



10km Senior Male : 14 Runners : 10 Kms

Place	No.	Name (Club)	Time	Time Dif	Av Spd
1	127	Carwyn Davies	39:04		15.36
2	123	Ceri Lewis	39:43	0:39	15.11
3	131	Phil Morris	40:03	0:59	14.98
4	121	Matthew Page (Clwb Rhedeg Dyffryn Tywi)	40:38	1:34	14.77
5	125	Huw Thomas	42:57	3:53	13.97
6	126	Luke Jones (Clwb Rhedeg Dyffryn Tywi)	43:42	4:38	13.73
7	124	Jason Evans	44:47	5:43	13.40
8	122	Lawrence Jones	47:38	8:34	12.60
9	130	Ceri Morgan	53:33	14:29	11.20
10	132	Mark Saunders	54:12	15:08	11.07
11	128	William Patterson	55:08	16:04	10.88
12	133	Peter Graves	57:19	18:15	10.47
13	129	Jordan Tweedale	1:01:20	22:16	9.78
14	134	Dai Watkins (Llandoverly Fit Club)	1:10:48	31:44	8.47



10km Senior Female : 10 Runners : 10 Kms

Place	No.	Name (Club)	Time	Time Dif	Av Spd
1	157	Donna Morris (Builth & District)	45:23		13.22
2	151	Leah Treharne	52:45	7:22	11.37
3	158	Tina Morris	53:51	8:28	11.14
4	152	Lucy Gardiner	59:49	14:26	10.03
5	160	Jo Van-landewyck (Llandovery Fit Club)	1:01:53	16:30	9.70
6	154	Alice James (Llandovery Fit Club)	1:02:08	16:45	9.66
7	159	Charlie Morgan	1:04:16	18:53	9.34
8	155	Jennifer Robins (Llandovery Fit Club)	1:08:59	23:36	8.70
9	153	Emma Davies (Sarn Helen)	1:09:11	23:48	8.67
10	156	Eleri Lewis	1:10:45	25:22	8.48



10km Veteran Male : 9 Runners : 10 Kms

Place	No.	Name (Club)	Time	Time Dif	Av Spd
1	180	Gareth Payne (Sarn Helen)	36:51		16.28
2	173	Adrian Williams	43:09	6:18	13.90
3	172	Peter Walters (TROTTS)	48:15	11:24	12.44
4	174	Andy Jones	54:50	17:59	10.94
5	178	Brice Morgan (Llanelli A.C)	57:35	20:44	10.42
6	171	Eirian Rhys Powell (Llangadog R.F.C)	59:37	22:46	10.06
7	177	Michael Halsall	59:53	23:02	10.02
8	175	Rhodri Williams (Llanedi Harriers)	1:01:22	24:31	9.78
9	176	Alan Payne	1:04:49	27:58	9.26

**10km Veteran Female** : 4 Runners : 10 Kms

Place	No.	Name (Club)	Time	Time Dif	Av Spd
1	193	Katie Lynock	51:38		11.62
2	194	Anita Price (Llandovery Running Club)	59:22	7:44	10.11
3	192	Elinor Eilliams	59:36	7:58	10.07
4	195	Shan Cothi (Llandovery Fit Club)	1:03:46	12:08	9.41



2km Under 10 Male : 15 Runners : 2 Kms

Place	No.	Name (Club)	Time	Time Dif	Av Spd
1	6	Jake Lynock (Carmarthen Harriers)	8:32		14.06
2	4	Sion Jones (Ysgol Llangadog)	8:34	0:02	14.01
3	7	Guto Price (Ysgol Llangadog)	8:37	0:05	13.93
4	5	Harri Davies (Teilo Sant)	9:25	0:53	12.74
5	11	Tom . (Teilo Sant)	10:55	2:23	10.99
6	1	Noah Evans (Ffairfach)	11:04	2:32	10.84
7	3	Steffan . (Llangadog)	11:40	3:08	10.29
8	14	Gruff Jones	11:41	3:09	10.27
9	8	Ryan . (Bro Bedr)	11:48	3:16	10.17
10	15	Oria Jones	12:00	3:28	10.00
11	9	Tomi Rees (Llangadog)	12:14	3:42	9.81
12	2	Harri Evans	12:55	4:23	9.29
13	12	Deian Morgan (Llangadog Meythryn)	14:38	6:06	8.20
14	13	Nico Blofield	15:07	6:35	7.94
15	10	Sam Morgan (Teilo Sant)	15:59	7:27	7.51



