

**Llanelli 10k Entry List 2014**

<b>Race No</b>	<b>Name</b>	<b>Surname</b>	<b>Gender</b>	<b>Cat</b>	<b>Corp Team</b>	<b>club_name</b>
1	Gill	Aldworth	Female	F35		Brecon AC
2	steven	amos	Male	MS		
3	Patrick	Anderson	Male	M40		
4	richard	atcherly	Male	M40		
5	John	Bainbridge	Male	MS		
6	JAN	BAKER	Female	FS		
7	DENIS	BAKER	Male	MS		
8	Alison	Banfield	Female	F35		
9	Joanne	Bassett	Male	MS		
10	Matt	Bassett	Male	MS		
11	Mark	Beauchamp	Male	M50		
12	Nic	Beggs	Male	M40		
13	Jon	Belcher	Male	MS		
14	Liam	Bennett	Male	MS		
15	Nigel	Best	Male	M50		
16	Michael	Betty	Male	MS		
17	Ian	Bevan	Male	MS		
18	Andrew	Biston	Male	M40		
19	LUCY	BORSDEN	Female	F35		
20	ALEX	BORSDEN	Male	MS		
21	jonathan	bourne	Male	MS		
22	Rachel	Bowen	Female	F35		
23	Joanne	Bowen	Female	F35		
24	Phillip	Bowen	Male	M40		
25	Katie	Bowler	Female	FS	Llanelli Tennis&Squash Club	
26	James	Bradbourn	Male	MS		
27	sarah	brain	Female	FS		
28	Andrew	Brain	Male	M40		Run4All
29	Stephen	brain	Male	M40		
30	JOHN	BRESLIN	Male	MS		
31	Ailani	Britton	Female	FS		
32	Nina	Brocklebank	Female	F35		3M Gorseinon road runners

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33	Rebekah	Bromham	Female	FS		
34	avril	brown	Female	F45		bridgend ac
35	Michael	Bryant	Male	MS		
36	Malcolm	Bullough	Male	M60		
37	Kate	Burton	Female	F35		
38	Victoria	Bush	Female	FS	Llanelli Tennis&Squash Club	
39	Elizabeth	Butler	Female	F45		Emlyn runners
40	Kevin	Button	Male	MS		
41	Andrew	Cadmore	Male	M40		Brecon AC
42	Alexandra	Calado	Female	F35		
43	alys	carlisle	Female	F35		
44	Richard	Casey	Male	MS		
45	sarah	clark	Female	F45		
46	Paul	Clarke	Male	MS		Carmarthen harriers
47	robert	clarke	Male	M50		
48	Gemma	Cody	Female	FS		
49	Natasha	Cody	Female	FS		
50	Martin	Cole	Male	M40		
51	Rhys	Collins	Male	MS		
52	Matthew	Collins	Male	M40		
53	paul	conners	Male	M50		
54	Louise	Copp	Female	F45		Neath harriers
55	Brian	Cotton	Male	MS		Cwm Orgw Running Club
56	joanne	coyne	Female	F35		
57	Andrea	Craig	Female	FS		
58	Oona	Crawford	Female	F55		TROTs, St. Clears
59	jonathan	crecraft	Male	MS		
60	Berian	Daniel	Male	M40		
61	Gwyn	Daniels	Male	M40		
62	Sophie	DARK	Female	FS		
63	ERIC	DAVEY	Male	M60		Llanelli AC
64	Dean	David	Male	MS		Celtictri
65	Christophe	Davie	Male	M40		

