

G5 Glynneath 5 ... Boxing Day 2009 ...

Pos	Race No.	Name	Cat	Club	Time
1	111	Tom Marshall	MS	Cardiff A.C.	24.39
2	220	Steve Rees	MS	Port Talbot Harriers	26.09
3	306	Paul Richards	M40	Neath Harriers	26.32
4	230	Guy Smith	MS	Swansea Harriers	27.20
5	208	Afan Humphries	MS	Cwmbran Harriers	27.32
6	209	Chris Prothero	MS	Cwmbran Harriers	27.45
7	223	Michael Bridge	MS	Welwyn Garden City	28.00
8	173	Stephen Thomas	M40	Islwyn R.C.	28.01
9	226	Jason Scanlon	MS	Pontypridd Rodents	28.03
10	411	Ifan Lloyd	M50	Swansea Harriers	28.37
11	414	Alan Davies	M55	N/A	28.53
12	105	Jonathan Barnes	MS	Wye Valley R	28.56
13	43	Anne-Marie Hutchison	FS	Neath Harriers	29.01
14	206	Daniel Bodman	MS	Pontypridd Rodents	29.19
15	321	Chris Parker	M40	Swansea Harriers	29.28
16	177	Stuart McIlroy	MS	Les Croupiers	29.30
17	423	Aaron Jones	M50	Port Talbot Harriers	29.40
18	101	Simon Bond	MS	Royal Sutton A.C	29.42
19	245	Andy Davidson	MS	N/A	29.53
20	124	Stephen Langley	M45	Ipswich Jaffa	30.03
21	244	Andrew Smith	MS	Swansea Harriers	30.10
22	232	Paul Bowen	MS	Sospan Road Runners	30.13
23	150	Rhodri Evans	MS	Pontypridd Rodents	30.15
24	235	Gareth Ayres	MS	Port Talbot Harriers	30.32
25	406	Richard Jones	M50	N/A	30.34
26	146	Neil Hacon	M40	Sittingbourne Striders	30.42
27	103	Alex Williams	M40	Port Talbot Harriers	30.44
28	330	Gerard Crispie	M45	Les Croupiers	30.46
29	156	Chris Fulcher	M40	Port Talbot Harriers	30.52
30	174	Alun Evans	M40	N/A	30.56
31	229	Steven Davies	MS	Swansea Harriers	30.57

Remember the ... Llanelli Half Marathon ... 7th March 2010

G5 Glynneath 5 ... Boxing Day 2009 ...

Pos	Race No.	Name	Cat	Club	Time
32	107	Stuart Griffiths	MS	3M's	30.58
33	237	Matthew O'Leary	MS	Neath Harriers	30.59
34	227	Kieran Mackintosh	MS	Port Talbot Harriers	31.00
35	325	Royston Whitehouse	M45	N/A	31.01
36	228	Andrew Cleverly	MS	Swansea Harriers	31.04
37	224	Justin Phillips	MS	N/A	31.06
38	419	Eryl Husband	M50	Lancaster & Morecambe Athletics	31.13
39	149	Geraint Williams	MS	N/A	31.21
40	215	Alun Rees	MS	Neath Harriers	31.23
41	247	Gareth Elliott	MS	Pembs Harriers	31.32
42	332	Paul Lewis	M40	3M's	31.34
43	327	John Hopkins	M45	Port Talbot Harriers	31.39
44	407	Ronald Morris	M60	San Domenico	31.46
45	253	Charles Walsh	MS	Port Talbot Harriers	31.53
46	122	Rhodri Harris	MS	Neath Harriers	31.54
47	112	Mark Dunscombe	M45	Sarn Helen	31.58
48	311	Andrew Thomas	M40	Sospan Road Runners	32.00
49	129	Clem Clement	M50	Penarth & Dinas	32.03
50	425	Paul Dyson	M50	Swansea Harriers	32.16
51	212	Dean Webster	MS	3M's	32.18
52	163	Alan Pritchard	M45	Port Talbot Harriers	32.22
53	404	Robert Bamsey	M55	Neath Harriers	32.27
54	179	Mark Terry	M50	T.R.O.T.S.	32.33
55	54	Kelly Morgan	FS	Pontypridd Rodents	32.36
56	153	Robert Rees	MS	N/A	32.37
57	8	Michele Cole	FS	3M's	32.38
58	213	Ian Phillips	MS	3M's	32.43
59	20	Jenny Phillips	F40	Llanelli A.C.	32.44
60	168	Paul Rees	M40	Port Talbot Harriers	32.45
61	207	Michael Halsall	MS	Llanelli A.C.	32.46
62	417	Howard Bodman	M50	N/A	32.48

Remember the ... **Llanelli Half Marathon** ... 7th March 2010

G5 Glynneath 5 ... Boxing Day 2009 ...

