

PEMBROKESHIRE 10K - DALE

28th SEPTEMBER 2014

RESULTS

Pos	Time	Forename	Surname	Num	Gen	Cat	Club	Min/Km
1	0:36:13	John	Collier	186	M	MS		0:03:37
2	0:39:09	Matthew	Richards	190	M	MS	Swansea Harriers	0:03:55
3	0:39:12	James	Mackay	251	M	MS		0:03:55
4	0:41:18	Richard	Thompson	216	M	MSV	Pembrokeshire Tri	0:04:08
5	0:42:16	Paul	Oughton	241	M	MSV		0:04:14
6	0:42:49	Stephen	Thomas	218	M	MSV		0:04:17
7	0:42:57	Jonathan	Pickford	236	M	MS		0:04:18
8	0:43:50	Alec	Williams	204	M	MV	Pembrokeshire Harriers	0:04:23
9	0:43:58	Andy	Mash	180	M	MS		0:04:24
10	0:44:01	David	McGuire	249	M	MS		0:04:24
11	0:44:03	Gordon	Orme	189	M	MVV	Cardigan Running Club	0:04:24
12	0:44:14	Tasha	Sexton	227	F	FV	Pembrokeshire Harriers	0:04:25
13	0:44:35	Brian	Jones	183	M	MSV	Usk Runners	0:04:27
14	0:45:18	Ade	Wilson	199	M	MV	howies	0:04:32
15	0:45:22	Lisa	Mead	248	F	FV		0:04:32
16	0:45:27	Philip	Thomas	191	M	MSV	Pembrokeshire Tri	0:04:33
17	0:46:12	Peter	Moody	245	M	MVV	Carmarthen Harriers	0:04:37
18	0:46:20	Dan	Rees	194	M	MS		0:04:38
19	0:46:37	Kat	Steed	224	F	FV	Pembrokeshire Harriers	0:04:40
20	0:47:03	Christopher	Sexton	226	M	MSV	Pembrokeshire Harriers	0:04:42
21	0:47:07	Jim	Titley	215	M	MS		0:04:43
22	0:47:50	Mark	Davies	282	M	MV		0:04:47
23	0:48:01	Kevin	Wheeler	209	M	MSV	Pembrokeshire Tri	0:04:48
24	0:48:09	Ruben	Lightfoot	254	M	MS	howies	0:04:49
25	0:48:11	Michelle	Taylor	182	F	FV	Hains & Lewis Solicitors	0:04:49
26	0:48:20	Jason	Winter	196	M	MV		0:04:50
27	0:48:39	Julie	Williams	206	F	FSV		0:04:52
28	0:48:49	Paul	Paget	178	M	MSV		0:04:53
29	0:49:25	Morgan	Allen	300	M	MSV	Pembrokeshire Harriers	0:04:57
30	0:49:47	James	Barton	187	M	MS		0:04:59
31	0:49:57	Tom	Iggleden	265	M	MS		0:05:00
32	0:50:19	Richard	Hughes	267	M	MV		0:05:02
33	0:50:33	Alexandra	Owen	240	F	FS		0:05:03
34	0:50:37	Jane	Richards	232	F	FVV		0:05:04
35	0:51:16	Patrick	Owen	239	M	MS		0:05:08
36	0:51:22	Paul	James	263	M	MS		0:05:08
37	0:51:35	Jane	Wilkins	208	F	FSV	Cardigan Running Club	0:05:10
38	0:51:51	Rob	Richards	231	M	MS		0:05:11
39	0:51:52	Karl	Sutton	223	M	MV	Pembrokeshire Tri	0:05:11
40	0:52:30	Patrick	Wing	198	M	MVV	Pembrokeshire Harriers	0:05:15
41	0:52:32	Josh	Hoole	270	M	MS		0:05:15
42	0:53:06	Anthony	Evans	278	M	MV		0:05:19
43	0:53:06	Adrian	Lewis	255	M	MV		0:05:19
44	0:53:16	Karen	Lewis	256	F	FV		0:05:20
45	0:53:33	Geraint	Beynon	193	M	MS		0:05:21
46	0:54:03	Camilla	Cooke	288	F	FSV	Pembrokeshire Tri	0:05:24
47	0:54:11	Ben	Palmer	238	M	MS		0:05:25
48	0:54:16	Leighton	George	277	M	MS		0:05:26
49	0:54:12	Jonathan	Tudor	214	M	MV		0:05:25
50	0:54:35	Neil J	Davies	284	M	MS		0:05:28
51	0:54:50	Tim	Barrett	299	M	MSV		0:05:29
52	0:55:34	Aled	John	261	M	MS		0:05:33
53	0:55:47	Emma	Wilson	203	F	FS		0:05:35
54	0:55:49	Carl	Lavender	258	M	MS		0:05:35
55	0:56:19	Kimberley	Evans	279	F	FS	Pembrokeshire Harriers	0:05:38
56	0:56:49	Claire	Erte	280	F	FS		0:05:41
57	0:57:04	Simon	Millington	181	M	MV		0:05:42
58	0:57:10	Abby	Jenkins	262	F	FS		0:05:43

