369	1289	Byron	Davies	M		3M's GORSEINON ROAD RUNNERS	01:42:10	375	01:41:45
370	1344	Sian	Roberts-Jones	F		SARN HELEN	01:42:10	380	01:42:00

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## Llanelli Waterside Half Marathon - 2011 results

Gun Pos	No	Forename	Surname	M/F	Cat	Club	GunTime	Chip Pos	ChipTime
371	656	Darren	Swetman	M	40		01:42:11	374	01:41:43
372	1024	Colin	Blackwell	M	50		01:42:11	365	01:41:34
373	142	Gareth	Hart	M	40		01:42:11	360	01:41:22
374	613	Peter	Wilks	M		LES CROUPIERS	01:42:16	376	01:41:46
375	765	Yusuf	Laloo	M			01:42:19	346	01:40:54
376	1644	Gareth	Jenkins	M			01:42:24	381	01:42:06
377	1617	Paul	Wood	M	40	CARDIFF TRI	01:42:28	384	01:42:13
378	1558	Michael	Terry	M	60	TROTS	01:42:30	385	01:42:15
379	1394	David	Way	M			01:42:31	388	01:42:20
380	1143	Nicholas	Hartley	M			01:42:34	382	01:42:10
381	351	Lee	De Filippo	M			01:42:36	366	01:41:37
382	1711	David	Griffiths	M			01:42:38	387	01:42:19
383	1684	Penelope	Rees	F		TROTS	01:42:44	358	01:41:19
384	1149	Eleanor	Grey	F			01:42:45	383	01:42:12
385	464	Craig	Nowell	M			01:42:49	379	01:41:56
386	1647	John	Sweeting	M	60	MDC	01:42:51	370	01:41:40
387	998	Rhys	Gravell	M			01:42:52	359	01:41:22
388	256	Grant	Duncan	M	50		01:42:54	390	01:42:29
389	1230	Peter	Cumming	M			01:42:58	396	01:42:38
390	824	Andrew	Toft	M	40	INDEPENDENT	01:42:58	401	01:42:48
391	914	Stuart	Pemberton	M			01:43:01	398	01:42:44
392	1448	Gary	Hyatt	M	60	LES CROUPIERS	01:43:02	403	01:42:53
393	1317	Richard	Davies	M	40	LLISWERRY RUNNERS	01:43:06	395	01:42:36
394	462	Eibhlin	O'Donnell Jones	F	35		01:43:09	400	01:42:48
395	1473	Richard	Phillips	M		TROTS	01:43:11	389	01:42:20
396	1358	Alun	Evans	M			01:43:12	409	01:43:04
397	551	Non	Davies	F			01:43:12	397	01:42:43
398	1111	David	Rees	M		TEAM INPULSE	01:43:21	405	01:42:57
399	189	Kevin	Phelps	M	40		01:43:22	404	01:42:54
400	1093	Martin	Hines	M	40		01:43:23	412	01:43:14
401	1308	Daniel	Evans	M			01:43:24	386	01:42:18
402	1060	Stuart Victor	Howells	M	40		01:43:27	402	01:42:53
403	1410	Robert	Morgan	M	40		01:43:29	413	01:43:15
404	881	Benjamina	Bullard	M			01:43:32	392	01:42:33
405	699	Beverley	Lewis	F	45	CARDIFF TRI	01:43:38	391	01:42:31
406	1159	Marcus	Thomas	M			01:43:40	394	01:42:36
407	49	Jason	Davidge	M	40		01:43:42	408	01:43:00

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## Llanelli Waterside Half Marathon - 2011 results

Gun Pos	No	Forename	Surname	M/F	Cat	Club	GunTime	Chip Pos	ChipTime
408	229	Anthony	Dew	M			01:43:44	414	01:43:18
409	1242	Andrew	Parkes	M		TEAM 6	01:43:45	416	01:43:27
410	22	David	Boucher	M	50		01:43:45	415	01:43:24
411	441	Kyle	Galtry	M			01:43:49	399	01:42:46
412	529	Dave	Breen	M	50	PORTHCAWL RUNNERSLIFE	01:43:50	410	01:43:10
413	1409	Roy	Board	M	40		01:43:54	418	01:43:37
414	436	Ian	Evans	M	40		01:44:00	425	01:43:48
415	804	Carl	James	M			01:44:01	393	01:42:33
416	1112	Aled	Eynon	M			01:44:07	423	01:43:43
417	442	Geraint	Davies	M	40		01:44:14	407	01:43:00
418	422	Kelly	Gipson	F	35	TEAM DEVIANT	01:44:15	426	01:43:52
419	984	Andy	Williams	M	40		01:44:16	421	01:43:40
420	603	Kieran	Chouhan Thomas	M			01:44:25	430	01:44:04
421	597	Eoghan	Walsh	M			01:44:26	411	01:43:10
422	1039	Kristie	Harper	F			01:44:28	419	01:43:39
423	1397	Richard Alun	Williams	M			01:44:30	428	01:43:58
424	1041	Simon	Dye	M		BRECON AC	01:44:31	422	01:43:42
425	1518	Rob	Price	M		CORDNER LEWIS ATHLETICS CLUB	01:44:32	431	01:44:04
426	366	Owen	Emanuel	M			01:44:36	429	01:43:59
427	1519	Paul	Jenkins	M	40		01:44:37	424	01:43:45
428	1400	Delme	Price	M			01:44:37	406	01:42:57
429	1598	Christopher	Williams	M			01:44:38	441	01:44:29
430	713	Fabien	Frechin	M	40		01:44:44	420	01:43:40
431	335	Rob	Williams	M	50		01:44:46	427	01:43:57
432	1517	Brian	Griffiths	M	60		01:44:47	436	01:44:20
433	1127	Paul	Evans	M			01:44:53	417	01:43:35
434	1304	Hussain	Rubban	M			01:44:53	433	01:44:12
435	1303	Carl	Seaman	M	40	RHONDDA VALLEY RUNNERS	01:44:54	432	01:44:09
436	1374	Ray	Majer	M	50	SOSPAN ROAD RUNNERS	01:45:00	450	01:44:40
437	1465	Julie	Archer	F	35	WOMENS RUNNING NETWORK	01:45:01	443	01:44:31
438	1035	Phillip	Mears	M	40	PEGASUS - CARDIFF	01:45:04	459	01:44:56
439	1087	Mair	Harris	F	35		01:45:04	449	01:44:39
440	1162	Caryl	Richards	F		SOUTHAMPTON TRIATHLON CLUB	01:45:05	440	01:44:29
441	930	Gary	Johnston	M	40		01:45:07	452	01:44:40
442	809	Ian	Hopwood	M			01:45:11	434	01:44:15
443	780	Lana	Brace	F	35		01:45:12	457	01:44:46
444	1680	Loretta	Daley	F	45	LES CROUPIERS	01:45:12	466	01:45:05

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## Llanelli Waterside Half Marathon - 2011 results

Gun Pos	No	Forename	Surname	M/F	Cat	Club	GunTime	Chip Pos	ChipTime
445	428	Jonathan	Gosling	M			01:45:16	453	01:44:41
446	848	David	Place	M	40		01:45:16	437	01:44:21
447	967	Nicola	Quin	F			01:45:18	444	01:44:32
448	1609	Helen	Mann	F			01:45:18	456	01:44:45
449	143	Kathryn	Hughes	F			01:45:22	461	01:44:57
450	828	Gareth	Poulton	M			01:45:24	465	01:45:04
451	1284	Rita	Kingdon	F		EAST LONDON RUNNERS	01:45:25	447	01:44:35
452	1440	Amanda	Parry	F	35		01:45:25	470	01:45:18
453	829	Stuart	Trimby	M			01:45:27	468	01:45:07
454	289	Anne	Bristoe	F	45		01:45:29	442	01:44:30
455	1392	Jonathan	Beynon	M		LC COBRAS	01:45:30	451	01:44:40
456	863	Jenny	McGillycuddy	F			01:45:30	438	01:44:22
457	1134	Eifion	Jones	M			01:45:32	439	01:44:27
458	1305	Michael	Pursey	M	40		01:45:36	458	01:44:55
459	1357	Catriona	Proctor	F	35	TROTS	01:45:37	435	01:44:20
460	105	Gareth	Rees	M	40		01:45:38	467	01:45:07
461	1107	Megan	Whitaker	F			01:45:40	462	01:44:58
462	1279	Ryan	O'Neill	M			01:45:45	464	01:45:03
463	959	Nina	Brocklebank	F	35	3M's GORSEINON ROAD RUNNERS	01:45:46	455	01:44:44
464	1704	Julian	Lewis	M			01:45:47	460	01:44:56
465	188	Phil	Walton	M			01:45:51	471	01:45:33
466	638	Jon	Griffiths	M		VILLAGE VIPERS	01:45:56	474	01:45:36
467	1555	Nick	Thorne	F			01:46:01	446	01:44:34
468	666	Robert	Weeks	M	40		01:46:02	475	01:45:37
469	274	Daniel	Williams	M	40		01:46:05	473	01:45:35
470	1683	Damien	Lloyd-Jones	M			01:46:09	454	01:44:44
471	3	Clive	Greaves	M	40	3M's GORSEINON ROAD RUNNERS	01:46:12	477	01:45:45
472	578	Georgina	Pocock	F			01:46:19	476	01:45:40
473	1725	Sian	Bayliss	F			01:46:19	480	01:45:53
474	766	Liam	Andrews	M			01:46:23	448	01:44:35
475	1621	Gethin	Williams	M			01:46:27	484	01:46:03
476	702	Richard	Dyer	M			01:46:29	472	01:45:35
477	832	James	Watson	M			01:46:30	488	01:46:19
478	286	Christopher	Price	M			01:46:32	487	01:46:09
479	884	Steve	Davies	M	40	PORT TALBOT HARRIERS	01:46:34	445	01:44:33
480	1550	Sophie	Crampin	F			01:46:34	479	01:45:52
481	1042	Andy	Morton	M	50		01:46:34	486	01:46:06

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## Llanelli Waterside Half Marathon - 2011 results