Pos	Race No.	Name	Cat	Club	Time
63	413	Bernard Henderson	M55	Port Talbot Harriers	32.51
64	405	Eric Davey	M60	Llanelli A.C.	33.13
65	251	James O'Callaghan	MS	N/A	33.18
66	135	Neil Davies	M50	N/A	33.22
67	310	Nigel Clarke	M40	Hereford Couriers	33.24
68	118				33.26
69	408	Richard Webster	M55	3M's	33.32
70	426	Peter Deacon	M50	Swansea Harriers	33.33
71	132	David Proffitt	M55	Newport Harriers	33.35
72	109	Chris Lewis	MS	Port Talbot Harriers	33.40
73	117	Robert Wilson	M50	Penarth & Dinas	33.43
74	318	Martyn Evans	M45	Wecori	33.46
75	225	Peter Miskell	MS	Reading Roadrunners	33.47
76	121	Alan Mason	M45	Les Croupiers	33.48
77	303	Emyr Jones	M40	N/A	33.56
78	110	Gareth Hill	MS	N/A	34.12
79	309	Dominic Shields	M40	San Domenico	34.14
80	61	Jacqueline Brace	F50	Bridgend A.C.	34.15
81	162	Colin Fish	M40	N/A	34.19
82	151	Stacey Farnell	MS	N/A	34.22
83	75	Deborah Reed	F40	3M's	34.26
84					34.33
85	313	Clive Davies	M45	Sospan Road Runners	34.44
86	123	Neil Harris	M45	Neath Harriers	34.47
87	3	Andrea Williams	F35	R.R.C	34.50
88	428	Alan Perkins	M55	Port Talbot Harriers	34.51
89	68	Carol Moseley	FS	Port Talbot Harriers	34.52
90	308	Graham Vyner	M40	3M's & Celtic Tri	35.10
91	161	Allen Bunney	M40	Aberdare A.C.	35.17
92	180	Steven Bendle	M45	3M's	35.22
93	170	Darren Williams	MS	Port Talbot Harriers	35.31

Remember the ... Llanelli Half Marathon ... 7th March 2010

G5 Glynneath 5 ... Boxing Day 2009 ...

Pos	Race No.	Name	Cat	Club	Time
94	239	Leighton Williams	MS	Celtic Tri	35.32
95	317	Allan Parsons	M40	Wecori	35.33
96	48	Fiona Davies	F50	Bridgend A.C.	35.34
97	304	Kevin Barnes	M45	Hereford Couriers	35.35
98	427	Brian Fox	M60	Swansea Harriers	35.36
99	22	Heather Williams	FS	Swansea Harriers	35.37
100	157	Kyle Fulcher	MS	Port Talbot Harriers	35.50
101	305	Andrew Davies	M45	Pontypridd Rodents	35.53
102	160	Andrew Phillips	M45	N/A	35.55
103	243	Jon Jones	MS	N/A	35.58
104					35.59
105	250	Chris Herdman	MS	N/A	36.00
106	175	John Lloyd	M40	Borders Club	36.03
107	240	Chris Price	MS	Celtic Tri	36.08
108	415	Geoff Hall	M50	N/A	36.09
109	259				36.13
110	71	Sian Phillips	F45	Swansea Harriers	36.20
111	422	Mike Jones	M50	N/A	36.22
112	315	Lee Davies	M40	The Dragons	36.27
113	204	Matthew Lane	MS	N/A	36.33
114	249	Aled Roberts	MS	N/A	36.34
115	58	Louise Miskell	F35	3M's	36.34
116	248	David Notman	MS	N/A	36.46
117	242	Matthew Williams	MS	Wecori	36.54
118	201	Daniel Gillett	MS	N/A	36.56
119	421	Marcus Eyre	M50	3M's	36.57
120	333	David Cornish	M40	N/A	37.07
121	142	Darren Green	M40	Mumbles Milers	37.14
122	430	Robert Ford	M55	Pontypridd Rodents	37.18
123	18	Helen Ross	F35	L.C.Cobras	37.24
124	62	Del Eyre	F45	3M's	37.26

Remember the ... Llanelli Half Marathon ... 7th March 2010

G5 Glynneath 5 ... Boxing Day 2009 ...