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59	0:57:36	Andrew	Walker	210	M	MV		0:05:46
60	0:57:54	Alison	Carling	292	F	FV		0:05:47
61	0:57:56	Vaci	Koblizek	259	M	MV		0:05:48
62	0:59:27	Richard	Scott	228	M	MS		0:05:57
63	0:59:54	Dave	Howells	269	M	MVV		0:05:59
64	0:59:59	Caroline	Bridle	295	F	FV		0:06:00
65	1:00:07	Brian	Lee	257	M	MV	Tenby Trotters	0:06:01
66	1:00:08	Alison	Cook	289	F	FV		0:06:01
67	1:00:14	Jason	Wilkins	207	M	MV	Cardigan Running Club	0:06:01
68	1:01:31	Kathy	Wilson	201	F	FV		0:06:09
69	1:01:31	Andy	Davies	283	M	MV		0:06:09
70	1:01:58	Michael	Thomas	217	M	MSV		0:06:12
71	1:02:02	Tina	Inward	188	F	FSV		0:06:12
72	1:02:07	Neil	Davies	285	M	MS		0:06:13
73	1:02:08	Caroline	Lawley	211	F	FV		0:06:13
74	1:02:34	Carole	Dudley	192	F	FV		0:06:15
75	1:02:48	Michael	Rees	234	M	MV		0:06:17
76	1:03:04	Gemma	Lindsay	252	F	FS		0:06:18
77	1:03:34	Nicola	Hughes	268	F	FV		0:06:21
78	1:03:38	Mary Anne	Pearce	237	F	FV		0:06:22
79	1:03:56	Keith	Richardson	230	M	MVV	Road Runners Club	0:06:24
80	1:04:15	Harold	Gilmartin	185	M	MS	howies	0:06:26
81	1:04:15	Peter	Gilmartin	184	M	MSV	howies	0:06:26
82	1:05:47	Jessica	James	264	F	FS		0:06:35
83	1:06:55	Amy	Byrne	293	F	FV		0:06:42
84	1:07:12	Sadie	Lindsay	253	F	FS		0:06:43
85	1:08:04	Rebecca	Thomas	220	F	FV		0:06:48
86	1:08:06	Mairwen	Richards	233	F	FS		0:06:49
87	1:08:15	Kim	Orford	242	F	FV		0:06:49
88	1:08:33	Barbara	Thomas	219	F	FVV	Pembrokeshire Harriers	0:06:51
89	1:08:41	Carolyn	Thomas	222	F	FSV		0:06:52
90	1:09:20	Heather	Brooke	294	F	FV		0:06:56
91	1:09:21	Karen	Bayliss	298	F	FS		0:06:56
92	1:09:31	Christine	Copley	287	F	FSV		0:06:57
93	1:10:03	Ceris	Hay	271	F	FV	Harriers	0:07:00
94	1:10:25	Mike	George	276	M	MVV		0:07:03
95	1:12:03	Jonathan	Griffiths	273	M	MS		0:07:12
96	1:12:47	Claire	Dawes	281	F	FV		0:07:17
97	1:12:47	Fred	Hunter	266	M	MSV		0:07:17
98	1:12:51	Sarah	Winter	197	F	FV		0:07:17
99	1:14:55	Nicky	Shanklin	225	F	FVV	Pembrokeshire Harriers	0:07:30
100	1:15:44	Nicole	Bridle	296	F	FS		0:07:34
101	1:16:59	Victoria	Griffiths	275	F	FS		0:07:42
102	1:17:22	Rebecca	Hancock	272	F	FS	Pembrokeshire Tri	0:07:44
103	1:17:25	Paul	Jones	260	M	MV		0:07:44
104	1:17:25	Sheila	Worby	195	F	FVV		0:07:44
105	1:18:46	Karen	Manning	250	F	FVV		0:07:53
106	1:19:37	Alison	Lloyd	179	F	FV	Lampeter Leisure Centre	0:07:58
107	1:22:42	Pauline	Charlett	291	F	FSV	Pembrokeshire Harriers	0:08:16
108	1:22:42	Katherine	Davies	286	F	FV	Pembrokeshire Harriers	0:08:16
109	1:22:43	Melanie	Picton	235	F	FS	Pembrokeshire Harriers	0:08:16