

Talley 2019 - Seniors 5k

<u>No.</u>	<u>Position</u>	<u>Name</u>	<u>Club</u>	<u>Age</u>	<u>Class</u>	<u>Time</u>
257	1	Rob Davies	Amman Valley	33	m	16.51
310	2	Chrsitian Lovatt	Swansea Harriers	22	m	17.34
238	3	David Jones	Carmarthen Harriers	35	m	17.46
338	4	Tom Sinton	rtn	26	m	17.53
264	5	Robert Kestin	Port Talbot	32	m	18.08
366	6	Dafydd Lloyd	Sarn Helen	15	u18m	18.35
391	7	Llyr Roberts	Trots	27	m	18.50
377	8	Ian Bird	Run All Neath	33	m	18.56
322	9	Scott Price	Carmarthen Harriers	13	u18m	18.58
281	10	Alan Davies	Llanelli AC	66	m60	19.06
236	11	Mark Rivers	Sarn Helen	42	m40	19.09
300	12	Sioned Howells	Amman Valley	26	f	19.15
307	13	Wayne Lewis	Amman Valley	44	m40	19.24
318	14	Charlie Bleasdale	Amman Valley	22	m	19.28
252	15	Daniel Jones	Sarn Helen	16	u18m	19.29
271	16	Steffan Thomas	Sarn Helen	29	m	19.30
311	17	Luke Evans	Trots	18	m	19.31
342	18	Ryan Tarasloni	rtn	26	m	19.34
262	19	Christopher Targett	Amman Valley	38	m	19.38
277	20	Rhys Williams	Sarn Helen	13	u18m	19.40
330	21	Irfon Thomas	Sarn Helen	30	m	19.48
304	22	Carwyn Davies	Sarn Helen	41	m40	19.52
248	23	Nigel Davies	Sarn Helen	47	m40	19.54
308	24	Andy Mc Call	Amman Valley	28	m	19.55
242	25	Javier Cracia Andres		22	m	20.00.08
334	26	Elizabeth Tremlett	Carmarthen Harriers	40	f35	20.00.74
367	27	Nick Merrony	Trots	59	m50	20.03
390	28	Huw Davies	Carmarthen Harriers	50	m50	20.22
378	29	Aled Williams		28	m	20.32
323	30	Wendy Price	Carmarthen Harriers	41	f35	20.47
233	31	Johnathon Price	Sarn Helen	13	u18m	21.16
371	32	Aled Thomas		49	m40	21.21
344	33	Nathan Davies	Pembs Harriers	28	m	21.24
274	34	Billy Stone		20	m	21.30
316	35	Geraint Evans		49	m40	21.31
258	36	Clara Davies	Amman Valley	37	f35	21.35
309	37	Paul Watts	Amman Valley	57	m50	21.37
328	38	Mary Anthony	Trots	56	f55	21.42
326	39	Richard Marks	Sarn Helen	69	m60	21.46
239	40	Dee Jolly	Sarn Helen	32	f	21.58

263	41	Carwyn Jones		26	m	22.03
245	42	Huw Price	Sarn Helen	56	m50	22.04
280	43	Robert Champion	Llanelli AC	44	m40	22.12
286	44	Phil Jones		34	m	22.30
349	45	Danny Jones		28	m	22.33
235	46	Eleri River	Sarn Helen	45	f45	22.36
346	47	Guto eVans	Amman Valley	54	m50	22.48
296	48	William Patterson	Llandovery fit club	31	m	22.51
249	49	Anthony Warden	Amman Valley	47	m40	22.57
237	50	Harri Rivers	Sarn Helen	11	u18m	22.57.96
314	51	Carwyn Davies	Sarn Helen	23	m	23.13
382	52	Eric Rees	Sarn Helen	47	m40	23.29
380	53	Violet Caulkett	Sarn Helen	13	u18f	23.39
261	54	Delyth Crimes	Sarn Helen	51	f45	23.40
272	55	Nicola Williams	Sarn Helen	24	f	23.44
295	56	Ffion Thomas		26	f	23.52
259	57	Sian Roberts Jones	Sarn Helen	39	f35	23.57
276	58	Emlyn Jones		31	m	24.15
254	59	Shane Conway		43	m40	24.16
294	60	Nick Gales		25	m	24.16
288	61	KevinWalters		32	m	24.17
360	62	Geraint Jenkins	Amman Valley	51	m50	24.23
306	63	Heather Hughes	Sarn Helen	40	f35	24.25
301	64	Aled Daniels		37	m	24.28
369	65	Andrew Thomas		54	m50	24.35
385	66	David Priddey		19	m	24.45
336	67	Keith Powell	Trots	62	m60	24.45.97
265	68	Macs Morgan	Peniel	9	u18m	24.48.
305	69	Owen Davies	Sarn Helen	12	u18m	24.50
282	70	Nigel Watts	Amman Valley	62	m60	24.51
375	71	Nick Harries	Ogmore Phoenix	33	m	24.53
246	72	Mike Jones	Amman Valley	55	m50	24.54
370	73	Aled Hughes	Ogmore Phoenix	43	m40	24.55
327	74	Murray Kisbee	Sarn Helen	69	m60	24.58
313	75	Mair Morgan	Trots	54	f45	24.59
287	76	Ryan Jones	Carreg Hirfaen	11	u18m	25.00
255	77	Marc Davies	Sarn Helen	43	m40	25.01
339	78	Naomi Jones	Pembs Harriers	28	f	25.10
240	79	Mitchell Readwin	Sarn Helen	36	m	25.25
266	80	Wayne Morgan		40	m	25.27
387	81	Michael Terry	Trots	68	m60	25.28
273	82	Frank Speke		9	u18m	25.33