Gun Pos	No	Forename	Surname	M/F	Cat	Club	GunTime	Chip Pos	ChipTime
482	1578	Richard	Cheney	M		ASPIRATIONS	01:46:37	469	01:45:13
483	493	Jon	Robbins	M			01:46:40	489	01:46:24
484	301	John	Parsons	M	60		01:46:45	485	01:46:04
485	1105	Jamie	Rowland	M			01:46:48	491	01:46:39
486	1417	Tim	Clarke	M	40	CARDIFF TRI	01:46:52	463	01:45:00
487	1023	Martin	Jones	M			01:46:52	478	01:45:50
488	1702	Adrian	Haworth	M	40		01:46:55	483	01:46:01
489	1703	Laurie	Haworth	M			01:46:55	482	01:46:01
490	644	Aisling	Pigott	F		OUTDOOR FITNESS	01:47:03	490	01:46:25
491	867	David	Williams	M			01:47:04	481	01:45:55
492	588	Sarah	Fry	F	35		01:47:12	495	01:46:46
493	28	David	Webster	M	40		01:47:20	498	01:46:53
494	1363	Jodi	Bateman	F	35	BUILTH & DISTRICT RC	01:47:22	493	01:46:43
495	902	Clayton	Wehrle	M	40		01:47:25	503	01:47:01
496	44	Steven	Davies	M			01:47:27	504	01:47:03
497	1334	Chris	Allen	M			01:47:27	497	01:46:50
498	454	Mari	Griffiths	F			01:47:27	505	01:47:05
499	740	Rachel	Biggar	F			01:47:34	499	01:46:56
500	1377	Michelle	Roberts	F	35		01:47:38	507	01:47:14
501	1326	Teresa	Shanklin	F	45		01:47:39	492	01:46:42
502	1516	David	Britton	M			01:47:40	496	01:46:46
503	1109	Elizabeth	Richards	F	45	CAERLEON RUNNING CLUB	01:47:42	494	01:46:46
504	226	Derek	Gough	M	40		01:47:44	501	01:47:00
505	554	Jason	Beynon	M			01:47:45	511	01:47:24
506	1571	Andrew	Williams	M			01:47:56	512	01:47:27
507	401	Anne	Huggett	F			01:47:58	514	01:47:29
508	1078	Ralph	Davey	M	60	LES CROUPIERS	01:48:00	513	01:47:28
509	1225	Marc	Cannon	M		SOUTH WALES POLICE	01:48:01	506	01:47:08
510	1250	Stephen	Lewis	M		CELTIC TRI	01:48:04	516	01:47:33
511	723	Tim	Lewis	M			01:48:05	500	01:46:59
512	1328	Guy	Mawson	M	40	FETCH EVERYONE RC	01:48:05	515	01:47:33
513	1366	David	Elvy	M	40		01:48:18	519	01:47:49
514	1731	Chris	Warmer	M			01:48:22	529	01:48:06
515	684	Andrew	Kings	M			01:48:23	520	01:47:49
516	1671	Nicola	James	F		PENARTH & DINAS RUNNERS	01:48:23	528	01:48:04
517	1380	Helen	Watkinson	F		VEGAN RUNNERS	01:48:25	521	01:47:50
518	1390	Paul	Jones	M		MUMBLES MILERS	01:48:31	517	01:47:44

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## Llanelli Waterside Half Marathon - 2011 results

Gun Pos	No	Forename	Surname	M/F	Cat	Club	GunTime	Chip Pos	ChipTime
519	314	Carl	Harris	M			01:48:35	530	01:48:08
520	1735	Byron	Kear	M			01:48:36	502	01:47:01
521	681	Anthony	Worman	M			01:48:37	532	01:48:12
522	197	Simon	Parry	M	40		01:48:41	531	01:48:12
523	833	Glen	Thompson	M	40		01:48:43	527	01:48:03
524	1082	Gareth	Jones	M			01:48:43	508	01:47:15
525	1290	Gareth	Morgan	M			01:48:47	524	01:47:55
526	1272	David	Williams	M			01:48:47	535	01:48:18
527	1666	Alun	Parry	M			01:48:49	536	01:48:22
528	531	Ceri	Stone	M	40		01:48:49	526	01:48:01
529	736	Sarah	Lewis	F	35		01:48:51	522	01:47:51
530	858	Adam	Owen	M			01:48:54	510	01:47:22
531	573	Leighton	Gwyn	M	50		01:48:54	518	01:47:48
532	1348	Tomos	Lawrence	M			01:49:00	539	01:48:36
533	751	Jodie	Grove	F			01:49:08	544	01:48:48
534	729	Richard	Owen	M			01:49:10	548	01:48:59
535	1664	Gavin	Evans	M			01:49:14	554	01:49:09
536	947	Andy	Armstrong	M	40	RUNNERS WORLD	01:49:16	537	01:48:32
537	1254	Kevin	Maloy	M	40		01:49:19	543	01:48:46
538	1030	John	Martin	M	50		01:49:20	542	01:48:41
539	1414	Kirsten	Tucker	F		PORT TALBOT HARRIERS	01:49:23	553	01:49:08
540	1469	Tyrone	Ward	M	40		01:49:25	509	01:47:20
541	71	David	Mc Donald	M	40	LES CROUPIERS	01:49:27	546	01:48:57
542	865	Robert	Sanders	M	50		01:49:29	549	01:49:02
543	942	Simon	Shepherd	M	40		01:49:29	534	01:48:18
544	1200	Andrew	Davies	M	40		01:49:31	523	01:47:51
545	1263	Kate	Eaton	F			01:49:31	525	01:47:58
546	1406	Christian	Mears	M	40		01:49:35	555	01:49:13
547	602	Natalie	Jones	F		VILLAGE VIPERS	01:49:36	557	01:49:15
548	925	Heather	Fraser	F			01:49:43	552	01:49:06
549	964	Keith	Powell	M	50	TROTS	01:49:44	562	01:49:29
550	968	David	Quin	M			01:49:45	538	01:48:33
551	179	Mark	Jones	M	40		01:49:46	540	01:48:38
552	1585	Kirsty	Jopson	F		SERPENTINE	01:49:47	558	01:49:22
553	1325	Ffion	Davies	F			01:49:50	541	01:48:41
554	618	Robert	Morgan	M			01:49:54	564	01:49:33
555	1588	Julie	Lewis	F	35	ISLWYN RUNNING CLUB	01:49:59	556	01:49:14

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## Llanelli Waterside Half Marathon - 2011 results

Gun Pos	No	Forename	Surname	M/F	Cat	Club	GunTime	Chip Pos	ChipTime
556	1642	Sam	Rice	M			01:50:00	550	01:49:04
557	524	Craig	Hudson	M			01:50:02	559	01:49:23
558	707	Tom	Wright	M	40	SOSPAN ROAD RUNNERS	01:50:08	551	01:49:06
559	1356	Ray	Ellingham	M	50	SAN DOMENICO	01:50:09	566	01:49:43
560	174	Simon	Cartlidge	M			01:50:16	573	01:50:00
561	1662	Ruth	Newman	F	35	VEGAN RUNNERS	01:50:20	533	01:48:17
562	1631	Tracy	Edwards	F	35	RHONDDA VALLEY RUNNERS	01:50:22	561	01:49:29
563	687	Catherine	Lloyd-Bennett	F		3M's GORSEINON ROAD RUNNERS	01:50:24	578	01:50:06
564	336	Timothy	Williams	M			01:50:26	565	01:49:36
565	452	Kevin	Jenkins	M	40		01:50:28	576	01:50:04
566	1693	Victoria	Woodsford	F	35		01:50:29	581	01:50:12
567	1275	Rebecca	Clarke	F			01:50:31	563	01:49:30
568	1398	Kyra	Kirkham	F		RHEDWYR EMLYN	01:50:34	569	01:49:51
569	171	Matthew	Arthur	M			01:50:35	583	01:50:14
570	1399	Barry	Owen	M		RHEDWYR EMLYN	01:50:35	545	01:48:49
571	5	Gareth Daniel	Baker	M			01:50:37	574	01:50:01
572	1008	Alun	Nelson	M		PEMBROKSHIRE TRI	01:50:37	567	01:49:46
573	1721	Tadeusz	Andrychiewicz	M			01:50:38	571	01:49:53
574	1201	Neil	Williams	M	40	CELTIC TRI	01:50:38	575	01:50:03
575	1108	Eric	Frew	M	40		01:50:39	579	01:50:11
576	1482	Helen	Coates	F			01:50:39	570	01:49:52
577	758	Lucy	Arthur	F			01:50:39	568	01:49:51
578	1484	Baverley	Warburton	F	45		01:50:41	547	01:48:57
579	98	Llinos	Evans	F	35		01:50:49	589	01:50:36
580	344	Stuart	Paley	M			01:50:53	572	01:49:54
581	662	Frances	Machin	F	35	LES CROUPIERS	01:50:55	587	01:50:34
582	1079	Peter	Malough	M			01:50:59	584	01:50:15
583	1103	Jennie	Conti	F	55	BUILTH & DISTRICT RC	01:51:02	585	01:50:22
584	1342	Hayley	Springett	F			01:51:05	580	01:50:11
585	1340	Richard	Springett	M	40		01:51:07	582	01:50:13
586	1010	Ceri	Morris	M			01:51:08	577	01:50:05
587	753	Anthony	Phillips	M	50		01:51:14	593	01:50:56
588	614	Paul	Gwilliam	M			01:51:15	591	01:50:40
589	1613	Michael	Smith	M	50		01:51:28	586	01:50:24
590	979	Sian	Davies	F			01:51:32	596	01:51:01
591	1067	Ann	Rowell	F	55	TROTS	01:51:33	607	01:51:21
592	1248	Ioan	Anthony	M			01:51:34	595	01:51:00

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## Llanelli Waterside Half Marathon - 2011 results

