

**Pembrokeshire Half Marathon (Dale) 29th September 2013**  
**Provisional Results**

Pos	Time	Firstname	Surname	No.	Gen	Cat	Club	M/Split
1	1:20:09	Mike	Evans	35	M	OM	TROTs	0:06:07
2	1:20:41	Eamonn	Kirk	71	M	M40	Swansea Harriers	0:06:10
3	1:22:46	Daryl	John	101	M	OM	TROTs	0:06:19
4	1:24:41	Samuel	Webster	102	M	OM	Cardiff Tri	0:06:28
5	1:25:14	Stuart	Crees	97	M	OM	Les Croupiers	0:06:30
6	1:26:42	Kevin	Griffiths	52	M	M50	TROTs	0:06:37
7	1:27:04	Tim	Griffiths	40	M	OM	Pembrokeshire Harriers	0:06:39
8	1:29:21	Philip	Turner	82	M	M40		0:06:49
9	1:29:25	Heddwyn	Evans	36	M	OM	Emlyn Flyers	0:06:50
10	1:31:08	Gareth	Elliott	34	M	OM		0:06:57
11	1:32:07	Rhys	Thomas	49	M	OM		0:07:02
12	1:34:38	Scott	Patrick	74	M	M40	Pembrokeshire Tri	0:07:13
13	1:34:49	Mark	Jones	69	M	M40		0:07:14
14	1:34:59	Daniel	Davies	32	M	OM	Pembrokeshire Harriers	0:07:15
15	1:35:23	Mathew	Powell	46	M	OM	Celtic Tri	0:07:17
16	1:35:28	Robert	Sandles	79	M	M40	3M Gorseinon Road Runners	0:07:17
17	1:35:37	Alec	Williams	84	M	M40	Ingli Runners	0:07:18
18	1:35:41	Andrew	Filmer	37	M	OM	Aberystwyth AC	0:07:18
19	1:35:49	Laurence	Worth	61	M	M50	Pembrokeshire Harriers	0:07:19
20	1:37:05	James	Butcher	99	M	OM		0:07:25
21	1:37:15	Mark	Whitby	83	M	M40	Pembrokeshire Harriers	0:07:25
22	1:38:07	Stephen	Thomas	57	M	M50		0:07:29
23	1:38:16	David	Dwyer	33	M	OM		0:07:30
24	1:38:54	Clive	Thomas	58	M	M50		0:07:33
25	1:39:34	Michael	Burton	95	M	OM		0:07:36
26	1:39:54	Richard	Webster	60	M	M50	3M Gorseinon Road Runners	0:07:38
27	1:40:06	Libby	O'Duffy	98	F	F45	Les Croupiers	0:07:38
28	1:40:09	Sarah	Tagg	106	F	F35	Cardigan Running Club	0:07:39
29	1:40:24	Brian	Balfe	257	M	M40	Pembrokeshire Tri	0:07:40
30	1:40:34	Ellie	Astins	90	F	OF	Pembrokeshire Tri	0:07:41
31	1:40:46	Rhys	Gardiner	38	M	OM		0:07:42
32	1:43:02	Mark	Harrod	53	M	M50	Pikey Lurcher Racing	0:07:52
33	1:44:06	Jonathan	Scarr	48	M	OM		0:07:57
34	1:44:20	Dawn	Gibbs	23	F	F55	York Acorn	0:07:58
35	1:44:33	Gavin	Phillips	45	M	OM		0:07:59
36	1:45:37	Stephen	Jones	55	M	M50	Emlyn Runners	0:08:04
37	1:46:03	Ian	Cahill	62	M	M40		0:08:06
38	1:46:30	Ian	Vickery	59	M	M50	Five Frogs	0:08:08
39	1:47:02	Page	Burraston	235	F	OF	South Hook LNG	0:08:10
40	1:47:12	David	Roberts	78	M	M40		0:08:11
41	1:47:30	Keith	Powell	103	M	M50	TROTs	0:08:12
42	1:49:38	Rosie	Thomas	7	F	OF		0:08:22
43	1:49:58	Caroline	Sandles	15	F	F45	3M Gorseinon Road Runners	0:08:24
44	1:51:05	Elaine	Dean	10	F	F45		0:08:29
45	1:51:10	Robert	Good	39	M	OM		0:08:29
46	1:51:48	Sanna	Duthie	1	F	OF		0:08:32
47	1:52:23	Dave	Wilson	50	M	OM		0:08:35
48	1:53:36	Harry	Lewis	43	M	OM		0:08:40
49	1:53:52	Jill	Willcox	94	F	F35	Pembrokeshire Harriers	0:08:42
50	1:54:26	Clive	Williams	104	M	M50	Aberystwyth AC	0:08:44
51	1:54:28	Tasmin	Thomas	88	F	OF		0:08:44
52	1:54:33	Robert	Smith	56	M	M50	Pembrokeshire Harriers	0:08:45