2km Under 10 Female : 17 Runners : 2 Kms

Place	No.	Name (Club)	Time	Time Dif	Av Spd
1	30	Hali-rae Morris (Irfon Valley)	9:29		12.65
2	28	Sophie James (Ysgol Rhys Pritchard)	11:48	2:19	10.17
3	25	Esme Lynock (Ysgol Rhys Pritchard)	11:59	2:30	10.01
4	113	Erin Jones	12:00	2:31	10.00
5	29	Beatrice Morgan (Ysgol Llangadog)	12:01	2:32	9.99
6	31	Megan Rees (Llangadog)	12:04	2:35	9.94
7	23	Fflur Jones (Ysgol Llangadog)	12:58	3:29	9.25
8	24	Ffion Jones (Ysgol Llangadog)	13:02	3:33	9.21
9	26	Lia-marisa Stokes (Ysgol Rhys Pritchard)	13:19	3:50	9.01
10	33	Calan Thomas (Llangadog)	14:08	4:39	8.49
11	32	Martha Harries (Llangadog)	14:09	4:40	8.48
12	111	Lowri Morgan (Llangadog)	14:30	5:01	8.28
13	112	Ffion Bickford (Llangadog)	16:04	6:35	7.47
14	34	Megan Harries (Llangadog)	16:10	6:41	7.42
15	21	Gwen Williams (Llangadog)	16:12	6:43	7.41
16	27	Megan Davies (Brobanw Ammanford)	16:16	6:47	7.38
17	22	Aidan Jones	16:57	7:28	7.08



2km Under 14 Male : 7 Runners : 2 Kms

Place	No.	Name (Club)	Time	Time Dif	Av Spd
1	41	Gwion Payne (Sarn Helen)	7:37		15.75
2	38	Ifan Davies (Maes y Gwendraeth)	7:46	0:09	15.45
3	36	Ceri Williams (Ysgol Llangadog)	8:35	0:58	13.98
4	37	Jack White (Ysgol Rhys Pritchard)	10:26	2:49	11.50
5	39	Calum Stokes (Ysgol Rhys Pritchard)	11:05	3:28	10.83
6	40	Owen Davies (Sarn Helen)	11:07	3:30	10.79
7	42	Cian Thomas (Llangadog)	15:53	8:16	7.56



2km Under 14 Female : 7 Runners : 2 Kms

Place	No.	Name (Club)	Time	Time Dif	Av Spd
1	50	Sara Price (Llangadog)	8:41		13.82
2	51	Catrin Price (Ysgol Bro Dinefwr)	9:38	0:57	12.46
3	45	Elle Davies (Ysgol Bro Dinefwr)	9:58	1:17	12.04
4	48	Katie Jones (Ysgol Rhys Pritchard)	10:39	1:58	11.27
5	47	Lois Davies (Ysgol Llangadog)	10:48	2:07	11.11
6	49	Hannah Jenkins (Llangadog)	13:01	4:20	9.22
7	46	Megan Davies (Llangadog)	13:52	5:11	8.65

**2km 14 & Over Male** : 6 Runners : 2 Kms

Place	No.	Name (Club)	Time	Time Dif	Av Spd
1	56	Lawrence Jones	8:02		14.94
2	58	David James	8:24	0:22	14.29
3	57	Huw Jenkins	10:30	2:28	11.43
4	62	Carwyn Jones	12:19	4:17	9.74
5	59	Dyfed Thomas	15:54	7:52	7.55
6	61	Marcus Bickford	16:08	8:06	7.44



2km 14 & Over Female : 14 Runners : 2 Kms

Place	No.	Name (Club)	Time	Time Dif	Av Spd
1	73	Sarah Parry	11:10		10.75
2	71	Sharron Jenkins	11:11	0:01	10.73
3	70	Liz Evans	12:56	1:46	9.28
4	74	Bethan Evans	13:59	2:49	8.58
5	76	Kirsty Stokes	14:10	3:00	8.47
6	75	Lauren Farquhar (Australia)	14:59	3:49	8.01
7	67	Ffion Thomas	15:01	3:51	7.99
8	80	Emily Guerin	15:10	4:00	7.91
9	78	Mariella Scott	16:30	5:20	7.27
10	72	Angela Jones	17:13	6:03	6.97
11	79	Amy Harries	18:50	7:40	6.37
12	69	Lousie Thomas	21:31	10:21	5.58
13	77	Elly Morgan	21:34	10:24	5.56
14	68	Sian Thomas	21:36	10:26	5.56