Gun Pos	No	Forename	Surname	M/F	Cat	Club	GunTime	Chip Pos	ChipTime
593	1444	Edwin	Evans	M	60	WELSH MASTERS A	01:51:40	614	01:51:30
594	1021	Sian	Jones	F			01:51:41	598	01:51:03
595	220	Abbie	Smith	F			01:51:41	600	01:51:04
596	810	Darren	Fettah	M	40		01:51:41	560	01:49:23
597	537	David	Davies	M		ARUP RUNNERS	01:51:45	610	01:51:25
598	1315	Neale	Davies	M	40	TRAMS RUNNING CLUB	01:51:47	605	01:51:19
599	763	Peter	Davies	M		ATHLETICS UNION BRITISH ARMY	01:51:53	621	01:51:43
600	962	Alison	Godfrey	F			01:51:54	606	01:51:21
601	358	James	Gwyther	M			01:51:55	613	01:51:29
602	494	Thomas	Gough	M	40		01:51:55	592	01:50:51
603	1584	Paul	Clarke	M	40	MUMBLES MILERS	01:52:00	604	01:51:14
604	1657	Michelle	Thomas-Luisi	F	35	3M's GORSEINON ROAD RUNNERS	01:52:04	588	01:50:36
605	1490	Vivienne	Kavanagh	F	45	3M's GORSEINON ROAD RUNNERS	01:52:04	590	01:50:36
606	891	Simon	Malough	M			01:52:07	609	01:51:23
607	937	Sarah	Bartlett	F	35		01:52:07	601	01:51:07
608	1376	Jacquelyn	Sheldon	F	45	WORCESTER BLACK PEARS	01:52:08	622	01:51:43
609	1132	Stewart	Pearce	M			01:52:10	619	01:51:42
610	1471	Leighton	Jones	M	60	3M's GORSEINON ROAD RUNNERS	01:52:11	624	01:51:52
611	490	Simon	Williams	M			01:52:23	629	01:51:57
612	890	Padraic	Ryan	M			01:52:23	618	01:51:42
613	251	Ben	Wheeler	M			01:52:27	627	01:51:54
614	1535	Simon	Davies	M			01:52:27	594	01:50:58
615	797	Jamie	Coldham	M			01:52:27	633	01:52:07
616	1215	Paul	Whittaker	M	40		01:52:27	634	01:52:09
617	1525	Lee	Newman	M		PORTHCAWL RUNNERSLIFE	01:52:29	623	01:51:48
618	285	Adam	Cooke	M			01:52:31	625	01:51:52
619	1477	Joanna	Rothwell	F			01:52:31	599	01:51:03
620	1204	Peter	Slee	M	40		01:52:32	597	01:51:03
621	95	Julia	Rees	F		PORT TALBOT HARRIERS	01:52:32	638	01:52:17
622	239	Michelle	Dougal	F			01:52:32	617	01:51:35
623	817	Jenny	McAdie	F		TEAM DEVIANT	01:52:35	602	01:51:08
624	844	Steve	Baddick	M			01:52:38	611	01:51:26
625	1158	Christopher	White	M			01:52:39	615	01:51:33
626	660	Sonia	Goute	F			01:52:40	612	01:51:27
627	199	Robin	Parker	M			01:52:40	608	01:51:21
628	93	Rob	Cox	M	40		01:52:40	636	01:52:11
629	421	Colin	Johns	M	40		01:52:41	641	01:52:22

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Gun Pos	No	Forename	Surname	M/F	Cat	Club	GunTime	Chip Pos	ChipTime
630	1560	Lee	Kwok	M		GLAMORGAN HEALTH & RAQUET	01:52:41	631	01:52:04
631	395	Alistair	Thomson	M			01:52:46	603	01:51:11
632	1695	Kevin	Harris	M	40		01:52:47	628	01:51:56
633	725	Anthony	Barker	M			01:52:48	644	01:52:24
634	820	Peter	Cnudde	M	40		01:52:49	645	01:52:27
635	1492	Allan	Smith	M	60	3M's GORSEINON ROAD RUNNERS	01:52:54	635	01:52:11
636	453	Paul	Morgan	M	50		01:52:58	648	01:52:34
637	383	Michael	Williams	M	40		01:52:58	642	01:52:22
638	650	Simon	Phillips	M			01:52:58	646	01:52:27
639	1573	Chris	Carrel	M	40		01:52:58	630	01:52:00
640	1453	Karen	Davies	F			01:52:59	640	01:52:19
641	1378	Julian	Williams	M			01:53:03	651	01:52:44
642	1724	Lee	Sutherland	M			01:53:03	639	01:52:17
643	793	Maxwell	Randles	M			01:53:04	616	01:51:35
644	1106	Diane	Davies	F	35		01:53:06	643	01:52:23
645	1544	Paul	Lawrence	M			01:53:09	647	01:52:30
646	484	Rhian	Sheppeard	F			01:53:15	649	01:52:36
647	711	Ray	Davies	M	40		01:53:16	626	01:51:53
648	1481	Jon	Goodall	M			01:53:18	652	01:52:48
649	1126	Thomas	Crouch	M			01:53:21	620	01:51:42
650	1088	John	Davies	M	60		01:53:24	655	01:52:58
651	1623	Gerwyn	Wade	M	40		01:53:25	632	01:52:06
652	1606	Thomas	Bilton	M		VALE OF GLAMORGAN	01:53:31	656	01:52:58
653	1496	Paul	Rowley	M	50		01:53:31	650	01:52:40
654	555	Mark	Thorpe	M			01:53:33	637	01:52:16
655	591	Nick	Price	M	40		01:53:36	657	01:53:01
656	886	Lorraine	Coopey	F	45		01:53:40	660	01:53:03
657	1538	Huw	Roberts	M			01:53:43	669	01:53:25
658	1653	Ceri	Roberts	F			01:53:46	663	01:53:10
659	9	Stephen	Garvey	M	40		01:53:46	662	01:53:09
660	261	Gareth	Harris	M	40		01:53:47	654	01:52:58
661	420	Steve	Greenaway	M	50		01:53:50	661	01:53:08
662	651	Andrew	Watkins	M	40		01:53:52	664	01:53:13
663	232	Angela	Champion	F			01:53:58	653	01:52:51
664	65	Gregory	King	M	40		01:54:00	666	01:53:18
665	47	David John	Bennett	M	40		01:54:01	667	01:53:19
666	838	Jonathan	Thomas	M			01:54:02	659	01:53:03

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## Llanelli Waterside Half Marathon - 2011 results

Gun Pos	No	Forename	Surname	M/F	Cat	Club	GunTime	Chip Pos	ChipTime
667	606	Jonathan	Griffiths	M			01:54:04	685	01:53:44
668	689	Tom	Hardy	M			01:54:07	678	01:53:32
669	1712	Romana	Maine	F	45	PORTHCAWL RUNNERSLIFE	01:54:09	672	01:53:28
670	379	Olof	Ostlund	M			01:54:09	682	01:53:38
671	1679	Eleri	Jones	F			01:54:10	675	01:53:29
672	1596	Anwen	Jones	F			01:54:10	674	01:53:28
673	999	Helen	Bray	F			01:54:31	658	01:53:02
674	663	Sue	Low	F	45		01:54:32	691	01:54:07
675	1136	Mike	Smitham	M			01:54:37	671	01:53:27
676	300	Steve	Twigg	M			01:54:38	695	01:54:13
677	1424	Jack	Robbins	M			01:54:40	688	01:53:56
678	741	Darren	Powis	M			01:54:44	676	01:53:29
679	1350	Julia	Grey	F	45		01:54:46	683	01:53:40
680	692	Matthew	Herbert	M			01:54:47	673	01:53:28
681	397	Huw	Thomas	M			01:54:49	668	01:53:23
682	1327	Sian	Gimblett-Harrison	F			01:54:50	670	01:53:26
683	682	Anthony	Herbert	M		WPSA	01:54:50	679	01:53:32
684	1179	Damian	Mackey	M	40		01:54:51	705	01:54:35
685	1046	Ben	Giesbrecht	M	50	RUNNING SOMEWHERE ELSE	01:54:53	690	01:54:06
686	1163	Edwin	Jenkins	M	40		01:54:57	665	01:53:16
687	1153	Graham	Adams	M			01:54:59	680	01:53:33
688	1164	Kevin	Fisher	M	50		01:55:03	686	01:53:46
689	633	Nigel	Williams	M			01:55:04	677	01:53:29
690	37	Matthew	Benjamin	M			01:55:07	681	01:53:35
691	204	Ian	Jones	M			01:55:08	687	01:53:50
692	773	Owen	Thomas	M	40		01:55:08	684	01:53:42
693	277	Jane	Williams	F	35		01:55:08	689	01:54:05
694	938	Jackie	Harding	F	35		01:55:09	693	01:54:09
695	34	John	Morrissey	M	50	CELTIC TRI	01:55:13	703	01:54:32
696	1049	Julie	Jones	F	35		01:55:15	708	01:54:42
697	784	Amanda	Butler	F	35		01:55:15	696	01:54:16
698	595	Rhian	Durham	F		PONTYPRIDD ROADENTS	01:55:16	692	01:54:08
699	1188	Alun	Rees	M			01:55:22	699	01:54:18
700	186	Robert	Heirene	M			01:55:23	698	01:54:17
701	877	Nadeem	Mouti	M			01:55:24	710	01:54:49
702	1285	Fadi	Baydoun	M			01:55:25	704	01:54:34
703	771	Peter	Reddy	M	60		01:55:26	713	01:55:03

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## Llanelli Waterside Half Marathon - 2011 results

