

**Llanelli 10 Miler - Entrants List as of February 12th 2013**

<b>Forename</b>	<b>Surname</b>	<b>County</b>	<b>Club</b>	<b>Gender</b>	<b>Cat</b>
Joanne	Morgan	Carmarthenshire	No	F	F45
Andrew	Richards	carmarthenshire	No	M	M40
Paul	Butcher	carmarthenshire	Amman Valley	M	M40
Gareth	Jones	Carmarthenshire	No	M	MS
Christine	Brash	Pembrokeshire	No	F	F45
David	Dermody	South Wales	no	M	MS
Barrie	Davies	South Wales	no	M	MS
Geraint	Lloyd	Carmarthenshire	None	M	MS
Rachel	Westermark	Wales	No	F	FS
Hayley	Lewis	Bridgend	no	F	F35
Huw	Simpkins	Pembrokeshire	no	M	MS
Beth	Lewis	bridgend	no	F	F35
Jon	Barnes	herefordshire	cheltenham harriers	M	MS
Terry	O'Brien	West Glamorgan	No	M	M50
Andrew	Lustig	Swansea	No	M	MS
Caryl	Williams-Ford	Carmarthenshire	No	F	F35
Rhian	George	Carmarthenshire	No	F	F35
Clara	Evans	Herefordshire	Hereford and County	F	FS
Sheryl	Evans	Herefordshire	Hereford Couriers	F	F35
Ceri	Jones	Mid Glamorgan	No	F	F35
Andrea	Bird	Neath Port Talbot	Run4All	F	F45
Ian	Bevan	Glamorgan	No	M	MS
Mike	pritchard	mid glamorgan	none	M	M50
Rachel	Biggar	Cardiff	Not Applicable	F	FS
Kevin	Barnes	england	hereford couriers	M	M40
Emily	Baggs	Cardiff	Virgin Actove	F	FS
Leigh	Branagh	West Glamorgan	LC Cobras	M	M40
Sarah	Dodd	Cardiff	None	F	F35
Rhian	Penfold	Carms	Sosban Road Runners	F	FS
Nicola	Griffiths	carmarthenshire	sospan road runners	F	F45
Martin	Turton	Swansea	NA	M	M40
Leanne	Hammond	Swansea	No	F	FS
Alison	Morgan	Swansea	No	F	F35
Annette	Davies	S Wales	Fetch Everyone	F	F45
Liam	Davies	S Wales	Fetch Everyone	M	M50
Jones	Colin	carmarthenshire	n/a	M	M50
Rachel	Gabb	West Glamorgan	No	F	F35
Rhian	Berni	West Glamorgan	No	F	F35
Alyson	Gladdy	carms	sospan road runners	F	F35
David	Lynch	carmarthenshire	nil	M	M40
Jeremy	Haynes	west glamorgan	lc cobras	M	M40
Ian	Richards	carmarthenshire	no	M	M40
Helen	Lutley	Ceredigion	Emlyn Runners	F	F55
Chris	Lutley	Ceredigion	n/a	M	MS
Mick	Adams	Carms	NO	M	M40
Dave	Brennan	Carms	NO	M	M50
Heidy	Davies	Cardiff	NO	F	F45
Mark	Davies	Cardiff	NO	M	M40
Hywel	Thomas	Carmarthenshire	none	M	M40
Barry	Griffiths	powys	brecon athletic club	M	M40
Charlie	Corkrum	Carmarthenshire	Trots	M	MS
Peter	Osborne	Carm's	Llanelli A.A.C	M	M50
Cheryl	Copestake	West Glamorgan	NO	F	F35
Shahnaz	Scully	PEMBROKESHIRE	NO	F	FS
David	Hughes	Rhondda Cynon Taff	None	M	MS

Reuben	Adjei	Pembrokeshire	contact the elderly	M	MS
Josie	Wright	Pembrokeshire	small	F	F35
Delyth	Jones	Herefordshire	N/A	F	F45
Anna	Passera	No	No	F	F35
Paul	Bennett	W. Glamorgan	No	M	M50