Pos	Race No.	Name	Cat	Club	Time
125	323	Paul Rundle	M45	N/A	37.27
126	171	Cyril Walters	M60	T.R.O.T.S.	37.34
127	432	John Cunnane	M60	Islwyn R.C.	37.52
128	119	Aaron Griffiths	M40	Neath Harriers	37.57
129	202	Alex Bailey	MS	N/A	38.01
130	217	David Rogers	MS	N/A	38.08
131	115	Dai Richards	M45	Celtic Tri	38.12
132	328	Cornelius Corcofan	M40	Pontypridd Rodents	38.13
133	410	Derek Rainbird	M55	Parc Bryn Bach	38.19
134	221	Ben Williams	MS	N/A	38.24
135	252	Kev Mead	MS	N/A	38.29
136	238	Lee Gwyn	MS	N/A	38.33
137	40	Christine Lloyd	F50	Halesowen A & CC	38.37
138	164	Tony Holling	M50	Port Talbot Harriers	38.39
139	324	Carlos Land	M40	N/A	38.53
140	152	Gareth Evans	M40	N/A	38.56
141	42	Stephanie Davies	FS	Pontypridd Rodents	38.57
142	320	Mike Nash	M45	3M's	39.00
143	1	Kathryn John	FS	3M's	39.00
144	402	Nicholas Thomas	M40	N/A	39.06
145	335	David Francis	M45	N/A	39.06
146	319	Nigel Francisco	M45	Wecori	39.16
147	60	Rhiannon Jones	FS	Cumberland Fell Runners C.F.R.	39.20
148	67	Sarah Gronert	FS	N/A	39.22
149	204	Matthew Lane	MS	N/A	39.29
150	143	Paul Jones	MS	Mumbles Milers	39.35
151	326	Andrew Gronert	M45	N/A	39.38
152	141	Ian Williams	M40	Port Talbot Harriers	39.39
153	418	Glyn Williams	M60	3M's	39.42
154	127	Keri Powell	MS	Neath Harriers	40.03
155	219	Aled Hopton	MS	N/A	40.04

Remember the ... Llanelli Half Marathon ... 7th March 2010

G5 Glynneath 5 ... Boxing Day 2009 ...

Pos	Race No.	Name	Cat	Club	Time
156	433	Alan Roberts	M50	Port Talbot Harriers	40.11
157	139	Mark Davies	M40	Neath Harriers	40.12
158	21	Lindy Beaton	F45	Neath	40.16
159	140	Andrew Beaton	MS	Neath Harriers	40.16
160	5	Tina Arthur	F45	Port Talbot Harriers	40.18
161	234	Gareth Jones	MS	N/A	40.26
162	66	Karen Gronert	F45	N/A	40.36
163	412	Huw Williams	M55	N/A	40.36
164	50	Jan Harvey	F50	Glamorgan Health & Racquet	40.43
165	70	Angela Ridge	F40	N/A	40.44
166	176	Paul Gillard	M50	N/A	40.49
167	57	Corrinne Mackintosh	FS	Port Talbot Harriers	40.51
168	38	Sarah Fish	F35	N/A	40.52
169	102	Nicholas Colwell	M45	Swansea Harriers	40.57
170	316	James Davies	M40	3M's	40.58
171	44	Eiri Evans	FS	3M's	40.59
172	420	John Ayres	M50	Port Talbot Harriers	41.03
173	322	Emyr Thomas	M40	N/A	41.07
174	63	Jammie-Lee Bodman	FS	N/A	41.20
175	65	Gwyneth Parry	F55	N/A	41.24
176	49	Rhianydd Gardiner	F35	N/A	41.30
177	69	Rox Davidson	F35	N/A	41.32
178	409	Dewi Winter	M50	N/A	41.33
179	329	Richard Donne	M45	3M's	41.36
180	218	Michael Rosser	MS	N/A	41.39
181	59	Trina Bodman	F50	N/A	41.40
182	222	Lee Kwok	MS	Glamorgan Health & Racquet	41.54
183	334	Mike Howell	M45	N/A	42.07
184	203	Mark Edwards	MS	N/A	42.08
185	128	Alan Williams	M45	N/A	42.14
186	424	Richard Parry	M55	N/A	42.16

Remember the ... Llanelli Half Marathon ... 7th March 2010

G5 Glynneath 5 ... Boxing Day 2009 ...

