

Pembrokeshire 10k (Dale) 29th September 2013
Provisional Results

Pos	Time	Surname	Firstname	No	Gen	Cat	Club	K/Split
1	0:37:06	Bradley	Liam	234	M	OM	Pembrokeshire Harriers	0:03:43
2	0:37:34	Haworth	Laurie	244	M	OM		0:03:45
3	0:37:59	Davies	Alan	288	M	M60	3M Gorseinon Road Runners	0:03:48
4	0:39:51	Corkrum	Charlie	28	M	OM	TROT's	0:03:59
5	0:40:14	Griffiths	Richard	242	M	OM		0:04:01
6	0:40:34	Morgan	Neil	266	M	M40	Five Frogs	0:04:03
7	0:41:23	James	Delyth	205	F	OF	Morpeth Harriers	0:04:08
8	0:42:30	Rowland	Julian	252	M	OM		0:04:15
9	0:43:53	Evans	Alan	240	M	OM		0:04:23
10	0:43:53	Pearce	Philip	268	M	OM		0:04:23
11	0:44:44	Brown	Steve	277	M	M50	Pembrokeshire Harriers	0:04:28
12	0:45:34	Thomas	Philip	194	M	M40	Pembrokeshire Tri	0:04:33
13	0:45:57	Pearce	Brian John	281	M	M50		0:04:36
14	0:46:05	Allen	Morgan	276	M	M50	Pembrokeshire Harriers	0:04:37
15	0:46:12	Hermanis	Sara	202	F	OF		0:04:37
16	0:46:12	Knogle	Julian	181	M	OM		0:04:37
17	0:46:41	Broadhurst	Matt	196	M	M40	Five Frogs Tri	0:04:40
18	0:46:43	Sinnett	John	284	M	M50	Pembrokeshire Harriers	0:04:40
19	0:47:42	Griffiths	Dave	182	M	M50	Pembrokeshire Harriers	0:04:46
20	0:47:58	Haworth	Joe	186	M	OM		0:04:48
21	0:48:02	Dobson	Terry	278	M	M50		0:04:48
22	0:48:13	Shuttleworth	Richard	254	M	OM		0:04:49
23	0:49:22	Jones	Ceri	192	M	M40		0:04:56
24	0:49:28	Winter	Jason	275	M	M40		0:04:57
25	0:49:40	Wheeler	Kevin	286	M	M50	Pembrokeshire Tri	0:04:58
26	0:49:53	Sutton	Karl	272	M	M40	Pembrokeshire Tri	0:04:59
27	0:49:54	Wing	Patrick	290	M	M60	Pembrokeshire Harriers	0:04:59
28	0:50:18	Sexton	Christopher	271	M	M40		0:05:02
29	0:50:38	Roberts	Sarah	209	F	OF		0:05:04
30	0:51:10	Harper	James	294	M	OM		0:05:07
31	0:51:20	Reed	Roger	270	M	M40		0:05:08
32	0:51:29	James	Paul	245	M	OM		0:05:09
33	0:51:37	Terry	Philip	185	M	OM	TROT's	0:05:10
34	0:52:28	Collins	Mark	238	M	OM		0:05:15
35	0:52:28	Nicholls	Dai	251	M	OM		0:05:15
36	0:52:36	Coleman	Costa	237	M	OM		0:05:16
37	0:52:42	Howells	Dave	289	M	M60		0:05:16
38	0:52:43	Pickford	Charlotte	300	F	OF		0:05:16
39	0:52:45	Pickford	Jonathan	200	M	OM		0:05:17
40	0:52:48	Lewis	David	264	M	M40		0:05:17
41	0:53:06	Salazar	Fernando	253	M	OM	South Hook LNG	0:05:19
42	0:53:08	Thomas	Helen	211	F	OF	Pembrokeshire Harriers	0:05:19
43	0:53:09	Pook	Martin	282	M	M50		0:05:19
44	0:53:29	Meredith	Wyn	187	M	M40		0:05:21
45	0:53:30	Hawkins	David	243	M	OM	Pembrokeshire Harriers	0:05:21
46	0:53:30	Phillips	Jonathan	296	M	M50	Pembrokeshire Harriers	0:05:21
47	0:53:36	Harrison	Terri	217	F	F35		0:05:22
48	0:53:39	Boyle	Dominic	299	M	OM		0:05:22
49	0:53:46	Swan	David	285	M	M50	Metros	0:05:23
50	0:53:52	Koblizek	Vaci	263	M	M40		0:05:23
51	0:54:29	Wilson	Emma	212	F	OF		0:05:27
52	0:54:33	Davis	Steve	260	M	M40	Tenby Aces	0:05:27
53	0:54:40	Evans	Karen	199	F	F45		0:05:28
54	0:54:40	Devonald	Katherine	297	F	OF	Pembrokeshire Harriers	0:05:28
55	0:54:45	Carling	Alison	214	F	F35		0:05:28
56	0:55:15	Adams	Mick	256	M	M40		0:05:32
57	0:55:54	Pearce	Dora	227	F	F45		0:05:35
58	0:56:50	Wilson	Pamela	213	F	OF		0:05:41
59	0:57:30	McCoy	Caroline	226	F	F45		0:05:45
60	0:57:50	Taylor	Michelle	189	F	F35		0:05:47
61	0:58:25	Bull	John	287	M	M60		0:05:50