KEITH	RICHARDSON	Pembrokeshire	Road Runners Club	M	M60
Claire	Lewis	Cardiff	San Domenico RRC	F	F45
Corina	Holley	Pembrokeshire	Tenby Aces	F	F45
Chris	Purdon	Cardiff	No	M	M50
JOHN	GREENHILL	carmarthenshire	sospan road runners	M	M40
Martin	Rees	glamorgan	les croupiers	M	M50
Stephen	Calvert	West Glamorgan	No	M	M40
Mr	Williams	Swansea	No	M	MS
Vivienne	Jones	Carmarthenshire	Sospan road runners	F	F35
Matthew	Reynolds	West Glamorgan	Celtic Tri	M	MS
David paul	Rees	carmarthenshire	kidwelly rfc	F	FS
Mike	Evans	Carmarthenshire	trots	M	MS
Barri	Edwards	C.C.B.	N/A	M	M40
Shan	Roberts	Pembrokeshire	TROT	F	F45
Karen	Hewitt	Swansea	None	F	FS
Chris	Wright	West Glamorgan	NO	M	MS
Mark	Jones	Carmarthenshire	None	M	M40
Alun	Yeend	WARKS	TROTS	M	M50
Christopher	Cray	carmarthenshire	Kidwelly RFC	M	MS
Aled	Rumble	carmarthenshire	no	M	MS
Jaynie	Rance	West Glamorgan	no	F	F45
Ceri	Thomas	West Glamorgan	No	F	F35
Diane	Phillips	Carmarthenshire	No	F	F35
John	Burridge	mid-glamorgan	no	M	MS
Nicola	Tonge	South Glam	No	F	F35
Ryan	King	Carmarthenshire	no	M	M40
James	Harper	Pembrokeshire	No	M	MS
Andy	Wiggins	Pembrokeshire	no	M	M40
Rowland	Julian	Pembrokeshire	no	M	MS
Richard	Gravell	Carmarthenshire	Kidwelly rfc	M	MS
Barry	Wilson	U.K.	Ludlow Runners	M	M60
Evans	Julie	West Glam	LC Cobras	F	F35
Stephen	Paterson	Cardiff	Les Croupiers	M	MS
Leynie	Meagher	Cardiff	NO	F	FS
Michelle	Jones	Ceredigion	NO	F	F35
Hannah	Johnson	Carmarthenshire	Sospan Road Runners	F	FS
Paul	Craddock	Carmarthenshire	None	M	MS
Claire	Richards	Cardiff	No	F	FS
Laura	Mcmullin	Cardiff	No	F	FS
Arwel	Davies	Carmarthenshire	Sospan Road Runners	M	M40
James	Francis	Rhondda Cynon Taff	NO	M	MS
James	Nunn	cardiff	Cardiff Triathlon	M	MS
Andrew	Birch	Swansea	Team Golf	M	M40
Carwyn	Hammond	Swansea	Team Golf	M	MS
Steve	Wigley	Cardiff	No	M	MS
Helen	Edwards	west glamorgan	No	F	F35
John	Barry	west glamorgan	No	M	M50
Rony	seamons	neath port talbot	celtic tri	M	MS
Aled	Jones-Davies	Wales	NO	M	MS
Barry	Howells	pembrokeshire	No	M	M50
Andrew	Cadmores	Powys	Brecon AC	M	M40

Robert	Galpin	herefordshire	wey valley runners	M	M50
Alexandra	Wallis-Evans	West Glamorgan	LC Cobras	F	FS
Anna	Camlin	Cardiff	NO	F	FS
Owen	Thomas	Carmarthenshire	NO	M	MS
Ali	King	Carmarthenshire	NO	F	FS
Alys	Carlisle	Swansea	Tata Steel	F	F35
Endaf	Price	Carmarthenshire	Endaf	M	MS
Paul	Wheatley	West Glamorgan	No	M	M40
Karen	Jones	Carmarthenshire	Sospan Road Runners	F	F45
Karen	Morgan	Carms	No	F	F35
Mark	Harrison	RCT	Rhondda Valley Runne	M	M50
Nicky	Williams	west glamorgan	no	M	MS