Pos	Race No.	Name	Cat	Club	Time
187	23	Joanne Rogers	FS	Neath	42.16
188	11	Mel Owen	FS	N/A	42.28
189	15	Janice Clement	F50	Penarth & Dinas	42.28
190	165	Gary Thorne	M45	N/A	42.29
191	231	Paul Clarke	MS	Mumbles Milers	42.43
192	233	Trevor Lewis	MS	N/A	42.44
193	216	Stephen Lewis	MS	N/A	42.56
194	37	Andrea Griffiths	F40	Celtic Tri	42.57
195	429	Bob Elliott	M55	Pembroke Harriers	43.08
196	12	Amanda Thomson	FS	N/A	43.10
197	24	Tracey Davies	F45	Neath	43.12
198	134	Richard Lewis	MS	Celtic Tri	43.25
199	211	Jason Berrett	MS	N/A	43.29
200	205	Clyde Baker	MS	N/A	43.39
201	30	Gweneth Hacon	F40	Sittingbourne Striders	44.27
202	17	Sam Stronach	FS	N/A	44.37
203	145	Mark Hill	M40	N/A	44.37
204	312	John Kiernan	M40	N/A	44.54
205	431	Alan Evans	M65	Cardiff A.C.	45.01
206	34	Hilary Davies	F40	N/A	45.02
207	178	Simon Davies	M45	N/A	45.03
208	46	Kirsty-Lee Williams	FS	N/A	45.16
209	301	Richard Barrett	M45	N/A	45.20
210	241	Rhys Jones	MS	N/A	45.40
211	2	Llinos Davies	FS	Y Tymbi	45.42
212	64	Hannah Jones	FS	N/A	45.55
213	39	Kaz Burrows	F45	Celtic Tri	46.38
214	76	Caroline Young	FS	N/A	46.46
215	302	John Watkins	M40	N/A	46.49
216	401	Ieuan Chattington	M55	N/A	46.54
217	29	Maria Berrett	F50	Aberdare A.C.	46.56

Remember the ... Llanelli Half Marathon ... 7th March 2010

G5 Glynneath 5 ... Boxing Day 2009 ...

Pos	Race No.	Name	Cat	Club	Time
218	246	Wayne Richards	MS	The Dragons	46.57
219	331	Simon Morgan	M40	N/A	46.57
220	73	Sarah Morgan	FS	N/A	46.58
221	72	Denise Williams	F55	N/A	47.27
222	138	Richard Clifford	M40	N/A	47.27
223	33	Amanda Parry	F35	N/A	47.32
224	120	Rob Thomson	M55	N/A	47.38
225	210	Robert Holt	MS	N/A	48.06
226	126	Peter Boyden	M55	Neath Harriers	48.10
227	307	Andrew John	M50	Land Registry	48.45
228	35	Paula James	F35	Pontypridd Rodents	49.00
229	25	Julie Kemp	F45	Neath	49.13
230	6	Linda Owen	F55	3M's	49.29
231	416	Gary Rees	M65	N/A	49.43
232	144	Gary Taylor	MS	Mumbles Milers	49.47
233	52	Suzie Hopkins	F40	The Dragons	50.13
234	314	Andrew Jones	M40	N/A	50.38
235	36	Tina Lloyd	F40	Borders Club	52.47
236	41	Diane Williams	FS	N/A	53.06
237	137	Scott Burton	MS	N/A	53.26
238	45	Jackie Evans	F35	Sospan Road Runners	54.25
239	31	Emma Wilson	F35	Sittingbourne Striders	54.28
240	51	Hayley Richards	FS	The Dragons	55.34
241	27	Hayley Williams	F45	Aberdare A.C.	57.22
242	9	Helen Osbourne	FS	3M's	57.22
243	114	Phil Davies	M60	3M's	58.00
244	55	Meinir Hancock	F45	N/A	
245	56	Karen Davies	F45	N/A	58.16
246	53	Elizabeth Betambeau	FS	Port Talbot Harriers	58.40
247	28	Amanda Rossiter	F40	Aberdare A.C.	59.38
248	47	Louise Jones	F35	The Dragons	61.05

Remember the ... Llanelli Half Marathon ... 7th March 2010

G5 Glynneath 5 ... Boxing Day 2009 ...

Pos	Race No.	Name	Cat	Club	Time
249	74	Denise Henton	F35	N/A	61.25
250	131	Allen Watts	M65	Sarn Helen	62.06
251	26	Annette Taylor	F45	Aberdare A.C.	62.58
252	29	Maria Berrett	F50	Aberdare A.C.	62.58

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