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66	Mabli Wyn	Davies	Female	FS		
67	Clare	Davies	Female	FS		
68	Ria	Davies	Female	FS		
69	Iowri	davies	Female	FS		
70	Jenna	Davies	Female	FS		
71	Angela	Davies	Female	F35		
72	lisa	davies	Female	F35		
73	Eliza	Davies	Female	F35		
74	Alison	DAVIES	Female	F45		
75	Elaine	Davies	Female	F45		Pembrokeshire Harriers
76	Lee	Davies	Male	MS		
77	Stuart	Davies	Male	MS		
78	Arwel	Davies	Male	M50		Sospan Road Runners
79	Phil	Davies	Male	MS	Ysgol Y Strade & Interserve	
80	Eirian	Davies	Male	MS	Ysgol Y Strade & Interserve	
81	Rachel	Davies	Female	FS	Ysgol Y Strade & Interserve	
82	Ella	Davies	Female	FS	Ysgol Y Strade & Interserve	
83	NERYS	DAVIES	Female	F35		
84	DARREN	DAVIES	Male	MS		
85	CARLY	DAVIES	Female	FS		
86	EMMA	DAVIES-HUGHES	Female	FS		
87	Scott	Dembowicz	Male	MS		
88	nigel	derbyshire	Male	M60		
89	Roger	Derbyshire	Male	M60		
90	Nia	Dickie	Female	F45		
91	tudor	donne	Male	M50		3MS Road Runners
92	Pete	Douel	Male	M60		
93	james	doyle	Male	MS		
94	Jason	Doyle	Male	MS		Tenby Aces
95	Natalie	Eckley	Female	FS		
96	Ann	Eden	Female	F45		
97	Llinos	Edmunds-Jones	Male	MS		
98	Amy	Edwards	Male	FS		

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99	Jonathan	Edwards	Male	MS		
100	ALEXANDE	ELLIOTT	Male	M50		
101	David	Elvy	Male	M40		
102	louise	esney	Female	F35		
103	Ceirios	Evans	Female	FS		
104	Bethan	Evans	Female	FS		
105	Emma	Evans	Female	FS		
106	louise	evans	Female	FS		
107	Emma	Evans	Female	F35		
108	Laura	Evans	Female	F35		
109	Julia	Evans	Female	F35		Run4All
110	Rachel	Evans	Female	F35		Run4All Neath
111	Sharon	Evans	Female	F45		HLA
112	Mike	Evans	Male	MS		
113	Sion	Evans	Male	MS		
114	Emyr	Evans	Male	MS		
115	Stuart	Evans	Male	MS		
116	Paul	Evans	Male	MS		Brecon AC
117	Keith	Evans	Male	MS		TRWN
118	Jason	Evans	Male	M40		
119	Andy	Evans	Male	M50		
120	Steven	Evans	Male	M50		
121	Lyn	Evans	Male	M50		Penarth and Dinas Runners
122	Adrian	Evans	Male	M40		
123	Beverley	Evans	Female	F45		
124	Scott	Evans	Male	MS	Active Allies	
125	Andrew	Evans	Male	M34	Llanelli Tennis&Squash Club	
126	Andrea	Evans	Female	FS	Ysgol Y Strade & Interserve	
127	Deiniol	Evans	Male	MS	Ysgol Y Strade & Interserve	
128	Paul	Faulkner	Male	M40		
129	Derek	Fenton	Male	M50		
130	Donna	Fernandez	Female	FS		
131	Tara	Fildes-Jackson	Female	F35		Brecon Athletics