Gun Pos	No	Forename	Surname	M/F	Cat	Club	GunTime	Chip Pos	ChipTime
704	853	Alexandra	Long	F			01:55:26	719	01:55:10
705	380	Joshua	Coulson	M			01:55:29	711	01:54:57
706	1654	Claire	Davies	F		VILLAGE VIPERS	01:55:31	701	01:54:25
707	419	Henry	Nicholson	M		EAGLE FLAPS	01:55:32	712	01:55:00
708	268	Carl	Reed	M			01:55:40	717	01:55:09
709	1499	Roland	Knight	M	60		01:55:41	723	01:55:20
710	885	Simon	Hicks	M			01:55:41	694	01:54:12
711	1059	Andrew	Rothwell	M	50		01:55:44	697	01:54:16
712	465	Joanna	Otteson	F	35	3M's GORSEINON ROAD RUNNERS	01:55:51	714	01:55:05
713	1450	Gaynor	Hughes	F	45	POOLE RUNNERS	01:55:52	720	01:55:15
714	564	Selina	Griffiths	F			01:55:52	702	01:54:26
715	1258	Craig	Davies	M			01:55:53	721	01:55:16
716	790	Lowri	Jones	F			01:55:54	700	01:54:23
717	566	James	Reynolds	M			01:55:57	718	01:55:09
718	1468	Beverley	Hart	F	55		01:56:06	724	01:55:20
719	1467	Alan	Kiteley	M	50		01:56:07	725	01:55:21
720	1083	Aoife	O Reilly	F			01:56:08	734	01:55:36
721	1139	Paul	Donovan	M	40		01:56:09	707	01:54:41
722	1253	Alun	Jones	M			01:56:11	737	01:55:43
723	673	Charlotte	Wooltorton	F			01:56:12	709	01:54:46
724	323	Richard	Lewis	M			01:56:13	728	01:55:31
725	980	Andrew	Jones	M			01:56:13	730	01:55:31
726	593	Robert	Phillips	M	40	PONTYPRIDD ROADENTS	01:56:15	716	01:55:08
727	657	Maggie	Gibbs	F	45	SOLE SISTERS	01:56:16	731	01:55:35
728	1218	Craig	Jaynes	M			01:56:17	706	01:54:40
729	1505	Steve	Holderness	M	40		01:56:18	736	01:55:42
730	643	Sian	Deal	F			01:56:19	735	01:55:41
731	653	Angharad	Brown	F	35		01:56:22	746	01:56:05
732	1565	Mark	Davies	M	40		01:56:25	727	01:55:29
733	1268	Sharon	Rogers	F	45		01:56:29	726	01:55:26
734	1335	Sophie	Dimmick	F			01:56:33	739	01:55:49
735	1220	Hayley	Davies	F	35	CARDIGAN	01:56:37	722	01:55:19
736	1352	Scott	Ellis	M			01:56:38	749	01:56:09
737	509	Peter	Abraham	M			01:56:42	754	01:56:18
738	739	Wayne	Robbins	M	40		01:56:44	742	01:56:00
739	1191	Dylan	Jones	M			01:56:47	733	01:55:36
740	67	David Bryan	Rees	M	60	RHEDWYR EMLYN	01:56:50	715	01:55:06

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Gun Pos	No	Forename	Surname	M/F	Cat	Club	GunTime	Chip Pos	ChipTime
741	1070	Robert	Morgan	M	40		01:56:51	740	01:55:51
742	696	Rachel	Woolley	F		VILLAGE VIPERS	01:56:52	738	01:55:45
743	598	Rhiannon	Law	F		OUTDOOR FITNESS	01:56:52	753	01:56:14
744	1089	Jonathan	Gates	M			01:56:56	745	01:56:04
745	1727	Sian	Wigley	F			01:56:57	732	01:55:36
746	145	Anthony	Henebery	M	40		01:56:58	750	01:56:12
747	410	Michael	Brain	M			01:56:59	729	01:55:31
748	1431	Lea	Fogaras	F			01:57:05	747	01:56:07
749	338	Lee	Griffiths	M			01:57:06	757	01:56:21
750	1661	Lewis	Wright	M			01:57:07	752	01:56:14
751	141	Sian	Jones	F			01:57:16	751	01:56:12
752	316	David	Harris	M			01:57:18	762	01:56:48
753	303	Arwel Bryn	Jones	M			01:57:21	761	01:56:46
754	1329	Michael	Smith	M	50	TENBY ACES	01:57:22	748	01:56:08
755	1270	Andrew	Ralph	M	45		01:57:24	765	01:56:55
756	1306	Mark	Rowlands	M	40		01:57:24	759	01:56:43
757	86	Gary	Phillips	M	40		01:57:27	741	01:55:56
758	288	Nicola	Hawkesford	F	35		01:57:34	776	01:57:08
759	745	Steven	Richards	M	40		01:57:39	756	01:56:20
760	1323	Anna	Hill	F	35		01:57:42	755	01:56:19
761	550	Bernie	Clarke	F			01:57:44	775	01:57:08
762	1144	Simon	Walker	M			01:57:46	744	01:56:03
763	1271	Leanne	Phillips	F	35		01:57:48	782	01:57:19
764	485	Owain	Griffiths	M		SCOOP CLUB	01:57:48	760	01:56:44
765	1687	Sam	Watras	M			01:57:49	743	01:56:01
766	131	Jeff	Rees	M			01:57:51	768	01:57:01
767	1530	Christine	Bartholomew	F		BUILTH & DISTRICT RC	01:57:52	781	01:57:13
768	1007	Lisa	Milton	F		AVON AND SOMERSET POLICE RUNNING SECTION	01:57:53	769	01:57:01
769	627	Nick	Woolley	M			01:57:57	763	01:56:49
770	96	Nicola	Edwards	F			01:57:59	767	01:57:01
771	706	Kevin	Hopkins	M			01:58:00	777	01:57:09
772	1133	Clark	Powell	M			01:58:02	787	01:57:36
773	365	Darren	Grounds	M			01:58:08	758	01:56:32
774	1227	Mark	Beattie	M			01:58:09	779	01:57:11
775	253	Patrick	Le Barber	M			01:58:09	772	01:57:03
776	639	Rupert	Hall	M			01:58:11	792	01:57:40
777	888	Shaun	Thomas	M			01:58:12	786	01:57:28

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## Llanelli Waterside Half Marathon - 2011 results

Gun Pos	No	Forename	Surname	M/F	Cat	Club	GunTime	Chip Pos	ChipTime
778	757	Andre	Mcpherson	M		SOSPAN ROAD RUNNERS	01:58:13	785	01:57:25
779	1668	Collin	Lloyd	M	40		01:58:14	791	01:57:40
780	483	Angharad	Rees	F			01:58:17	771	01:57:02
781	193	Stephen	Jones	M	40		01:58:19	770	01:57:02
782	1131	Louise	Rengozzi	F			01:58:19	793	01:57:44
783	1160	Garry	Mounter	M	40	RHONDDA TRI	01:58:21	778	01:57:10
784	308	Simon	Grogan	M	40		01:58:23	780	01:57:13
785	78	Sion	Curry	M			01:58:23	764	01:56:53
786	130	Colby	Hanks	F			01:58:31	796	01:57:51
787	1011	Stephen	Palmer	M	40		01:58:35	800	01:57:59
788	332	Philippa	Williams	F	35		01:58:36	788	01:57:37
789	1717	Hayley	Walder	F	35		01:58:36	766	01:56:59
790	76	Kevin	Sloan	M			01:58:37	790	01:57:39
791	1310	Stephen	Job	M	40		01:58:39	789	01:57:37
792	1554	Lee	Davies	F			01:58:41	799	01:57:56
793	986	Sara	Morgan	F		WOMENS RUNNING NETWORK	01:58:41	807	01:58:11
794	173	Christian	O'Leary	M			01:58:43	801	01:58:02
795	1249	Rhian	Jones	F			01:58:48	784	01:57:24
796	1090	Pete	Kemp	M	40		01:58:49	794	01:57:49
797	348	Andrew	Jones	M			01:58:50	773	01:57:04
798	349	Gareth	Hatto	M			01:58:50	774	01:57:05
799	1338	Helen	Scully	F			01:58:51	803	01:58:07
800	1456	Heulwen	James	F	35	EMLYN RUNNERS	01:58:53	806	01:58:11
801	1048	Tom	Denman	M			01:58:53	783	01:57:23
802	981	Mark	Rodgers	M			01:58:53	805	01:58:09
803	1337	Suzanne	Rodgers	F	35		01:58:54	804	01:58:09
804	574	Siwan	Richards	F	35		01:59:07	797	01:57:52
805	1462	Glyn	Williams	M	60	3M's GORSEINON ROAD RUNNERS	01:59:18	816	01:58:43
806	672	Christopher	Hall	M	40		01:59:18	798	01:57:55
807	752	James	Richards	M			01:59:23	812	01:58:32
808	534	Helen	Lewis	F		ISLWYN RUNNING CLUB	01:59:24	821	01:58:57
809	1259	Howard	Morgan	M	40		01:59:24	795	01:57:51
810	42	Alison	Morgan	F	35	WOMENS RUNNING NETWORK	01:59:25	820	01:58:56
811	1206	James	Page	M			01:59:31	822	01:58:58
812	579	Cara	Jones	F			01:59:34	813	01:58:32
813	880	Bethel	Collins	F		OUTDOOR FITNESS	01:59:35	814	01:58:36
814	972	Anne	Evans	F			01:59:37	818	01:58:45

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## Llanelli Waterside Half Marathon - 2011 results