Simon	Wilkins	Caerdydd	None	M	MS
Paul	Furlong	South Glamorgan	Penarth and Dinas	M	M60
Andrew					
Marc	Brain	West Glamorgan	No	M	MS
Andy	Silk	Monmouthshire	Chepstow Harriers	M	M50
Celia	O'Brien	Abertawe	TATA	F	F35
Andrew	Hill	South Glamorgan	No	M	MS
Ben	Hubbard	Carmarthenshire	NO	M	MS
Clive	Mccall	Carmarthenshire	no	M	M50
Amy	Edwards	Mid Glam	RVR	F	FS
John	George	england	NO	M	MS
Colin	Wellstead	neath port talbot	no	M	M40
RYAN	PENNY	WEST GLAMORGAN	NO	M	MS
MARK	RABAIOTTI	WEST GLAMORGAN	NO	M	MS
Robert					
Jeremy	Jones	West Glamorgan	No	M	M50
Caroline	Davies	Carmarthenshire	NO	F	F35
Steve	Lewis	Mid Glamorgan	No	M	M40
Cindy	Evans	Mid Glamorgan	No	F	F45
Eryl	Jones	Cardiff	No	M	M40
Andrew	Davies	Carmarthenshire	None	M	M40
Rhodri	Evans	Cardiff	Penarth & Dinas	M	M40
Lee	Colling	Carmarthenshire	No	M	MS
Lisa	Matthews	Carms	no club	F	FS
Ben	Bowen	carmarthenshire	No	M	MS
Karen	O'Brien	Carmarthenshire	Sospan Road Runners	F	F45
Alwyn	Williams	Carms	None	M	M40
Nigel	Patterson	carmarthenshire	no	M	M40
CLIVE	DENTON	RCT	Rhondda Valley	M	M40
Penny	Kennedy	Swansea	Swansea harriers	F	F45
Robert	Wilcox	Vale of Glamorgan	Penarth & Dinas	M	M40
Gareth	Hill	-	-	M	MS
Janice	Clement	South Glamorgan	Penarth & Dinas Runn	F	F45
Clem	Clement	South Glamorgan	Penarth & Dinas Runn	M	M50
Luke paul	Davies	Carmarthenshire	LEG-IT	M	MS
Peter	Walters	carms	yes	M	M50
			RHONDDA VALLEY		
Paul	Jasper	Mid-Glamorgan	RUNNE	M	M40
Caron	Mckee-Hands	Ceredigion	No	F	F45
ANDREA	HURMAN	Vale Of Glamorgan	Penarth and Dinas Ru	F	F45
Linda	Rees	swansea	3m Gorseinon RR	F	F45

Sali	Davies	west glamorga	3MS	F	F35
Gareth	Cavill	No	No	M	M40
Adam	Cooke	Swansea	No	M	MS
Matthew	Wells	Bridgend	Bridgend AC	M	MS
Sian	Phillips	West Glamorgan	Swansea Harriers	F	F45
Ffion	Davies	Rhondda Cynon Taf	Pontypridd Roadents	F	FS
Catrin	Davies	Rhondda Cynon Taf	Pontypridd Roadents	F	FS
Philip	Lewis	Mid-Glamorgan	Cwm Ogwr Running Clu 3M GORSEINON ROAD	M	M40
RICHARD	WEBSTER	SWANSEA	RU	M	M50
Judith	Maragna	South Glamorgan	Penarth and Dinas	F	F55
Sarah	Williams	Torfaen	none	F	F35
Brian	Hall	Torfaen	none	M	M40
Steven	Jones	UK	No	M	M40
Helen	Jones	UK	No	F	F35
Ian	Harris	West Glamorgan	3m gorseinon rr	M	MS
Christine	Davies	Carmarthenshire	Sospan Road Runners	F	F45
Richard	Street	Vale of Glamorgan	Pegasus RC (Cardiff)	M	M50
Raul	Reismann	swansea	Swansea Harriers	M	MS
Sue	Jones	powys	brecon	F	F35
Claire	Powell	powys	brecon	F	FS
Bernd	Kulesa	Swansea	3M Gorseinon RR	M	M40
Sally	Reid	Swansea	3M Gorseinon RR	F	F45
Jenny	McAdie	West Glamorgan	Team Deviant	F	F35