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53	1:54:42	Carl	Hartley	41	M	OM		0:08:45
54	1:54:52	Rebecca	Thomas	4	F	F35	Team Deviant	0:08:46
55	1:55:21	Simon	Reynolds	283	M	M50	South Hook LNG	0:08:48
56	1:55:31	Jonathan	Mathias	72	M	M40		0:08:49
57	1:56:08	John	Greenhill	65	M	M40	Sospan Road Runners	0:08:52
58	1:56:43	Simon	Thomas	96	M	M40		0:08:55
59	1:57:20	Michael	Terry	109	M	M60	TROTs	0:08:57
60	1:59:57	Martin	Atkinson	27	M	OM		0:09:09
61	2:00:05	Iain	Rich	77	M	M40		0:09:10
62	2:00:12	Roger	Devonald	64	M	M40	Leukaemia & Lymphona	0:09:11
63	2:00:22	Sue	Lloyd	13	F	F45	Pembrokeshire Harriers	0:09:11
64	2:00:45	Chris	Birch	51	M	M50	TROTs	0:09:13
65	2:01:04	Greg	King	70	M	M40		0:09:15
66	2:02:01	Raymond	James	54	M	M50	Port Talbot Harriers	0:09:19
67	2:02:28	Non	Gwynn	3	F	OF	Sospan Road Runners	0:09:21
68	2:02:49	Gareth	Howells	68	M	M40	Pembrokeshire Tri	0:09:23
69	2:03:16	Sally	Rogers	21	F	F35		0:09:25
70	2:03:51	Simon	Millington	73	M	M40		0:09:27
71	2:04:10	Christine	Brash	9	F	F45		0:09:29
72	2:04:30	Paul	Padget	26	M	M50	Ingli Runners	0:09:30
73	2:04:44	Jac	Worley	108	M	OM		0:09:31
74	2:05:28	Helen	Lutley	24	F	F55	Emlyn Runners	0:09:35
75	2:06:13	Alistair	Smith	80	M	M40		0:09:38
76	2:06:26	David	Thomas	81	M	M40	Pembrokeshire Harriers	0:09:39
77	2:08:59	Mat	Davies	105	M	OM		0:09:51
78	2:10:16	Helen	Williams	17	F	F45	Aberystwyth AC	0:09:57
79	2:11:56	Deb	Phillips	92	F	F45	Pembrokeshire Harriers	0:10:04
80	2:11:56	Kimberley	Evans	2	F	OF	Pembrokeshire Harriers	0:10:04
81	2:12:25	Neil J	Davies	31	M	OM		0:10:06
82	2:12:51	Diane	Clements	89	F	F45		0:10:08
83	2:14:55	Sarah	Evans	12	F	F45		0:10:18
84	2:15:38	Tom	Moses	110		OM	Pembrokeshire Tri	0:10:21
85	2:18:58	Clare	James	107	F	F35		0:10:36
86	2:19:16	Michael	Hodges	93	M	M60	TROTs	0:10:38
87	2:19:22	Robert	Daines	29	M	OM	Pembrokeshire Harriers	0:10:38
88	2:19:59	Andy	Dean	63	M	M40		0:10:41
89	2:20:04	Esther	Major	19	F	F35		0:10:42
90	2:20:12	Wendy	Jones	91	F	F45		0:10:42
91	2:26:28	David	Phillips	87	M	M60	Pembrokeshire Harriers	0:11:11
92	2:26:31	Martin	Hughes	100	M	M40		0:11:11
93	2:27:15	Xiu lan	Shi	6	F	OF		0:11:14
94	2:29:07	Sam	Meskimmon	44	M	OM		0:11:23
95	2:34:18	Ellie-May	Watkins	8	F	OF		0:11:47
96	2:37:28	Barbara	Thomas	25	F	F55	Pembrokeshire Harriers	0:12:01
97	2:37:28	Fandy	Tsang	22	F	F35		0:12:01
98	2:44:20	Jane	Williams	16	F	F45		0:12:33
99	2:48:45	Megan Haf	Richards	5	F	OF		0:12:53