Gun Pos	No	Forename	Surname	M/F	Cat	Club	GunTime	Chip Pos	ChipTime
815	284	Rebecca	Hambrook	F	55		01:59:43	824	01:59:03
816	1651	Andrea	Brabrook	F	35		01:59:45	828	01:59:14
817	1638	Jairus	Soquena	M			01:59:48	831	01:59:21
818	1582	Gary	Bowen-Thomson	M			01:59:49	830	01:59:19
819	97	Stuart	Burge-Jones	M			01:59:50	810	01:58:31
820	417	Andrew	Cole	M			01:59:51	811	01:58:32
821	361	David	Inglis	M			01:59:54	808	01:58:28
822	558	Alex	Lowe	F		OUTDOOR FITNESS	01:59:55	815	01:58:40
823	36	Liz	Thomas	F			02:00:02	842	01:59:57
824	1718	Helen	Walsh	F			02:00:07	809	01:58:29
825	1603	John	Shuttleworth	M	50	TENBY ACES	02:00:09	819	01:58:55
826	1118	Karen	Dusgate	F	45		02:00:10	836	01:59:37
827	1086	Clare	Hilling	F	45		02:00:13	838	01:59:46
828	641	Gareth	Davies	M			02:00:17	817	01:58:44
829	1150	Deborah	Marshall	F	45		02:00:23	834	01:59:28
830	628	Jon	Smetherham	M			02:00:28	840	01:59:52
831	1442	Ian	Thomas	M			02:00:31	839	01:59:46
832	310	Richard	Bleaney	M			02:00:33	832	01:59:23
833	610	David	Mellon	M			02:00:33	846	02:00:13
834	852	Paul	Hamer	M	40		02:00:37	849	02:00:14
835	861	Caroline	Cumberlin	F	35		02:00:39	829	01:59:19
836	211	Philip	Rees	M	40		02:00:43	835	01:59:35
837	1240	Melanie	Dellibovi	F	35		02:00:45	823	01:59:02
838	1145	Emmeline	Mudford	F			02:00:48	847	02:00:13
839	1165	David	Hartill	M			02:00:48	825	01:59:05
840	184	Claire	Barnett	F	35		02:00:51	856	02:00:25
841	721	Donna	Morgan	F	35		02:00:52	826	01:59:09
842	1226	Nigel	Davies	M	40		02:00:56	848	02:00:14
843	10	Delyth	Murray-Lines	F			02:00:56	827	01:59:12
844	1282	Louise	Udiawar	F			02:00:58	841	01:59:54
845	302	Jane	Parsons	F	55		02:01:02	855	02:00:23
846	1590	James	Barker	M			02:01:10	854	02:00:23
847	789	Mark	Williams	M			02:01:15	866	02:00:47
848	1689	Keir	Lewis	M	40		02:01:15	852	02:00:19
849	1185	Ruth	Davies	F	45		02:01:15	850	02:00:16
850	1728	Jane	May	F			02:01:16	853	02:00:23
851	21	Janice	Clement	F	45	PENARTH & DINAS RUNNERS	02:01:16	851	02:00:19

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## Llanelli Waterside Half Marathon - 2011 results

Gun Pos	No	Forename	Surname	M/F	Cat	Club	GunTime	Chip Pos	ChipTime
852	242	Catrin	Rodric Evans	F	35		02:01:17	844	02:00:07
853	1658	Rhys	Edwards	M			02:01:19	858	02:00:26
854	1681	Philip	May	M	40		02:01:19	857	02:00:25
855	1299	Hannah	Leach	F			02:01:20	862	02:00:39
856	519	Geth	Lloyd	M			02:01:23	879	02:01:11
857	139	Charlotte	Goodwin	F			02:01:29	870	02:00:52
858	325	Kevin	Davis	M	50		02:01:32	868	02:00:47
859	1500	Dawn	Williams	F	45		02:01:32	845	02:00:10
860	1001	Helen	Andrews	F	35	MARSH HARRIERS	02:01:33	837	01:59:45
861	334	Jenny	Fifield	F	45		02:01:34	872	02:00:55
862	1262	David	Ashman	M	40		02:01:35	843	02:00:04
863	683	Sally	Martin	F			02:01:39	873	02:01:00
864	1570	David	Clark	M	50		02:01:39	875	02:01:04
865	600	Angela	Friar	F	35		02:01:39	869	02:00:49
866	705	Leigh	Sambrook	M			02:01:44	871	02:00:52
867	1508	Andrew	Light	M	40		02:01:52	883	02:01:17
868	533	Delyth	Wright	F			02:01:52	874	02:01:02
869	1156	Stephen	Palterman	M	40		02:01:57	861	02:00:35
870	1022	Sarah	Fish	F	35		02:02:02	876	02:01:05
871	670	Samantha	Singh	F	35		02:02:02	877	02:01:05
872	201	Chris	Davies	M			02:02:03	860	02:00:34
873	570	Melanie	Gaul	F	35		02:02:11	859	02:00:32
874	360	John	Kirby	M			02:02:12	865	02:00:46
875	1614	Amanda	McCreadie	F			02:02:17	878	02:01:10
876	640	Gareth	Hollyman	M			02:02:20	863	02:00:43
877	941	David	Jones	M	40		02:02:20	864	02:00:43
878	747	Anne	James	F	35		02:02:20	881	02:01:14
879	813	Jayne	Smith	F			02:02:21	893	02:02:01
880	114	Grace	Bailey	F			02:02:21	867	02:00:47
881	750	Nicola	Kelly	F	45		02:02:23	882	02:01:16
882	528	Robert	Waddington	M	40		02:02:29	880	02:01:13
883	794	Hywel	Rees	M			02:02:37	896	02:02:09
884	1367	Christine	Hurdidge	F	55	3M's GORSEINON ROAD RUNNERS	02:02:43	890	02:01:57
885	647	Simon	Elias	M	50		02:02:45	898	02:02:12
886	553	Fay	Sharpe	F	45	3M's GORSEINON ROAD RUNNERS	02:02:47	891	02:02:01
887	437	Hefin	Davies	M			02:02:54	892	02:02:01
888	438	Rhian	Williams	F			02:02:54	894	02:02:02

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## Llanelli Waterside Half Marathon - 2011 results

Gun Pos	No	Forename	Surname	M/F	Cat	Club	GunTime	Chip Pos	ChipTime
889	1389	Sam	Whiting	M			02:02:58	895	02:02:04
890	1375	Lynne	Sullivan	F	35	WOMENS RUNNING NETWORK	02:02:58	889	02:01:54
891	1719	Danny	Graves	M			02:03:00	885	02:01:23
892	1074	Dylan Huw	Richards	M			02:03:01	884	02:01:20
893	1140	Richard	Thomas	M			02:03:01	888	02:01:45
894	1157	Jeff	Muse	M	50		02:03:07	904	02:02:33
895	398	Abbie	Evans	F			02:03:08	886	02:01:28
896	439	Caroline	Gardiner	F	35		02:03:13	899	02:02:19
897	1649	Andrew	Thomas	M			02:03:20	887	02:01:38
898	1415	Huw	Wilkins	M	50		02:03:26	919	02:03:17
899	798	Claire	Williams	F		ABERYSTWYTH AC	02:03:30	900	02:02:20
900	1629	Joanne	Thomas	F			02:03:31	906	02:02:43
901	252	Matthew	Goldwait	M	40		02:03:35	897	02:02:12
902	674	Anwen	Jenkins	F			02:03:37	911	02:02:56
903	429	Helen	Platel	F	35		02:03:37	908	02:02:50
904	1737	Alun	Neale	M			02:03:38	802	01:58:07
905	549	Gareth	Sullivan	M			02:03:42	909	02:02:52
906	1509	Dylan	Jones	M			02:04:03	916	02:03:10
907	123	Carl	Jenkins	M			02:04:05	902	02:02:24
908	448	Marie	Raistrick	F			02:04:06	903	02:02:28
909	887	Tom	Bloomfield	M			02:04:06	905	02:02:37
910	1678	Sandra	Stevens	F	55		02:04:08	913	02:02:57
911	355	Adam	O'Gorman	M			02:04:10	901	02:02:22
912	874	Josh	Battye	M			02:04:18	914	02:03:05
913	1098	Axel	Michaelsen	M	40		02:04:18	921	02:03:23
914	873	Jason	Battye	M	40		02:04:18	915	02:03:05
915	1489	Linzi	Morris	F	35		02:04:19	939	02:04:02
916	985	Tonia	Lewis	F	35		02:04:21	934	02:03:47
917	369	Cathy	Hinchly	F	35		02:04:23	920	02:03:20
918	664	Kevin	Gardner	M	40	BLISS	02:04:27	928	02:03:37
919	685	Emily	Ball	F			02:04:27	922	02:03:26
920	168	Julie	Evans	F	35		02:04:28	907	02:02:50
921	367	Lindi	Lloyd	F	35		02:04:30	927	02:03:29
922	552	Russell	Penman	M			02:04:33	912	02:02:56
923	362	Elen	Derrick	F	35		02:04:35	924	02:03:27
924	460	Lisa	Davies	F			02:04:36	910	02:02:55
925	363	Ian	Derrick	M	40		02:04:36	926	02:03:28

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## Llanelli Waterside Half Marathon - 2011 results

Gun Pos	No	Forename	Surname	M/F	Cat	Club	GunTime	Chip Pos	ChipTime
926	40	Elaine	Hiscox	F	35	ABERDARE ATHLETIC	02:04:43	940	02:04:05
927	1034	Kirsty	Reid	F			02:04:46	923	02:03:27
928	254	Axel	Jalibert	M			02:04:49	917	02:03:16
929	378	Elina	Vartiainen	F			02:04:53	938	02:03:53
930	128	Ceri	Miller	F	35		02:04:55	937	02:03:51
931	1412	Emma	Corrall	F			02:04:55	918	02:03:16
932	1669	Gerwyn	Neale	M			02:04:56	833	01:59:25
933	1161	Lee	Cobley	M		WPT THAI BOXING	02:04:57	932	02:03:44
934	872	David	Johnson	M			02:04:57	930	02:03:43
935	1138	Florence	Corrall	F			02:05:06	925	02:03:27
936	1630	Hilary	Bush	F			02:05:07	929	02:03:42
937	1581	Charlotte	Beare	F	35		02:05:18	931	02:03:44
938	466	Siwan	Jones	F	35		02:05:25	943	02:04:12
939	101	Alun	Jones	M	50		02:05:29	944	02:04:24
940	1546	Menna	Cule	F	35		02:05:31	933	02:03:47
941	929	Jen	Hiscox	F			02:05:31	936	02:03:48
942	928	Leigh	Ridgeway	M			02:05:31	935	02:03:48
943	1314	Helen	Burton	F	45	BLACK PEAR JOGGERS	02:05:34	946	02:04:37
944	330	Carys	Phillips	F			02:05:45	954	02:05:12
945	364	Eddy	Evans	M			02:05:47	942	02:04:10
946	499	Steven	Ford	M			02:05:49	945	02:04:30
947	1096	Oriana	Pampolini-Roberts	F			02:05:51	952	02:05:08
948	270	Helen	Wiltshire	F	35		02:05:51	953	02:05:09
949	1241	Annette	Hughes	F	45		02:05:52	941	02:04:09
950	255	Anais	Le Pallec	F			02:05:53	947	02:04:41
951	1351	Lynne	Ellis	F	45	WOMENS RUNNING NETWORK	02:06:02	950	02:04:57
952	1510	Dianne	Watkins	F	45	BUILTH & DISTRICT RC	02:06:07	960	02:05:27
953	291	Dafydd	Palfrey	M			02:06:08	949	02:04:44
954	26	Mary Louise	Harris	F	45	LLISWERRY RUNNERS	02:06:13	951	02:05:00
955	580	Jonathan	Harry	M			02:06:14	968	02:05:53
956	642	Lynne	Morgan	F			02:06:16	948	02:04:43
957	425	Robert	Harris	M			02:06:20	972	02:06:12
958	1288	Michelle	Davies	F	35	3M's GORSEINON ROAD RUNNERS	02:06:32	961	02:05:27
959	27	Sue	Webster	F	45		02:06:35	969	02:05:53
960	1528	Damien	Johnson	M		LLANELLI STROLLERS	02:06:37	956	02:05:14
961	727	Rhiannon	Williams	F	35		02:06:37	958	02:05:21
962	470	Karen	Turner	F	35		02:06:38	962	02:05:28