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132	Martin	Ford	Male	M50		Martin Ford
133	Gethin	Francis	Male	MS		Sospan RR
134	Huw	Freeman	Male	MS		
135	Gareth	Freeman	Male	M40		
136	Eva	Frisk Cook	Female	F55		
137	Joanne	Gamba	Female	FS		
138	Pale	Gardiner	Male	MS	Ysgol Y Strade & Interserve	
139	Helen	Garland	Female	FS		
140	Deb	Garner	Female	F45		Pembrokeshire Harriers
141	Heather	Garratt	Female	F35		
142	Richard	Garratt	Male	M40		
143	David	Gibson	Male	M60		
144	Simon	Gillings	Male	M50		
145	alyson	gladdy	Female	F35		
146	Nicola	Gliddon	Female	F35		
147	Martin	Goddard	Male	MS		
148	Jeff	Gooding	Male	M40		
149	sharon	graham	Female	F35		
150	james	graham	Male	MS		
151	Richard	Gravelle	Male	MS		
152	Nia	Griffith	Female	FS	Ysgol Y Strade & Interserve	
153	Laura	Griffiths	Female	FS		
154	Clair	Griffiths	Female	F35		
155	Daniel	Griffiths	Male	MS		
156	Barry	Griffiths	Male	M50		Brecon AC
157	Sharon	Griffiths	Female	FS	Ysgol Y Strade & Interserve	
158	paul	guest	Male	M40		
159	Susan	Gully	Female	F45		
160	Brian	Hall	Male	M40		
161	Gillian	Handscomb	Female	F35	Active Allies	
162	Lesley	Harrington-Griffiths	Female	FS		
163	Vicky	Harris	Female	F35		
164	Dianne	Harris	Female	F55		Pembrokeshire Harriers

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165	nicholas	harris	Male	MS		cwm ogwr running club
166	Anthony	Harris	Male	MS		
167	Gavin	Harry	Male	MS		
168	Richard	Harry	Male	MS		
169	Richard	Hart	Male	MS		
170	Sian	Hartstill	Female	FS		
171	Matthew	Harvey	Male	MS		Neath Harriers
172	Daniel	Hawke	Male	MS		
173	Teresa	Healy	Female	FS		
174	Carolann	Healy	Female	F35		
175	natalie	hemming	Female	FS		
176	richard	herdman	Male	MS		
177	Charlotte	Higgins	Female	FS		
178	Carys	Hill	Female	FS		
179	joanna	hill	Female	F35		
180	mike	hill	Male	M50		
181	Mari	Hobbs	Female	F55		
182	christophe	hockley	Male	M40		
183	Wim	Hollebrandse	Male	MS		
184	BONNIE	HOLT	Female	FS		
185	Rhian	HOMER	Female	FS		Pembrokeshire Harriers
186	Stuart	howells	Male	M40		
187	Gary	Howells	Male	MS	Llanelli Tennis&Squash Club	
188	Ben	Hubbard	Male	MS	Llanelli Tennis&Squash Club	
189	Hannah	Hubbard	Female	FS	Llanelli Tennis&Squash Club	
190	Rachel	Hughes	Female	F35		Sospan Road Runners
191	Jonathan	Hughes	Male	M40		
192	Catrin	Hughes	Female	FS	Ysgol Y Strade & Interserve	
193	samantha	hyett	Female	F35		
194	Steve	James	Male	M40		
195	Bleddyn	James	Male	M40		
196	Simon	James	Male	MS	Ysgol Y Strade & Interserve	
197	Steven	James	Male	MS	Ysgol Y Strade & Interserve	

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198	Eirlysawen	James-Evans	Female	FS		TRWN
199	Helen	Janney	Female	F35		Amman Valley Harriers
200	Jonathan	Jarvis	Male	MS		Run4all
201	Anwen	Jenkins	Female	FS		
202	Andrea	Jenkins	Female	F45		Run4All neath
203	edward	jenkins	Male	MS		
204	Steven	Jenkins	Male	MS		ALL IN ONE FITNESS - PERSONAL TRAINING
205	Dean	Jenkins	Male	MS		
206	Brian	Jenkins	Male	M40		Celtic Tri
207	Nicholas	Jenkins	Male	M50		Run4All neath
208	Kevin	Jenkins	Male	M50		Trots
209	Stephen	Job	Male	M40		Sospan Road Runners
210	Rhian	John	Female	F35		
211	Ross	John	Male	MS		
212	Matthew	John	Male	MS		
213	Stephen	John	Male	M50		
214	Esyllt	Jones	Female	FS		
215	Gwenno	Jones	Female	FS		
216	Mirain	Jones	Female	FS		
217	Rebecca	Jones	Female	FS		
218	Mari	Jones	Female	FS		
219	Caryl	Jones	Female	FS		
220	Lowri	Jones	Female	FS		
221	Jessica	Jones	Female	FS		
222	nerys	Jones	Female	F35		
223	Vivienne	Jones	Female	F35		Sospan Road Runners
224	Eleanor	Jones	Female	F35		
225	sue	jones	Female	F45		brecon athletic club
226	Manon	Jones	Female	F45		
227	Leisa	Jones	Female	F45		
228	sheila	jones	Female	F45		
229	Darran	Jones	Male	MS		
230	Alan	Jones	Male	MS		

