

Pembrokeshire 10k Results 27.09.09

Pos No	First	Name	Club	Time	Cat	Age
1	279	JAKE	WATSON	PEMBROKESHIRE TRI	0:37:25	OM 17
2	228	ALEX	MATCHETT	PEMBROKESHIRE TRI	0:38:40	OM 16
3	236	NEIL	MORGAN		0:39:08	OM 39
4	264	STEPHEN	THOMAS		0:40:58	M40 48
5	229	STEVE	MATCHETT	PEMBROKESHIRE TRI	0:41:34	M40 41
6	273	ROBERT	THOMSON	PEMBROKESHIRE TRI	0:42:19	OM 31
7	272	BEN	THOMPSON	SOUTH HOOK	0:43:15	OM 31
8	173	STEVE	BROWN	PEMBROKESHIRE HARRIERS	0:43:25	M40 46
9	179	CLAIRE	CLEATHERO	TROTS	0:43:29	F35 35
10	280	LES	WATSON	PEMBROKESHIRE TRI	0:43:59	M40 48
11	183	ROBERT	DAINES		0:44:02	OM 25
12	237	MELANIE	MORGAN		0:44:04	F35 37
13	281	CELIA	WHITE	INGLI RUNNERS	0:44:28	F35 44
14	164	ROB	BARKER		0:44:47	OM 38
15	194	LINDY	EYNON	TROTS	0:45:02	F45 49
16	217	JONATHAN	JONES		0:45:19	OM 39
17	185	KARINE	DAVIES	PEMBROKESHIRE TRI	0:45:40	OF 37
18	195	TONIA	FORSYTH		0:46:22	F35 40
19	263	HELEN	THOMAS	PEMBROKESHIRE HARRIERS	0:46:23	OF 28
21	241	ROGER	OSBORN	SWINDON HARRIERS	0:47:37	M50 60
22	274	KAREN	THOMSON	PEMBROKESHIRE TRI	0:47:43	OF 34
23	286	PATRICK	WING		0:47:44	M50 57
24	220	CERI	JONES	PEMBROKESHIRE TRI	0:48:07	M40 44
25	265	ANDREW	THOMAS		0:48:14	OM 34
26	184	GARETH	DANKS	SOUTH HOOK	0:48:54	OM 24
27	282	DON	WILKES	PEMBROKESHIRE HARRIERS	0:48:55	M40 42
28	205	DAMIAN	HAWORTH		0:49:59	OM 39
29	261	ANDY	STREET	SOUTH HOOK	0:50:01	OM 39
30	240	KRIS	NICKERSON		0:50:04	OM 30
31	166	RHYS	BAYNHAM		0:50:07	OM 17
32	180	JASMINE	CLEATHERO		0:50:14	F35 39
33	291	MICHAEL	TERRY		0:50:33	M50 59
34	275	JONATHAN	TUDOR		0:50:36	M40 44
35	230	JONATHAN	MATHIAS		0:50:45	M40 41
36	192	ALAN	EDMONDS		0:50:46	OM 30
37	172	CLAIRE	BRITTON		0:50:56	OF 28
38	190	CHRIS	DUNN		0:51:03	M40 40
39	182	NICOLA	COLE	PEMBROKESHIRE HARRIERS	0:51:11	F35 39
40	214	DEAN	JENSEN		0:51:25	OM 34
41	233	MARK	MORGAN		0:51:26	M40 48
42	270	ROBERT	THOMAS		0:51:36	OM 37
43	208	GWYNFOR	HOWELLS		0:52:11	M50 50
44	212	MATTHEW	JAMES		0:52:42	OM 21
45	191	SIMONE	EADE		0:53:09	F35 35
46	278	MARK	WALTER-JONES		0:53:13	OM 30
47	206	SAM	HEIGHWAY		0:53:21	F35 36
48	288	NIGEL	WORVELL		0:53:49	OM 34
49	287	JENNIFER	WISE		0:54:06	F35 37
50	243	JANINE	OWEN		0:54:23	OF 31

