

# Llanelli 10k and Half Marathon - 10k

## Category Results

### Female - Overall

Pos	Bib	Time	Name	Club
1	3005	00:34:27	Olivia Tsim	Pontypridd Roa...
2	3238	00:36:52	Millie Gold	Swansea harriers
3	3003	00:37:55	Donna Morris	Builth and dis...
4	3006	00:38:41	Imogen Wood	
5	3142	00:41:34	Amy Cox	CDF Runners

### Female - Cat 35

Pos	Bib	Time	Name	Club
1	3654	00:45:08	Lowri Walters	
2	3720	00:45:08	Tori Barry	Swansea harriers
3	3530	00:45:25	Amy Rees	
4	3626	00:45:32	Rebecca Thomas	N/A
5	3304	00:47:49	Dora Huszar	

### Female - Cat 40

Pos	Bib	Time	Name	Club
1	3003*	00:37:55	Donna Morris	Builth and dis...
2	3569	00:42:41	Emma Seward	Les Croupiers RC
3	3122	00:43:24	Sarah Christensen	Swansea harriers
4	3384	00:46:12	Lowri Leeke	
5	3663	00:53:03	Felicity Westlake	Pencoed Panthers

### Female - Cat 45

Pos	Bib	Time	Name	Club
1	3545	00:45:33	Leonie Roberts	Fairwater Runn...
2	3827	00:52:25	Valerie Nelson	
3	3759	00:55:11	Eiri Evans-jones	3M Gorseinon R...
4	3358	00:56:26	Carol Jones	North Dock Dre...
5	3688	00:56:35	Rebecca Wood	

### Female - Cat 50

Pos	Bib	Time	Name	Club
1	3095	00:51:32	Fiona Bolton	Llswerry Runners
2	3830	00:52:54	Sharon Osborne	Pprc
3	3510	00:58:27	Claire Powell	
4	3673	00:59:34	Claire Williams	Sarn Helen
5	3856	01:01:23	Marie Scott	

### Female - Cat 55

Pos	Bib	Time	Name	Club
1	3702	00:48:44	Jennet James	
2	3491	00:50:31	Debbie Phillips	
3	3795	00:54:27	Julie Jones	Tripotential
4	3196	00:56:07	Paula Devenney	
5	3144	00:59:30	Gail Creed	Lou Summer Run...

### Female - Cat 60

Pos	Bib	Time	Name	Club
1	3422	00:58:57	Caroline Mccoy	
2	3801	01:06:05	Sue Jones	JM Running
3	3426	01:06:34	Caron Mckee-hands	Trots, St Clears
4	3832	01:08:32	Andrea Parker	Clwb Rhedeg Po...
5	3272	01:09:53	Hayley Heard	

### Female - Cat 65

Pos	Bib	Time	Name	Club
1	3154	00:57:06	Sharon David	Port Talbot Ha...
2	3482	01:14:14	Annie Palmer	Saundersfoot R...
3	3216	01:16:09	Kim Evans	
4	3621	01:27:45	Susan Thomas	Clwb Rhedeg Po...

### Female - Cat 70

Pos	Bib	Time	Name	Club
1	3822	01:46:04	Val Miller	Clwb Rhedeg Po...

### Male - Overall

Pos	Bib	Time	Name	Club
1	3002	00:33:03	Callum Champion	Cardiff AAC
2	3732	00:33:23	Joseph Comerford	Rugby and Nort...
3	3733	00:33:58	Euan Coney	Cardiff Athlet...
4	3264	00:34:29	Mark Harrison	Clwb Run Wales
5	3767	00:34:39	Ollie George	Sarn Helen

### Male - Cat 35

Pos	Bib	Time	Name	Club
1	3107	00:34:42	Craig Burrows	Bridgend AC
2	3396	00:38:19	Gareth Lewis	CDF Runners
3	3486	00:39:29	Jonathan Parry	Bridgend AC
4	3640	00:39:54	Mike Tynan	Amman Valley H...
5	3076	00:40:16	Thomas Bates	

### Male - Cat 40

Pos	Bib	Time	Name	Club
1	3264*	00:34:29	Mark Harrison	Clwb Run Wales
2	3642	00:36:16	Jamie Vanstone	Pontypridd Roa...
3	3497	00:37:10	Matthew Phillips	Llanelli AC
4	3408	00:41:36	Daniel Maclachlan	
5	3362	00:41:44	Rob Jones	3M Gorseinon R...

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### Male - Cat 45

Pos	Bib	Time	Name	Club
1	3790	00:40:29	Paul Jenkins	3M Gorseinon R...
2	3268	00:40:41	Wayne Hayhurst	Ogmore phoenix...
3	3125	00:40:49	David Clarke	Llanelli AC
4	3723	00:41:59	James Bevan	Topsteptri
5	3589	00:42:24	Mark Spure	

### Male - Cat 50

Pos	Bib	Time	Name	Club
1	3735	00:37:47	Arwel Davies	Amman Valley H...
2	3660	00:39:37	Lee Watts	
3	3541	00:40:17	Michael Rix	
4	3774	00:41:42	Christopher Guy	Lliswerry Runners
5	3403	00:41:46	Paul Lock	Llanelli AC

### Male - Cat 55

Pos	Bib	Time	Name	Club
1	3711	00:44:41	Richard Costello	Pontypridd Roa...
2	3198	00:51:35	Paul Domachowski	Cornelly Striders
3	3417	00:53:54	Tim Masters	Brecon AC
4	3512	00:54:13	Mike Prasad	3M Gorseinon R...
5	3379	00:57:08	Neil Lambert	

### Male - Cat 60

Pos	Bib	Time	Name	Club
1	3555	00:44:15	Jeremy Rowlands	
2	3604	00:48:08	Jamie Sweeney	
3	3746	00:52:35	Clive Davis	Pembrokeshire ...
4	3730	00:52:35	Peter Clement	3M Gorseinon R...
5	3108	00:53:35	Tim Burton	

### Male - Cat 65

Pos	Bib	Time	Name	Club
1	3802	00:52:00	Wyn Jones	JM Running
2	3090	00:58:09	Denzil Bevan	Lonely Goat RC
3	3374	01:00:11	Derek Kozel	
4	3863	01:00:40	Mark Steele	
5	3102	01:01:15	John Brockway	

### Male - Cat 70

Pos	Bib	Time	Name	Club
1	3140	01:08:59	Michael Cordell	
2	3331	01:09:23	Barrie Jones	

### Male - Cat 75

Pos	Bib	Time	Name	Club
1	3055	00:59:56	Martin Andrews	Trots running ...