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231	adam	jones	Male	MS		
232	Stephen	Jones	Male	M40		
233	NEFYN	JONES	Male	M50		
234	Tudur	Jones	Male	M50		
235	Wayne	Jones	Male	M40		Brecon AC
236	Nigel	Jones	Male	M50		
237	Natalie	Jones	Female	FS		
238	Mark	Jones	Male	M40	Active Allies	
239	Steve	Jones	Male	M40	Llanelli Tennis&Squash Club	
240	Mark	Jones	Male	M40	Llanelli Tennis&Squash Club	
241	Dylan	Jones	Male	MS	Ysgol Y Strade & Interserve	
242	Christion	Jones	Male	MS	Ysgol Y Strade & Interserve	
243	Alun	Jones	Male	MS	Ysgol Y Strade & Interserve	
244	Mark	Kavanagh	Male	MS		
245	Helen	Kay	Female	F45		
246	Dawn	Kenwright	Female	F55		Sarn Helen
247	Jessie	Kidd	Female	F35		
248	Sara	King	Female	FS		
249	Aled	King	Male	MS		
250	Ryan	King	Male	M40		
251	Gregg	King	Male	M40	Llanelli Tennis&Squash Club	
252	Paul	Kingdom	Male	M40	Llanelli Tennis&Squash Club	
253	Gill	Kingston	Female	F45		
254	Jonathan	Lambley	Male	MS		
255	Chris	Larkin	Male	M40		Sosban road runners
256	Rhian	Lewis	Female	FS		
257	Rachel	Lewis	Female	FS		
258	Sarah	Lewis	Female	F35		
259	hayley	lewis	Female	F35		
260	Kathy	Lewis	Female	F55		
261	Wayne	Lewis	Male	MS		
262	David	Lewis	Male	MS		
263	Ashley	Lewis	Male	MS	Active Allies	



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264	Elizabeth	Lockwood	Female	FS		Vegan Runners
265	Paul	Lockwood	Male	MS		
266	Vicky	Lott	Female	F35		
267	Helen	Lutley	Female	F55		Emlyn Runners
268	paul	lynock	Male	M40		
269	Michael	Martin	Male	M50		
270	Sion	Mason-Evans	Male	MS		TRWN
271	andrea	may	Female	F35		
272	clive	mccall	Male	M50		
273	Jo	McConville	Female	F35		
274	Sarah	McCrone	Female	F35		
275	Katie	McDonald	Female	FS		
276	Emma	Melrose	Female	F35		
277	Philip	Meyler	Male	M50		Pontypridd Roadents
278	VALERIE	MILLS	Female	F55		
279	Leanne	Moore	Female	FS		Run4All
280	Mandy	Moore	Female	F35		
281	Geina	Morgan	Female	F35		
282	Karen	Morgan	Female	F35		Sospan road runners
283	Sara	Morgan	Female	F35		
284	Joanne	Morgan	Female	F45		
285	Hazel	morgan	Female	F45		
286	ANGELA	MORGAN	Female	F45		
287	Dean	Morgan	Male	MS		
288	Raymond	Morgan	Male	M50		Llanelli AAC
289	Sarah	Morris	Female	FS		
290	Tina	Morris	Female	F35		TRWN
291	lee	morris	Male	MS		3m road runners
292	Gavin	Morris	Male	MS		
293	Linda	Nicklin	Female	FS		
294	Terry	O'Brien	Male	M50		
295	Lisa-Marie	O'hare	Female	FS		
296	David	O'Hare	Male	MS		

