

Southook Pembrokeshire 10k 02.10.11 Results

Pos	Time	Family	First	Num	Catgy	Club
1	0:39:16	Watson	Luke	306	OM	Pembrokeshire Tri /TriExercise
2	0:40:09	Haworth	Laure	160	OM	Pembrokeshire Harriers
3	0:41:18	Thompson	Richard	300	M40	Pembrokeshire Tri
4	0:42:04	Withers	Megan	313	OF	Pembs Tristars /Pembs Harriers
5	0:43:19	Oughton	Paul	272	M50	
6	0:43:38	Fletcher	Peter	247	OM	
7	0:43:42	Williams	Daniel	309	OM	Pembrokeshire Harriers
8	0:43:58	Steed	Kat	290	OF	Pembrokeshire Harriers
9	0:44:02	Griffiths	Dave	252	M40	TROTS
10	0:44:34	Dixon	Chris	242	OM	
11	0:44:44	Street	Andy	291	M40	
12	0:45:10	Withers	Robin	314	M40	Pembrokeshire Tri
13	0:45:54	Eksteen	Jeanne-Marie	244	OF	
14	0:45:55	Eksteen	Johan	245	OM	
15	0:46:13	Thomas	Philip	297	M40	Pembrokeshire Tri
16	0:46:35	Speed	Ian	289	M40	Pembrokeshire Tri
17	0:46:48	Bury	Jonathan	236	OM	
18	0:47:04	Nicholas	Dez	269	M50	
19	0:47:17	Ouseley	Bethan	273	OF	Ingli Runners
20	0:47:25	Youde	Mark	316	M50	Pembrokeshire Tri
21	0:47:01	Haworth	Adrian	253	M40	
22	0:47:02	Haworth	Damian	254	M40	
23	0:47:02	Rogers	Stuart	408	M40	
24	0:48:33	Amos	Steven	226	M40	
25	0:48:34	Mathias	Jonathan	266	M40	
26	0:48:37	Wing	Patrick	312	M50	Pembrokeshire Harriers
27	0:48:43	Robson	Ben	281	OM	
28	0:48:56	Thomas	Jason	296	M40	Pembrokeshire Tri
29	0:49:01	Williams	Phillip	310	OM	
30	0:49:05	Scourfield	Kate	284	OF	Pembrokeshire Harriers
31	0:49:06	Brace	Gerald	229	M40	
32	0:49:09	Davies	Mark	241	M40	
33	0:50:16	Allen	Morgan	225	M40	
34	0:50:18	Williams	Clare	308	F35	Ingli Runners
35	0:50:27	Lewis	Karen	264	F35	
36	0:50:34	Iggleden	Tom	258	OM	
37	0:50:36	Watkins	Ben	305	OM	
38	0:50:54	Sutton	Karl	292	M40	Pembs Tri Club
39	0:50:56	Reed	Roger	277	M40	
40	0:51:03	Nicholls	Dai	270	OM	
41	0:51:03	Collins	Mark	238	OM	
42	0:51:13	Sherwood	Roland	285	M60	Carmarthen Harriers
43	0:51:27	White	Julian	307	OM	

44	0:51:27	Hopkins	Ivor	257	M60	
45	0:51:31	Draper	Mandy	243	F35	
46	0:51:51	Britton	Claire	234	OF	Penarth and Dinas Runners
47	0:52:00	Francis	Sarah Louise	249	F35	
48	0:52:22	Bridle	Daniel	233	OM	
49	0:52:27	Rowell	Ann	283	F55	TROTS
50	0:53:05	Bray	Philip	231	M40	
51	0:53:28	Tudor	Jonathan	302	M40	
52	0:53:45	Field	Daniel	246	OM	
53	0:54:08	James	Aneurin	259	M40	Sarn Helen
54	0:54:42	Rogers	Joanne	407	OF	
55	0:55:03	Holley	Corina	256	F45	
56	0:55:15	Lawrie	Lara	263	OF	
57	0:55:34	Green	Katharine	250	OF	
58	0:56:06	Bridle	Caroline	232	F35	
59	0:56:39	Youde	Camilla	315	F45	Pembrokeshire Tri
60	0:56:40	Hemming	Gareth	255	OM	
61	0:56:40	Smith	Mark	288	M40	
62	0:56:57	Miles	Melanie	268	OF	
63	0:57:40	Jones	Tegryn	261	M40	
64	0:58:06	Thomas	Claire	294	OF	TROTS
65	0:58:12	Orford	Kimberley	271	OF	
66	0:59:30	Thomas	Sue	299	F35	Rhedwyr Emlyn
67	1:00:21	Sibley	Alistair	286	M40	
68	1:00:25	Rossall	Wendy	282	F45	
69	1:00:50	Cooke	Aethne	240	F35	
70	1:01:28	Sidney	Neil	287	M40	
71	1:01:35	Richards	Kenfor	278	M60	
72	1:01:38	Richardson	Keith	279	M60	
73	1:01:45	Buck	Kay	235	F45	
74	1:01:50	Charlett	Helen	237	F45	Pembrokeshire Harriers
75	1:02:02	Vesey	Sarah	304	F35	Pembrokeshire Harriers
76	1:02:02	Vesey	Bruce	303	M40	Pembrokeshire Tri
77	1:04:00	Greenwood	Raymond	251	M50	
78	1:04:32	Bateman	Edward	228	M50	Pembrokeshire Harriers
79	1:04:34	Phillips	Rhian	274	OF	
80	1:11:36	Wilson	Emma	436	F35	
81	1:11:51	Haworth	Jennifer	350	F55	
82	1:14:35	Raymond	Lee	276	OM	Pembrokeshire Harriers
83	1:28:23	Thomas	Angharad	293	OF	
84	1:28:24	Thomas	Rhysian	298	OF	
85	1:33:01	Price	Evelyn Margret	275	OF	224 Pem Yeo Sqn
86	1:42:01	Watts	Alan	201	M60	Sarn Helen