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62	0:58:33	Medi	Luned	207	F	OF	Crymych Tri	0:05:51
63	0:58:33	Nicholas	Andrew	197	M	M40	Crymych Tri Club	0:05:51
64	0:58:51	Douglas-Law	David	195	M	OM		0:05:53
65	0:59:24	Green	Martin	280	M	M50		0:05:56
66	1:00:02	Hunter	Fred	198	M	M50		0:06:00
67	1:00:08	Lewis	David Andrew	248	M	OM		0:06:01
68	1:00:30	Childs	Paul	236	M	OM		0:06:03
69	1:01:00	Donne	Richard	279	M	M50	3M Gorseinon Road Runners	0:06:06
70	1:01:11	Coles	Neil	258	M	M40	South Hook LNG	0:06:07
71	1:01:27	Williams	Nigel	295	M	OM		0:06:09
72	1:01:30	Thomas	Michael	298	M	M50		0:06:09
73	1:01:50	Richardson	Keith	191	M	M60		0:06:11
74	1:01:51	Knight	David	262	M	M40		0:06:11
75	1:01:58	Reed	Anna	188	F	F35		0:06:12
76	1:02:02	Orford	Nathan	267	M	M40	Howies	0:06:12
77	1:02:08	Michaelsen	Axel	265	M	M40	Pembrokeshire Tri	0:06:13
78	0:10:30	Walker	Andrew	273	M	M40		0:01:03
79	1:04:30	Eva	Maria	183	F	F35		0:06:27
80	1:04:30	Bowen	Kate	201	F	OF		0:06:27
81	1:04:39	Lawley	Caroline	293	M	OF		0:06:28
82	1:05:49	Bland	Madeleine	228	F	F55	Pembrokeshire Harriers	0:06:35
83	1:06:08	Charlette	Pauline	190	F	F45	Pembrokeshire Harriers	0:06:37
84	1:06:12	Palmer	Anne	230	F	F55		0:06:37
85	1:06:54	Winter	Sarah	224	F	F35		0:06:41
86	1:06:54	Hancock	Rebecca	193	F	OF		0:06:41
87	1:08:45	Morse	Jessica	208	F	OF		0:06:52
88	1:09:58	Copley	Christine	215	F	F35		0:07:00
89	1:11:29	Welch	Siriphon	223	F	F35		0:07:09
90	1:11:29	Jordan	Rhys	246	M	OM	Narbeth Dynamos	0:07:09
91	1:12:27	Waring	Carole	232	F	F55		0:07:15
92	1:13:32	Haworth	Jennifer	229	F	F55		0:07:21
93	1:13:32	Haworth	Damian	184	M	M40		0:07:21
94	1:13:32	Haworth	Adrian	261	M	M40		0:07:21
95	1:13:53	Sherwood	Roland	292	M	M60	Carmarthen Harriers	0:07:23
96	1:21:31	Lewis	Josh	247	M	OM		0:08:09
97	1:23:15	Thomas	Julia	221	F	F35		0:08:20
98	1:23:15	Thorne	Pablo	255	M	OM		0:08:20
99	1:24:45	Lewis	Kate	218	F	F35		0:08:28