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Gun Pos	No	Forename	Surname	M/F	Cat	Club	GunTime	Chip Pos	ChipTime
963	1228	Lesley	Beattie	F	35		02:06:49	967	02:05:49
964	1211	Cathy	Malcolm	F			02:06:51	955	02:05:14
965	523	Robert	Price	M			02:06:54	965	02:05:38
966	864	Daniel	Madge	M			02:06:55	978	02:06:30
967	209	Kristen	Saenger	F			02:06:56	957	02:05:18
968	24	Diane	Williams	F			02:07:01	974	02:06:23
969	1166	Jordan	Philips	M			02:07:11	964	02:05:32
970	589	Mark	Edwards	M			02:07:11	963	02:05:29
971	697	Sophien	Williams	F			02:07:14	973	02:06:15
972	879	Richard	Morgan	M			02:07:16	959	02:05:23
973	671	Aisling	Glynn	F			02:07:25	970	02:05:59
974	1178	Melanie	Allen	F	35		02:07:28	977	02:06:30
975	1121	David	Williams	M		LES CROUPIERS	02:07:30	966	02:05:48
976	1080	Helen	Scott	F			02:07:31	981	02:06:41
977	1537	Sandra	Radford	F	45		02:07:34	986	02:07:01
978	1246	Tom	Larkin	M			02:07:37	976	02:06:25
979	370	Edmund	Heery	M	50		02:07:44	971	02:06:06
980	733	Janina	Evans	F	35	TENBY ACES	02:07:49	980	02:06:36
981	1017	Paul	McDyer	M			02:07:56	975	02:06:25
982	1346	Teresa	Jeffries	F	45		02:07:58	991	02:07:19
983	1312	Charlotte	Green	F			02:08:01	984	02:06:51
984	1219	David	Hainsworth	M			02:08:01	983	02:06:51
985	392	Kate	Brooks	F	35		02:08:05	990	02:07:17
986	1506	Dean	Israel	M	40		02:08:15	979	02:06:35
987	1207	Sian	Atkinson	F	35		02:08:16	989	02:07:16
988	1522	Nigel	Jones	M	50	LLANELLI STROLLERS	02:08:20	985	02:06:57
989	240	Elisia	Pearce	F	35		02:08:21	988	02:07:11
990	1229	Matthew	Grey	M			02:08:30	992	02:07:23
991	1232	David	Hodges	M	40		02:08:31	994	02:07:24
992	668	Andrea	Benfield	F			02:08:34	982	02:06:41
993	518	Michael	Kearney	M	50		02:08:41	993	02:07:24
994	1313	Stephen	Edwards	M	50		02:08:44	998	02:07:46
995	455	Dorian	White	M			02:08:45	987	02:07:04
996	482	Kathryn	Huggett	F			02:08:52	995	02:07:28
997	720	Laura	Hughes	F			02:08:58	996	02:07:42
998	1454	Patricia	Johnson	F	45		02:08:59	1003	02:08:10
999	1455	Beverley	Morris	F	35		02:08:59	1004	02:08:11

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## Llanelli Waterside Half Marathon - 2011 results

Gun Pos	No	Forename	Surname	M/F	Cat	Club	GunTime	Chip Pos	ChipTime
1000	244	Helen	Lutley	F	55		02:09:05	1006	02:08:22
1001	994	Megan	Mullins	F	35		02:09:09	999	02:07:46
1002	596	Frances	Humby	F	35		02:09:10	1000	02:07:47
1003	196	Carolann	Healy	F			02:09:12	997	02:07:43
1004	353	Bethan	Copp	F			02:09:14	1001	02:07:57
1005	200	Perry	Michael	M			02:09:23	1009	02:08:43
1006	1501	Kate	Owen	F	35		02:09:25	1002	02:08:05
1007	1723	Elaine	Diosi	F			02:09:33	1013	02:08:48
1008	548	Dawn	Goulbourne	F	35		02:09:36	1016	02:08:52
1009	7	Jonathan	Thiel	M			02:09:51	1023	02:09:12
1010	1114	Kathryn	Morgan	F	45		02:10:02	1015	02:08:50
1011	1117	Thomas	Hyde	M			02:10:02	1014	02:08:50
1012	1135	Martin	Corrall	M			02:10:06	1005	02:08:21
1013	306	Sharon	Penhale	F	35		02:10:08	1022	02:09:10
1014	357	Zaheera	Hassanali	F			02:10:09	1033	02:09:36
1015	1295	Liz	Robinson	F			02:10:09	1008	02:08:33
1016	1433	Richard	Cummins	M			02:10:10	1012	02:08:46
1017	1562	Amanda	Coulson	F	55		02:10:13	1007	02:08:31
1018	373	Jennifer	Stobart	F			02:10:18	1028	02:09:24
1019	374	Christa	Jakoby	F			02:10:18	1029	02:09:24
1020	1257	Clare	Morris	F	35		02:10:19	1010	02:08:45
1021	1256	Julie	Dunn	F	35		02:10:19	1011	02:08:45
1022	1513	Amy	Jones	F			02:10:22	1019	02:08:59
1023	1281	Michelle	Williams	F			02:10:28	1017	02:08:58
1024	502	Tracey	Hughes-Jenkins	F	35		02:10:31	1018	02:08:58
1025	1479	Anne	Williams	F	35		02:10:31	1020	02:08:59
1026	658	Matthew	Price	M			02:10:34	1021	02:09:05
1027	1292	Becs	Samuel	F	35		02:10:45	1025	02:09:21
1028	1291	Anne	Figge	F			02:10:45	1024	02:09:21
1029	1708	Catherine	Morris	F			02:10:53	1026	02:09:22
1030	1707	Christie	Sullivan	F			02:10:53	1027	02:09:23
1031	507	Richard	Campbell	M			02:10:59	1034	02:09:46
1032	180	Phil	Saunders	M	50		02:11:02	1037	02:09:51
1033	924	Ruth	Ashford	F			02:11:05	1031	02:09:35
1034	921	Kevin	Ashford	M	40		02:11:05	1032	02:09:35
1035	988	Liz	Morgan	F	35	SAN DOMENICO	02:11:06	1044	02:10:31
1036	1247	Matthew	Williams	M	40		02:11:06	1035	02:09:51

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## Llanelli Waterside Half Marathon - 2011 results

Gun Pos	No	Forename	Surname	M/F	Cat	Club	GunTime	Chip Pos	ChipTime
1037	1349	Paul	Phillips	M	50		02:11:06	1036	02:09:51
1038	958	Lucy	Nevitt	F	35		02:11:14	1030	02:09:29
1039	1345	Angela	Williams	F	35		02:11:21	1048	02:10:42
1040	23	Nicola	Lobo	F	35		02:11:26	1050	02:10:49
1041	1536	Richard	Woolford	M			02:11:28	1039	02:10:04
1042	1128	Jonathan	Howell	M			02:11:32	1038	02:09:52
1043	1729	Cathy	Malcom	F			02:11:40	1052	02:10:54
1044	1529	Joanna	Margetts	F			02:11:42	1041	02:10:13
1045	1722	Nick	Read	M	40		02:11:42	1042	02:10:13
1046	1425	Iona	Davies	F			02:11:46	1051	02:10:53
1047	667	David	Kinsella	M			02:11:48	1046	02:10:35
1048	341	Ellie	Hill	F			02:11:48	1045	02:10:33
1049	612	Jenny	Cowell	F			02:12:04	1043	02:10:15
1050	496	Kelly	Gaffney	F		LLISWERRY RUNNERS	02:12:09	1053	02:10:56
1051	195	Annabelle	Lowe	F			02:12:09	1058	02:11:28
1052	515	Robby	Davies	M	50		02:12:10	1040	02:10:09
1053	977	Kelli	Cawfield	F	35		02:12:11	1049	02:10:43
1054	894	Kristian	McCallum	M			02:12:13	1057	02:11:24
1055	743	Kathryn	Jones	F	35		02:12:15	1047	02:10:42
1056	1122	Caroline	Morgan	F	35		02:12:18	1060	02:11:33
1057	1170	Miriam	Thomas	F	45	SOSPAN ROAD RUNNERS	02:12:19	1054	02:11:03
1058	583	John	Hughes	M	50	HADDINGTON EAST LOTHIAN PACEMAKERS	02:12:24	1062	02:11:39
1059	1085	Hazel	Guilfoyle	F			02:12:30	1059	02:11:28
1060	6	Paul Andrew	Morris	M			02:12:35	1064	02:11:52
1061	1094	Philip	Allen	M	60		02:12:38	1061	02:11:36
1062	126	Owain	John	M			02:13:02	1065	02:12:00
1063	343	Elizabeth	Stoneman	F			02:13:02	1067	02:12:03
1064	415	Alyn	Bennett	M			02:13:03	1055	02:11:23
1065	416	Luke	Bennett	M			02:13:03	1056	02:11:24
1066	1189	Sian	Hughes	F			02:13:06	1070	02:12:08
1067	1190	Robert	Hughes	M	50		02:13:06	1069	02:12:08
1068	275	Dominic	Boyle	M			02:13:16	1063	02:11:40
1069	1095	Katy	Carra	F			02:13:21	1071	02:12:12
1070	1123	Michael	Dauncey	M			02:13:30	1068	02:12:07
1071	356	Sarah	Tarpey	F			02:13:31	1072	02:12:14
1072	227	Catherine	Griffiths	F	35		02:13:37	1066	02:12:00
1073	1520	Gina	Jenkins	F	35		02:13:38	1073	02:12:17