Kathryn	Kearney	Swansea	No	F	F45
Michael	Kearney	Swansea	No	M	M50
David	Rothwell	n/a	n/a	M	MS
Andrew	Rothwell	n/a	n/a	M	M50
Cheryl	Parkhouse	west glam	navy reserves	F	F35
Ryan	Stephens	west glam	navy reserves	M	MS
Pugh	Jenna	Carmarthenshire	SRR	F	FS
Paul	Griffiths	West Glam	Neath Harriers	M	M40
Jayne	Arnold	Swansea	Celtic Tri	F	F35
Paul	Arnold	Swansea	Celtic Tri	M	M40
Hanan	Jamil	South Glamorgan	No	M	MS
Eamonn	Kirk	Swansea	Swansea Harriers	M	M40
Emma	Boothroyd	Swansea	NO	F	F35
Dominic	Boothroyd	Swansea	NO	M	M40
Bethan	Hopkins	carmarthenshire	sospan road runners	F	F45
Steve	Thomas	Wales	3M Gorseinon	M	MS
Jennifer	Henderson	Carmarthenshire	NO	F	F45
Jason	Jones	UK	Mubles milers SOSPAN ROAD	M	M40
Debbie	Dainton	CARMARTHENSHIRE	RUNNERS	F	F45
Jordan	Phillips	wales	Pendine Outdoors	M	MS
Lorraine	Evans	No	Sospan Roadrunners	F	FS
Ben	Adams	Swansea	Run4All	M	MS
Christopher	Doyle	West Glamorgan	no	M	MS
David	Proffitt	Gwent	Newport Harriers	M	M50
Kelly	Morgan	Wales	Aberdare valley ac	F	FS
Lisa	Cleary	Vale of Glamorgan	Penarth & Dinas Runn	F	F45
Debbie	Richards	Merthyr Tydfil	No	F	F45
Samantha	Richards	Merthyr Tydfil	No	F	FS
Ian	Warburton	Vale of Glaomorgan	Penarth&DinasRunners	M	M40

Christine	Dearling	Ceredigion	No	F	F55
Gareth	Rees	Carmarthenshire	None	M	MS
Keith	Thompson	rct	rhondda valley runne	M	M50
Daryl	O'Brien	Carms	n/a	M	MS
Paul	Speyer	Bridgend	Brackla Harriers	M	MS
Jonathan	Williams	West glamorgan	Swansea harriers	M	MS
Kevin					
Anthony	Jones	South Glamorgan	Vegan Runners	M	M40
Yvonne	Williams	South Glamorgan	Penarth & Dinas Runn	F	F55
Helen	Nicholas	swansea	none	F	F35
Amanda	Samuel	carmarthenshire	sospan road runners	F	F55
Andrew	Mundy	BRIDGEND	Brackla Harriers	M	MS
Christopher	Seal	Cardiff	Penarth and Dinas	M	MS
Selina	Griffiths	vale of glamorgan	no	F	FS
Stephen	Job	Carmarthenshire	No	M	M40
Keith	powell	Sir Gaerfyrddin	TROTS	M	M50
Lynn	Hudson	carmarthanshire	sospan road runners	F	F55
Adrienne	Mayers	wales	NONE	F	FS
Llyr	Lewis	Ceredigion	Aberystwyth Universi	M	MS
Michelle	Davies	West Glamorgan	3Ms Road Runners	F	F35
Byron	Davies	West Glamorgan	3Ms Road Runners	M	M40
Beth	Jones	Wales	Personal	F	FS
Matthew	Harvey	West Glamorgan	Neath Harriers	M	MS
Adam	Newton	West glam	Celtic tri	M	MS
John					
Gwynn	Evans	Powys	Aberystwyth A C	M	M60
Marc	Jones	RCT	NO	M	MS
Dean	Edwards	Camarthanshire	NO	M	M40
Sarah	Rees	Camarthanshire	NO	F	F35
Gair	McAdie	West Glamorgan	Team Deviant	M	MS
Christopher	Jenkins	Bridgend	Porthcawl Runners	M	MS