51	239	EMMA	NEWSOME		0:54:32	OF	25
52	276	THOMAS	TUDOR		0:54:46	M40	40
53	277	ALISON	TUDOR		0:54:46	F35	43
54	267	TRACEY	THOMAS		0:55:01	OF	37
55	254	JULIET	SIDNEY		0:55:19	F35	41
56	209	ANDREW	HUGHES		0:55:29	OM	31
57	187	CLAIRE	DEACON	PEMBROKESHIRE TRI	0:55:47	F35	43
58	171	CAROLINE	BRIDLE		0:56:11	OF	36
59	259	ALUN	SMITH		0:56:16	M50	50
60	186	LLINOS	DAVIES		0:56:49	OF	32
61	177	IAN	CHALMERS		0:57:05	M40	44
62	211	CHRIS	JAMES		0:57:05	M40	48
63	207	KATHARINE	HIGGINS		0:57:44	OF	27
64	232	JACKIE	MILLER		0:57:50	F45	47
65	247	EIFION	REES		0:57:51	OM	38
66	262	CHRIS	TAMBLING		0:57:58	OM	29
67	223	DANIELLE	LLEWELLYN		0:58:19	OF	31
68	255	IAN	SIDNEY		0:59:00	OM	36
69	238	JANE	MORRIS		0:59:41	F35	40
70	178	PAULINE	CHARLETT	PEMBROKESHIRE HARRIERS	0:59:53	F45	47
71	196	REBECCA	GEORGE		1:01:07	F35	41
72	199	VIV	GREY		1:01:08	F35	41
73	167	JAN	BELL	PEMBROKESHIRE HARRIERS	1:01:16	F45	64
74	227	ALISON	MANNION		1:01:19	F35	43
75	174	JIM	BUCK	PEMBROKESHIRE TRI	1:01:19	M40	43
76	165	BRIAN	BAYNHAM		1:01:38	OM	39
77	189	KARIN	DENTON		1:01:46	F45	45
78	176	CLAIRE	CARLILE		1:02:11	OF	35
79	271	REBECCA	THOMAS		1:03:00	F35	37
80	251	JOANNE	ROGERS		1:03:00	OF	32
81	284	PAULA	WILLIAMS		1:03:07	OF	32
82	290	DASOS	ZANGOURAS	PEMBROKESHIRE TRI	1:03:10	M40	48
83	258	PEGGY	SMITH	SPIRIT OF MONMOUTH	1:03:17	F45	51
84	175	SANDRA	BURNETT		1:03:59	F45	47
85	225	JASON	LLOYD		1:04:10	OM	39
86	161	LORRAINE	ANDREWS		1:04:21	OF	34
87	268	BARBARA	THOMAS	PEMBROKESHIRE HARRIERS	1:04:22	F45	65
88	256	NEIL	SIDNEY		1:04:23	OM	38
89	169	CARYS	BOWEN		1:04:25	OF	20
90	285	CLAIRE	WILSON		1:04:25	OF	20
91	221	DEBORAH	KEARSLEY		1:04:44	OF	39
92	163	EMMA	BAKER		1:04:46	OF	37
93	248	KEITH	RICHARDSON		1:04:56	M50	65
94	266	HANNAH	THOMAS		1:05:46	OF	28
95	249	CHRIS	RIGGS		1:06:57	OM	35
96	269	JOHN	THOMAS		1:06:57	OM	37
97	198	FRANCES	GREEN	SPIRIT OF MONMOUTH	1:07:34	F45	50
98	204	JENNIFER	HAWORTH		1:07:40	F45	60
99	245	WENDY	PREECE	PEMBROKESHIRE HARRIERS	1:09:09	F35	42
100	215	WENDY	JONES	PEMBROKESHIRE HARRIERS	1:09:09	F45	47
101	242	ALISON	OSBORN		1:11:04	F45	58
102	168	LUCY	BENTLEY		1:16:13	OF	25
103	201	STEPHEN	GRIFFITHS		1:11:58	M40	49

104	224	JOANNE	LLEWELLYN		1:31:48	OF	33
9999	257	JO	SINGH			F35	43
9999	260	HELEN	STEEL			OF	34
9999	200	ALISON	GRIFFITHS	PEMBROKESHIRE HARRIERS		F35	40
9999	244	TANIA	PHILLIPS			F35	35
9999	202	PATRICK	GROVES			M50	58
9999	252	TASHA	SEXTON	INGLI RUNNERS		F35	36
9999	203	ADRIAN	HAWORTH			M40	41
9999	283	ALAN	WILLIAMS	INGLI RUNNERS		OM	39
9999	216	GARETH	JONES			OM	39
9999	289	PHILIP	WORVELL			OM	35
9999	213	WAYNE	JENKINS			OM	37
9999	162	BECKY	ANDREWS			OF	30
9999	170	GERALD	BRACE			OM	39
9999	253	ROLAND	SHERWOOD	AMMAN VALLEY HARRIERS		M50	64
9999	250	DAVID	ROBERTS	PEMBROKESHIRE HARRIERS		OM	39
9999	197	MATTHEW	GOLDWAIT			M40	48
9999	219	JAN	JONES	SARN HELEN		F35	44
9999	181	ANDREW	CLEVERLY	SWANSEA HARRIERS		OM	22
9999	246	ISOBEL	PULLIN			F35	36
9999	226	ANA	LYNCH	PEMBROKESHIRE HARRIERS		F35	36
9999	222	ALISON	LEWIS			F45	47
9999	210	MARTIN	HUGHES			M40	42
9999	235	DEREK	MORGAN			M50	54
9999	234	LEEANN	MORGAN			F35	37
9999	188	ALEX	DEMPSTER	PEMBROKESHIRE TRI		OM	33
9999	231	STUART	MATTHEWS			OM	32
9999	193	HAYLEY	EDWARDS			F35	41
9999	218	GARETH	JONES	SARN HELEN		M40	43