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Gun Pos	No	Forename	Surname	M/F	Cat	Club	GunTime	Chip Pos	ChipTime
1074	1619	Claire	Jenkins	F	40		02:13:49	1074	02:12:45
1075	913	Mike	Carter	M			02:13:51	1075	02:12:49
1076	543	Ruth	McManus	F	35		02:13:53	1078	02:13:02
1077	544	Rose	Carberry	F	35		02:13:53	1079	02:13:02
1078	1212	Rachel	Mcdonald	F			02:14:13	1077	02:12:54
1079	604	Lucy	Littlewood	F			02:14:26	1086	02:13:43
1080	617	Bethan	Lloyd	F			02:14:26	1085	02:13:43
1081	138	Lyndon	Griffiths	M	40		02:14:30	1083	02:13:39
1082	69	Julie	Gething	F	35		02:14:33	1076	02:12:52
1083	57	Jodie	Williams	F			02:14:38	1080	02:13:11
1084	648	Elizabeth	Waites	F	45		02:14:43	1094	02:14:08
1085	1618	John	Wilkins	M	50		02:14:46	1082	02:13:37
1086	839	Laura	Aston	F			02:14:46	1081	02:13:23
1087	803	Caroline	Would	F	35		02:14:48	1087	02:13:45
1088	712	Daisy	Rogers	F			02:15:11	1093	02:14:08
1089	112	Kevin	Rees	M	40		02:15:24	1084	02:13:39
1090	320	Stephen	Casey	M	40		02:15:26	1089	02:13:52
1091	318	Martin	Casey	M	40		02:15:26	1088	02:13:51
1092	1646	Ashley	Amos	M			02:15:34	1092	02:14:07
1093	458	Anita	Davies	F		SOSPAN ROAD RUNNERS	02:15:35	1090	02:14:04
1094	457	Angharad	Isaac	F		SOSPAN ROAD RUNNERS	02:15:35	1091	02:14:04
1095	1265	Annie	Arkwright	F	35		02:15:48	1095	02:14:12
1096	561	Sian	Ebden	F			02:16:05	1096	02:14:19
1097	237	Karl	Owen	M			02:16:09	1097	02:14:37
1098	238	Kelvin	Owen	M	50		02:16:09	1098	02:14:37
1099	609	Tina	Jones	F	45		02:16:11	1103	02:15:17
1100	822	Allyn	Burford	M			02:16:19	1110	02:16:07
1101	557	Laura	Gillingham	F			02:16:26	1099	02:14:40
1102	1264	Sarah	Partridge	F	35		02:16:30	1107	02:15:46
1103	1197	Gary	Hughes	M			02:16:30	1104	02:15:21
1104	1373	Katy	Beard	F			02:16:36	1100	02:14:55
1105	111	Jonathan	Thomas	M			02:16:36	1101	02:14:56
1106	120	Daniel	Cundy	M	40		02:16:37	1102	02:14:57
1107	250	Catherine	Bowen	F	35		02:16:52	1105	02:15:30
1108	1301	Seonaid	Culliford	F			02:17:02	1111	02:16:15
1109	1208	Lindsay	Wheeler-Jones	F			02:17:04	1109	02:16:06
1110	1382	Barbara	Thomas	F	55	PEMBROKESHIRE HARRIERS	02:17:10	1106	02:15:42

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## Llanelli Waterside Half Marathon - 2011 results

Gun Pos	No	Forename	Surname	M/F	Cat	Club	GunTime	Chip Pos	ChipTime
1111	1674	Richard	Adams	M	40		02:17:28	1112	02:16:20
1112	950	Karl	Connick	M	40		02:17:30	1108	02:15:48
1113	536	Kelly	Haines	F			02:17:54	1116	02:17:06
1114	1116	Lynda	Civil	F	35		02:17:55	1117	02:17:07
1115	783	Rhys	David	M			02:17:58	1114	02:16:58
1116	795	John	Payne	M	40		02:18:12	1119	02:17:31
1117	106	Wendy	Edwards	F	35		02:18:15	1115	02:17:00
1118	974	Jonathan	Hoskins	M			02:18:16	1113	02:16:41
1119	278	Joanne	Phillips	F	35		02:18:31	1118	02:17:09
1120	1411	Kashif	Noor	M			02:18:45	1121	02:17:36
1121	205	Emma	Wilson	F	35		02:18:45	1120	02:17:36
1122	107	Andrew	Liebmann	M	40		02:18:50	1124	02:18:03
1123	1527	Rhian	Williams	F	35		02:19:00	1122	02:17:38
1124	1073	Jenny	Wyatt	F	45	WOMENS RUNNING NETWORK	02:19:32	1123	02:17:59
1125	1656	Lowri	Johnston	F			02:19:38	1126	02:18:28
1126	510	Mathew	Austin	M			02:19:39	1130	02:18:47
1127	468	Dave	Howells	M			02:19:43	1125	02:18:17
1128	547	Dawn	Howells	F			02:19:44	1127	02:18:43
1129	1066	Adrian	James	M	40	3M's GORSEINON ROAD RUNNERS	02:20:11	1128	02:18:44
1130	811	Anna	Dupplaw	F		PENARTH & DINAS RUNNERS	02:20:11	1129	02:18:44
1131	1297	Samir	Sarsam	M			02:20:16	1135	02:19:30
1132	1043	Zoe	Jessopp	F			02:20:17	1131	02:18:56
1133	1298	Michelle	John	F			02:20:18	1136	02:19:31
1134	440	Richard	Harris	M			02:20:24	1134	02:19:21
1135	1277	Carla	Davies	F			02:20:28	1132	02:19:14
1136	1463	Angela	Lewis	F	45		02:20:37	1140	02:20:00
1137	584	Paul	Stone	M			02:20:51	1141	02:20:04
1138	1655	Catrin	Howells	F			02:21:00	1139	02:19:50
1139	1634	Nia	Phillips	F		CCW MARSH HARRIERS	02:21:09	1133	02:19:20
1140	214	Jason	Muxworthy	M	40		02:21:11	1137	02:19:36
1141	474	Jaimie	Rees	F			02:21:18	1138	02:19:49
1142	918	Tracey	Rankine	F	35		02:21:31	1147	02:20:28
1143	326	Gary	Welsh	M	40		02:21:33	1146	02:20:23
1144	59	Brian	Ham	M	50		02:21:40	1149	02:20:31
1145	520	Bethan	Griffiths	F			02:21:42	1142	02:20:05
1146	970	Anthony	Wake	M			02:21:46	1143	02:20:09
1147	1705	Gavin	Jenkins	M			02:21:49	1151	02:20:55

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Gun Pos	No	Forename	Surname	M/F	Cat	Club	GunTime	Chip Pos	ChipTime
1148	321	Wendy	Casey	F	35		02:21:52	1145	02:20:18
1149	38	Charles	Allen	M	40		02:21:53	1148	02:20:31
1150	94	Alison	Pendle	F	55		02:21:53	1144	02:20:15
1151	1119	Sandra	Allen	F	45		02:22:11	1153	02:21:09
1152	267	Faye	Wilton	F			02:22:18	1155	02:21:26
1153	292	Thomas	Hoskins	M			02:22:21	1150	02:20:40
1154	792	Nina	Rees	F			02:22:36	1161	02:22:07
1155	116	Samantha	Jones	F	35		02:22:42	1152	02:20:56
1156	459	Lisa	Humphrey	F	35		02:22:44	1154	02:21:23
1157	1155	Darren	Devlin	M			02:22:57	1159	02:22:04
1158	759	Natalie	Roberts	F			02:23:12	1160	02:22:07
1159	770	Bethan	Taylor	F			02:23:22	1156	02:21:38
1160	908	Neil	Walton	M	40		02:23:27	1158	02:21:46
1161	1347	Erin	Anderson	F			02:23:30	1157	02:21:44
1162	103	Amanda	Thompson	F	45		02:23:50	1163	02:22:30
1163	1416	Mark	Hay	M			02:24:02	1162	02:22:22
1164	775	Leanne	Davies	F			02:24:09	1169	02:23:41
1165	231	Alex	Harding	M			02:24:46	1164	02:22:58
1166	1697	Simon	Andrew	M			02:24:55	1167	02:23:31
1167	1061	David	Watkins	M	40		02:25:02	1168	02:23:33
1168	571	Chris	Gale	M			02:25:05	1166	02:23:22
1169	585	Eleri	Owen	F	35		02:25:05	1173	02:24:02
1170	762	Harriet	Pierpoint	F	35		02:25:20	1171	02:23:48
1171	761	Gary	Mitchell	M			02:25:20	1172	02:23:48
1172	1458	Dewi	Cook	M			02:25:32	1165	02:23:12
1173	592	Andrea	Drury	F	35		02:25:36	1175	02:24:21
1174	187	Janine	Snell	F	45		02:25:36	1185	02:25:24
1175	31	Kevin	Chidwick	M	40		02:25:47	1170	02:23:48
1176	1552	Non	Lewis	F	35		02:25:52	1176	02:24:38
1177	61	Sharon	Williams	F	45		02:25:54	1174	02:24:08
1178	605	Ryland	Lewis	M	40		02:26:16	1179	02:25:07
1179	331	Ani	Newman	F			02:26:21	1177	02:24:57
1180	1063	Paul	Moloney	M	40		02:26:26	1186	02:25:25
1181	17	Julie Ann	Allen	F	45		02:26:37	1182	02:25:18
1182	676	Karen	Loveridge	F		SHIN SPLINTS	02:26:47	1184	02:25:21
1183	1460	Frank	Griffiths	M	50		02:26:49	1189	02:25:31
1184	1461	Thomas	Griffiths	M	50		02:26:50	1190	02:25:31