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297	Kevin	Oliver	Male	MS	Ysgol Y Strade & Interserve	
298	Kate	Owen	Female	FS		
299	Emma	Owen	Female	F35		
300	Darryl	Owen	Male	MS	Active Allies	
301	Emily	Owen	Female	FS	Ysgol Y Strade & Interserve	
302	Suzanne	Owens	Female	F35	Active Allies	
303	Louise	Palin	Female	FS		
304	Sian	Parker	Female	F35		
305	Lewis	Parry	Male	MS	Ysgol Y Strade & Interserve	
306	Tamara	Payne	Female	F35		
307	Heather	Payton	Female	F55		
308	Philip	Pearce	Male	MS		
309	kayleigh	phillips	Female	FS		
310	Danielle	Phillips	Female	FS		pONT Y PWL
311	janine	Phillips	Female	F35		
312	Denise	Phillips	Female	F35		
313	Catherine	Phillips	Female	F35		
314	Ben	Phillips	Male	MS		
315	craig	phillips	Male	MS		
316	Chris	Phillips	Male	MS		
317	Nigel	Phillips	Male	M40	Llanelli Tennis&Squash Club	
318	JAIME	PHILLIPS	Male	MS		
319	Nia	Pickrell	Female	FS		
320	Bethany	Picton	Female	FS		
321	Mark	Picton	Male	M50		
322	Mark	Poole	Male	M40	Ysgol Y Strade & Interserve	
323	Dave	Poole	Male	MS	Ysgol Y Strade & Interserve	
324	Sally	Pope	Female	F35		
325	Heather	Powell	Female	FS		
326	claire	powell	Female	FS		brecon
327	Adrian	Powell	Male	M40	Active Allies	
328	Wendy	Price	Female	F35		
329	Jo	Pritchard	Female	FS		

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330	Claudia	Putzien	Female	F35		
331	Mitchell	Readwin	Male	MS		Sarn Helen
332	Catrin	Rees	Female	FS		
333	Elin	Rees	Female	FS		
334	Ceri	Rees	Female	F35		
335	RACHEL	REES	Female	F35		
336	Anwen	Rees	Female	F35		
337	sarah	rees	Female	F35		sospan runners
338	Caroline	Rees	Female	F35		
339	Odette	Rees	Female	F35		
340	Matthew	Rees	Male	MS		
341	Simon	Rees	Male	MS		
342	Kevin	Rees	Male	MS	Active Allies	
343	Sally	Reid	Female	F45		3M Gorseinon RR
344	Claire	Richards	Female	F35		
345	Amanda	Richards	Female	F45		
346	Andrew	Richards	Male	M40		
347	David	Richards	Male	MS	Ysgol Y Strade & Interserve	
348	Nicholas	Richards Ozzati	Male	MS		
349	KEITH	RICHARDSON	Male	M60		road runners club
350	Rhosanna	Rigden	Female	FS		
351	Sarah	Rigden	Female	F55		
352	William	Rigden	Male	M60		
353	Marian	Rivers	Female	F35		Sarn Helen
354	James	Roach-John	Male	M40		Pembrokeshire Harriers
355	Beth	Roberts	Female	FS		beth roberts
356	Tyler	Roberts	Male	MS		
357	STEVE	ROBERTS	Male	M40		
358	Noelle	Robson	Female	F45		
359	peter	rogers	Male	M50		
360	Paul	Rowley	Male	M50		
361	Andrew	Russell	Male	M40		TROT's
362	Steffan	Ryszewski	Male	MS	Ysgol Y Strade & Interserve	