MALCOLM	BRADLEY	S.Glamorgan	Penarth & Dinas	M	M60
Grant	Pearce	Neath Port Talbot	Run4All	M	MS
Matthew	Lawlor	Ceredigion	No	M	MS
Antony	Phillips	Mid Glamorgan	Ford Bridgend	M	M40
Mark	Eakins	west glam	3m Roadrunners	M	M40
Nerys	Jones	Ceredigion	No club	F	FS
Tyrone	Fowler	Gwent	Newport Harriers AC	M	MS
Lara	Hooper	Carmarthenshire	3M's Gorseinon	F	FS
Maria	Cowie			F	FS
Mike	Gallagher	Carmarthenshire		M	MS
Lee	Morris	Swansea	3M's Gorseinon	M	MS
Michelle	Grey	Swansea	3M's Gorseinon	F	FS
Gary	Brown	Cardiff	Penarth+Dinas Runners	M	MS
Mark	Gosney	Swansea	3M's Gorseinon	M	MS
Darren	Hall	Swansea	3M's Gorseinon	M	MS
Ian	Bamford	Carmarthenshire	3M's Gorseinon	M	MS
David	Rees	Cardiff	Les Croupiers	M	MS
Lucy	Morgan	Cardiff		M	MS
Mark	Bamford	Swansea	3M's Gorseinon	M	MS
Stephen	Cable	Swansea	3M's Gorseinon	M	MS
Roges	Bell	Swansea	3M's Gorseinon	M	M40
Trudi	Cook	Swansea	3M's Gorseinon	F	F35
Ian	Hoskins	Carmarthenshire	3M's Gorseinon	M	M40
Nina	Brocklebank	Swansea	3M's Gorseinon	F	F35
Owen	Lewis	Swansea	3M's Gorseinon	M	M40

Joanna	Otteson	Swansea	3M's Gorseinon	F	F35
Darren	Stevens	Caerffili		M	M40
Louise	Miskell	Vale of Glamorgan	3M's Gorseinon	F	F35
Sharon	Trotman	Swansea	3M's Gorseinon	F	F35
Croline	Sandles	Swansea	3M's Gorseinon	F	F45
Robert	Sandles	Swansea	3M's Gorseinon	M	M40
Clive	Greaves	Swansea	3M's Gorseinon	M	M40
Del	Eyre	Swansea	3M's Gorseinon	F	F45
Catherine	Llewellyn	Caerffili		F	F45
Laura	Hall	Swansea	3M's Gorseinon	F	F45
Lynn	Holmes	Swansea	3M's Gorseinon	F	F45
Dewi	West	Swansea	3M's Gorseinon	M	M50
Leighton	Williams	Swansea	3M's Gorseinon	M	M50
Mike	Nash	Vale of Glamorgan	3M's Gorseinon	M	M50
Christina	Smith	Swansea	3M's Gorseinon	F	F45
Fay	Sharpe	Swansea	3M's Gorseinon	F	F45
Lyn	Evans	Cardiff	Penarth+Dinas Runners	M	M50
John	Sanderson	Swansea	3M's Gorseinon	M	M50
Kim	Holohan	Swansea	3M's Gorseinon	F	F55
Geoff	White	Swansea	3M's Gorseinon	M	M50
Nigel	Leighton	Carmarthenshire		M	M50
Jane	Elliott	Swansea	3M's Gorseinon	F	F55
Julie	Davies	Swansea	3M's Gorseinon	F	F55
Christine	Hurdidge	Swansea	3M's Gorseinon	F	F55
Linda	Owens	Swansea	3M's Gorseinon	F	F55
Hywel	Mainwaring	Swansea	3M's Gorseinon	M	M60
John	Holohan	Swansea	3M's Gorseinon	M	M60
Leighton	Jones	Swansea	3M's Gorseinon	M	M60
Brian	Griffiths	Carmarthenshire	3M's Gorseinon	M	M60
Roland	Sherwood	Carmarthenshire	Carmarthen Harriers	M	M60
John	Gardener	Pembrokeshire	Pembrokeshire Harriers	M	M60
Andrew	Lucas	Swansea	3M's Gorseinon	M	M50
Steve	McLelland	Swansea	3M's Gorseinon	M	M50
Ross	Poiner	Swansea	3M's Gorseinon	M	MS