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## Llanelli Waterside Half Marathon - 2011 results

Gun Pos	No	Forename	Surname	M/F	Cat	Club	GunTime	Chip Pos	ChipTime
1185	1677	John	Selby	M	40		02:26:54	1192	02:25:57
1186	1000	Piya	Kear	F			02:26:55	1178	02:25:02
1187	836	Clare	Allen	F	35		02:26:59	1181	02:25:18
1188	837	Phil	Allen	M	50		02:26:59	1180	02:25:17
1189	710	David	Randall	M	40		02:27:00	1183	02:25:18
1190	631	Gareth	Stilwell	M			02:27:02	1195	02:26:23
1191	1187	Jessica	Mead	F			02:27:04	1187	02:25:29
1192	1172	Amanda	Jones	F	35		02:27:04	1188	02:25:29
1193	1434	Danielle	Mecke-Taylor	F			02:27:06	1193	02:26:01
1194	703	Wendy	Panter	F	35		02:27:30	1196	02:26:36
1195	432	Steffan	Gwynne	M			02:27:34	1191	02:25:57
1196	1069	Lloyd	Williams	M	40		02:27:45	1194	02:26:13
1197	1214	Kathleen	Jefferies	F			02:28:10	1198	02:26:51
1198	1403	Sarah	Gibson	F	35		02:28:10	1197	02:26:51
1199	450	Marie-Claire	Hopkin	F	35		02:28:22	1201	02:27:02
1200	495	Judith	Prosser	F			02:28:27	1202	02:27:07
1201	893	Hannah	Tarr	F	35		02:28:30	1203	02:27:13
1202	1125	Trish	Butchers	F	35		02:28:31	1204	02:27:13
1203	1402	Lindsay	Thomas	F	55		02:28:31	1207	02:27:22
1204	463	Eloise	Amos	F			02:28:41	1205	02:27:14
1205	952	Hazel	Thomas	F		MARSH HARRIERS	02:28:46	1199	02:26:56
1206	946	Kerry	Rogers	M	40	MARSH HARRIERS	02:28:46	1200	02:26:57
1207	119	Nicola	Williams Tesho	F	35		02:28:54	1208	02:27:24
1208	586	Ross	Farrugia	M			02:28:59	1206	02:27:16
1209	1025	Patricia	Blackwell	F	45		02:29:01	1209	02:27:57
1210	1203	Tara	Watt	F		CELTIC TRI	02:29:09	1210	02:28:08
1211	386	Bethan	Jones	F			02:29:54	1212	02:28:46
1212	1176	Sarah	Manning	F			02:30:00	1211	02:28:38
1213	1700	Rhianon	West	F			02:30:22	1216	02:29:29
1214	1635	Gruffydd	Johnston	M			02:30:42	1217	02:29:32
1215	1260	Lynne	Hodgetts	F	55	WOMENS RUNNING NETWORK	02:30:42	1213	02:29:08
1216	190	Olga	Phelps	F	35		02:30:43	1218	02:29:54
1217	1274	Andrew	Morris	M			02:30:46	1215	02:29:15
1218	1307	Lee	Evans	M			02:31:33	1214	02:29:13
1219	1645	Kathryn	Jones	F			02:31:55	1219	02:30:09
1220	1100	Leanne	Kavanagh	F			02:31:55	1220	02:30:10
1221	1013	Phillip	Mitchell	M	40		02:31:58	1221	02:30:27

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Gun Pos	No	Forename	Surname	M/F	Cat	Club	GunTime	Chip Pos	ChipTime
1222	384	Tracy	Owen	F	35		02:32:16	1223	02:30:48
1223	423	Miranda	Williams	F	35		02:32:16	1224	02:30:48
1224	475	Debbie	Edwards	F	35		02:32:22	1222	02:30:35
1225	1495	Martyn	Ruck	M			02:32:30	1226	02:31:23
1226	919	Wesley	Colyer	M			02:32:36	1225	02:30:53
1227	1053	Natalie	Williams	F		WOMENS RUNNING NETWORK	02:32:48	1228	02:31:49
1228	906	Keith	Skeggs	M			02:32:59	1230	02:32:24
1229	505	Seimon	Edwards	M			02:33:01	1227	02:31:47
1230	760	Jayne	Thomas	F			02:33:42	1231	02:32:37
1231	1733	Runner	1733	M			02:33:42	1238	02:33:23
1232	1686	Anthony	Jones	M			02:33:51	1229	02:32:14
1233	75	Jaynie	Rance	F	45		02:33:51	1235	02:32:55
1234	411	Claire	Hansen	F			02:34:04	1232	02:32:44
1235	412	Steve	Ribbon	M	50		02:34:04	1233	02:32:44
1236	1019	Clare	Fencott	F			02:34:20	1236	02:32:59
1237	1205	Kevin James	Topping	M	40		02:34:23	1234	02:32:47
1238	1180	Rochelle	Hill	F			02:34:24	1237	02:33:03
1239	304	Jenny	Strauch	F			02:34:26	1241	02:33:52
1240	1168	Rhodri	Davies	M			02:34:39	1239	02:33:34
1241	577	Louise	Pooley	F			02:34:54	1240	02:33:44
1242	258	Steven	Ford	M	40		02:35:43	1242	02:33:56
1243	1676	Ana	Koleve-Thompson	F			02:35:45	1243	02:34:18
1244	1675	Slavica	Juka-Dummer	F	35		02:35:45	1244	02:34:18
1245	1715	Dawn	Taylor	F			02:35:50	1249	02:34:50
1246	1099	Nicola	O'Sullivan	F	35	WOMENS RUNNING NETWORK	02:36:02	1245	02:34:28
1247	202	Joanne	Morgan	F	35		02:36:09	1247	02:34:37
1248	1129	Kelli	Hawkins	F			02:36:13	1248	02:34:41
1249	276	Lee	Raymond	M			02:36:17	1246	02:34:35
1250	675	Cheryl	Matthams	F		SHIN SPLINTS	02:36:20	1250	02:34:54
1251	262	Sharon	Evans	F	45		02:37:04	1251	02:35:53
1252	1701	Rosie	Swale Pope	F	55		02:37:27	1256	02:37:01
1253	51	Helen	Saxby	F	35		02:38:01	1253	02:36:36
1254	469	Alison	Turner	F	45		02:38:01	1252	02:36:30
1255	1567	Rachel	Youlten	F			02:38:28	1254	02:36:52
1256	1213	Suzanne	Ruck	F			02:38:32	1257	02:37:13
1257	32	Richard	Thomas	M	40		02:38:34	1255	02:36:59
1258	983	Julie	Spicer	F	35		02:38:57	1263	02:37:41

Don't forget the Great Welsh Marathon - 10th April 2011

## Llanelli Waterside Half Marathon - 2011 results

Gun Pos	No	Forename	Surname	M/F	Cat	Club	GunTime	Chip Pos	ChipTime
1259	769	Benjamin	Anderson	M			02:39:03	1258	02:37:16
1260	768	Emma	Sanders	F			02:39:05	1259	02:37:18
1261	1507	Mariclare	Carey-Jones	F			02:39:18	1262	02:37:25
1262	748	Carl	Edwards	M		ITV WALES	02:39:18	1260	02:37:24
1263	920	Natasha	Llewellyn	F			02:39:18	1261	02:37:24
1264	108	Christopher	Au	M			02:39:25	1264	02:37:55
1265	340	Debra	Sanderson	F	45		02:41:08	1268	02:39:52
1266	55	Lesley	Bigmore	F	45	BRAKLA HARRIERS	02:41:09	1265	02:39:33
1267	521	Leanne	Crawley	F			02:41:14	1266	02:39:36
1268	272	Paul	Mort	M	50		02:41:17	1267	02:39:43
1269	814	Wendy	Johnson	F	35		02:42:30	1271	02:41:22
1270	816	June	Wheel	F	35		02:42:32	1272	02:41:24
1271	744	Martina	Galajdova	F			02:42:57	1270	02:41:20
1272	746	Patrice	Villeger	M	40		02:42:57	1269	02:41:20
1273	1710	Michelle	Slee	F	35		02:43:08	1273	02:41:40
1274	58	Lynn	Chambers	F	55		02:43:39	1275	02:42:15
1275	91	Isaac	Von Ruhland	M			02:43:51	1276	02:42:17
1276	1071	Cecily	Morgan	F	45		02:43:52	1277	02:42:44
1277	849	Stephanie Henny	Bowen	F	35		02:44:01	1278	02:42:59
1278	134	Christopher	Brown	M			02:44:30	1280	02:43:09
1279	1543	Robert	Taylor	M			02:44:30	1279	02:43:09
1280	719	Cerys	Bevan	F	35		02:44:52	1281	02:43:56
1281	782	Non	Lewis	F			02:46:46	1282	02:45:24
1282	1137	Car Wai	Lau	M			02:46:59	1283	02:45:49
1283	1521	Dymphna	Powell	F	35		02:56:46	1284	02:54:58
1284	831	Brooke	McGowan	F		JUVENILE DIABETES RESEARCH FOUNDATION UK	02:57:23	1274	02:41:40
1285	280	Kathryn	Game-Lamorte	F			03:04:33	1285	03:03:15
1286	279	Ann	Nicholas	F			03:04:33	1286	03:03:15
1287	247	Nia	Jones	F			03:07:40	1287	03:06:01
1288	246	Catherine	Jones	F	45		03:08:02	1288	03:06:24
1289	50	Anna-Marie	Edwards	F			03:08:34	1289	03:08:34
1290	899	Jayne	Jones	F			03:08:35	1290	03:08:35
1291	77	Emma	Westlake	F			03:10:11	1291	03:08:41
1292	1202	Tessa	Gill	F	35		03:10:18	1292	03:08:52
1293	1154	Gareth	Owen	M	40		04:26:00	1293	04:24:14
1294	1503	Tracy	Davies	F	35		04:26:01	1294	04:24:39

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