359	83	Lisa Jones	Amman Valley	35	f35	25.40
343	84	Dominic Tabardi		26	m	25.42
250	85	Amy Edgell	Sarn Helen	32	f	25.46
260	86	Enfys Needham Jones	Sarn Helen	47	f45	25.53
275	87	Pamela Carter	Sarn Helen	38	f	26.04
357	88	Susan Hughes Jones		54	f45	26.13
352	89	Jessica Hill		22	f	26.17
299	90	Mathew Thomas		28	m	26.30
267	91	Liz Pugh	Sarn Helen	54	f45	26.33
365	92	Haydn Lloyd	Sarn Helen	47	m40	26.36
234	93	Carol Rees	Sarn Helen	45	f45	26.43
324	94	Emily Adams		21	f	26.43.18
320	95	Marian Davies	Trots	38	f35	26.43.48
285	96	Chris Walters		34	m	26.51
356	97	Eleanor Jones		48	f45	26.52
256	98	Tina Morris		41	f35	27.08
362	99	Aneurin Jones		39	m	27.08.99
268	100	Nicola Davies	Sarn Helen	32	f	27.18
302	101	Sara Wyn Watkins		26	f	27.21
332	102	Elisha Jones	Sarn Helen	27	f	27.24
291	103	Chloe Jenkins	Amman Valley	30	f	27.29
241	104	Iestyn Stephens	Sarn Helen	12	u18m	27.37
279	105	Beca Jones	Sarn Helen	12	u18f	27.39
331	106	Sain Jenkins	Sarn Helen	26	f	27.47
278	107	Alun Davies		40	m40	27.51
290	108	Stuart Hustle	Amman Valley	33	m	27.56
348	109	William Speeke		18	m	28.35
298	110	Nadia Baldissera		31	f	28.37
379	111	Maddie Caulkett	Sarn Helen	12	u18f	28.51
381	112	Jen Caulkett	Sarn Helen	42	f35	28.52
284	113	Meriola Ponomorov		32	f	28.53
335	114	Carolann Healey	Amman Valley	42	f35	28.56
368	115	Nanette John	Sarn Helen	59	f55	29.25
247	116	Sean Wood	Sarn Helen	13	u18m	29.27
251	117	Meinir Jones	Sarn Helen	43	f35	29.31
358	118	Catherine Yeel		52	f45	29.39
253	119	Helen Conway		38	f35	29.51
292	120	Elin Thomas		36	f	29.56
337	121	Margaret Powell	Trots	60	f55	29.57
312	122	Jane Evans	Trots	54	f45	30.09
384	123	Kelly Rideout		48	m40	30.18
244	124	Brett Hatfield	Amman Valley	66	m60	30.24

293	125	Hannah Gale		27	f	30.32
297	126	Eric Davey	Llanelli AC	69	m60	3034.00
353	127	Rebecca Doswell	Sarn Helen	45	f45	30.37
347	128	Beth s peke		20	f	31.01
325	129	Miranda Bowen	Trots	46	f45	31.05
345	130	Meleri Campbell	Trots	40	f35	31.21
389	131	Adee Botu	Sarn Helen	34	f	31.59
303	132	Rhidian Daniles		26	m	32.03
321	133	Zoe Jermin Jones	Llanelli AC	41	f35	32.06
341	134	Nicola Tesho	Amman Valley	44	f35	32.24
340	135	Mia Tesho	Ysgol Dyffryn Amman	12	u18f	32.25
319	136	Ivene Davies	Trots	56	f55	32.26
388	137	Ella Bird		32	f	32.28
361	138	Nia Morris		23	f	32.31
383	139	Eirian Davies		68	m60	32.31.96
373	140	Sioned Williams		21	f	32.35
364	141	Owen Speke		7	u18m	32.58
363	142	Harry Tuckder		22	m	33.18
374	143	Nia Williams		26	f	33.19
243	144	Anneliese Hatfield		64	f55	33.28
329	145	Glyn Anthony	Trots	69	m60	33.38
283	146	Christine Watts	Amman Valley	60	f55	34.01
155	147	Tristan Seddon	Talley	9	m	4.20
386	148	Alice James		29	f	34.34
315	149	Teleri Evans		22	f	35.09
372	150	Cai Bisping	Teilo Sant	6	u18m	35.25
152	151	Jac Bisping	Teilo Sant	8	m	36.03
289	152	Siwan Bisping		40	f35	36.03.95
317	153	Megan Bleasdale		24	f	36.06
269	154	Dr Tyan Morgan		53	f45	36.12
270	155	Karen Dunbar		46	f45	37.20
354	156	Selena Miller		48	f45	37.21
355	156	Eirwen Hughes		40	f35	37.21
333		Calire White		27	f	
350		Annalies Hitchman Morgan		38	f35	
351		Hayley Campbell		33	f	
376		Sam Hastilow		10	u18m	