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363	Paula	Sadler	Female	F35		
364	Samantha	Shingler	Female	F35		Sosban road runners
365	Julie	Shum	Female	F35		
366	beverley	sime	Female	F45		uplands athletics
367	Keith	Skeggs	Male	M40		
368	John	Smewing	Male	M60		Swansea Harriers
369	Nick	Smith	Male	M40	Llanelli Tennis&Squash Club	
370	Dewi	Snelson	Male	MS		
371	CRAIG	SPANSWICK	Male	MS		
372	julia	stagg	Male	MS		
373	Michael	Stagg	Male	M40		
374	Chris	Stenlake	Male	MS		
375	Lindsey	Stock	Female	FS		
376	Andrew	Stoneman	Male	MS		
377	lauren	Thomas	Female	FS		
378	genna	thomas	Female	FS		ammanford gym
379	Sian	Thomas	Female	FS		
380	Lauren	Thomas	Female	FS		
381	Emma	Thomas	Female	F35		
382	annemarie	thomas	Female	F35		
383	Fiona	Thomas	Female	F35		
384	Allyson	Thomas	Female	F45		
385	CERI	THOMAS	Female	F45		
386	jason	thomas	Male	MS		
387	Pari	Thomas	Male	MS		
388	Lyn	Thomas	Male	MS		Trwn
389	Richard	Thomas	Male	M40		
390	gareth	Thomas	Male	M40		
391	Nigel	Thomas	Male	M50		
392	Pauline	Thomas	Female	F55		TROTS
393	Marc	Thomas	Male	MS	Ysgol Y Strade & Interserve	
394	Ifan	Thorne	Male	MS	Active Allies	
395	Kathryn	Thyer	Female	F35		

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396	Chris	Thyer	Male	MS		
397	Huw	Tillman	Male	MS		
398	Jon	Trevitt	Male	MS		
399	Phill	Turner	Male	M40	Llanelli Tennis&Squash Club	
400	Vicky	Upton	Female	F35		
401	Brian	Varcas	Male	M50		
402	emma	vaux	Female	F35		
403	NICK	VENABLES	Male	MS		Sospan Road Runners
404	GERAINT	WALKER	Male	MS		
405	kimberley	walters	Female	FS		
406	NIGEL	WATTS	Male	M50		
407	PAUL	WATTS	Male	M50		
408	Christophe	Weirman	Male	M40		
409	Mark	Westcott	Male	M40	Llanelli Tennis&Squash Club	
410	Elaine	Wharmby	Female	F45		Newport Harriers
411	Garry	Wharmby	Male	M50		
412	Dorian	White	Male	MS		
413	samantha	williams	Female	FS		
414	Rachel	Williams	Female	FS		
415	sarah	Williams	Female	FS		
416	Helen	Williams	Female	FS		
417	Emily	Williams	Female	FS		
418	Stephanie	Williams	Female	F35		
419	Sarah	Williams	Female	F35		
420	Krys	Williams	Female	F55		
421	Linda	Williams	Female	F55		
422	glenn	williams	Male	MS		
423	Christophe	Williams	Male	MS		
424	Paul	Williams	Male	MS		
425	Julian	Williams	Male	MS		
426	karina	williams	Male	MS		
427	Michael	Williams	Male	MS		
428	rob	williams	Male	MS		

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429	Robert	Williams	Male	M40		
430	Alwyn	Williams	Male	M40		
431	Sian	Williams	Female	F55		Brecon AC
432	Rob	Williams	Male	M50		Brecon AC
433	Richard	Williams	Male	M50		
434	Steven	williams	Male	MS	Active Allies	
435	Nigel	Williams	Male	MS	Ysgol Y Strade & Interserve	
436	Iris	Williams	Female	FS	Ysgol Y Strade & Interserve	
437	Rhian	Williams	Female	FS	Ysgol Y Strade & Interserve	
438	Alex	Worth	Male	MS		
439	Andrew	Worthington	Male	M50		