

PEMBROKESHIRE HALF MARATHON, DALE, 28TH SEPTEMBER 2008 - RESULTS

| Pos | No | First | Name | Club | Time | Cat |
|-----|-----|----------|------------|------------------|----------|-----|
| 1 | 76 | MICHAEL | KALLENBERG | INGLI RUNNERS | 01:19:15 | OM |
| 2 | 106 | GLYN | PRICE | SARN HELEN | 01:19:55 | M40 |
| 3 | 64 | RON | JENKINS | NONE | 01:22:15 | M50 |
| 4 | 59 | LES | HEWITSON | INGLI RUNNERS | 01:22:29 | M40 |
| 5 | 55 | KEVIN | GRIFFITHS | TROTS | 01:22:55 | M40 |
| 6 | 43 | GARETH | ELLIOT | PEMBS HARRIERS | 01:23:11 | OM |
| 7 | 31 | MICHAEL | DAVIES | SARN HELEN | 01:24:14 | OM |
| 8 | 152 | MERVYN | WILLIAMS | PEMBS TRI'S | 01:26:06 | M40 |
| 9 | 39 | MARK | DUNSCOMBE | SARN HELEN | 01:26:28 | M40 |
| 10 | 132 | STEPHEN | THOMAS | NONE | 01:26:46 | M40 |
| 11 | 100 | JAMES | PADFIELD | SWINDON STRIDERS | 01:26:57 | OM |
| 12 | 69 | DEAN | JOHN | TROTS | 01:26:58 | M40 |
| 13 | 127 | ANN | THOMAS | TROTS | 01:26:59 | F35 |
| 14 | 118 | PAUL | SLACK | NONE | 01:29:49 | M40 |
| 15 | 21 | ROGER | COOMBS | TROTS | 01:30:42 | M40 |
| 16 | 133 | RICHARD | THOMPSON | PEMBS TRI'S | 01:31:08 | M40 |
| 17 | 122 | MARK | TERRY | TROTS | 01:32:59 | M50 |
| 18 | 80 | MICHAEL | LAWRENCE | PEMBS HARRIERS | 01:33:06 | M50 |
| 19 | 85 | PETER | LLOYD | 3MS | 01:33:40 | OM |
| 20 | 130 | CARWYN | THOMAS | SARN HELEN | 01:33:49 | OM |
| 21 | 38 | KAT | DRIVER | PEMBS HARRIERS | 01:33:52 | OF |
| 22 | 57 | MICHAEL | HALSALL | LLANELLI A A C | 01:34:10 | OM |
| 23 | 134 | ROBERT | THOMSON | NONE | 01:34:26 | OM |
| 24 | 70 | DAFYDD | JOHN | NONE | 01:34:47 | OM |
| 25 | 99 | LIBBY | O'DUFFY | LES CROUPIERS | 01:35:05 | F35 |
| 26 | 67 | CAROLINE | JOHN | SARN HELEN | 01:35:29 | F35 |
| 27 | 66 | PETER | JENNINGS | NONE | 01:35:31 | OM |
| 28 | 27 | ERIC | DAVEY | LLANELLI A A C | 01:35:56 | M50 |
| 29 | 109 | NICKY | REES | NONE | 01:36:08 | M40 |
| 30 | 146 | JASON | WILKINS | CARDIGAN R C | 01:36:49 | OM |
| 31 | 104 | TRISTAN | PRICE | NONE | 01:37:04 | OM |
| 32 | 11 | STEVE | BROWN | PEMBS HARRIERS | 01:37:22 | M40 |
| 33 | 42 | PAUL | EDWARDS | PEMBS HARRIERS | 01:37:40 | M40 |
| 34 | 97 | TOM | MOSES | NONE | 01:38:35 | OM |
| 35 | 98 | ANDREW | NICHOLAS | CRYMYCH TRI'S | 01:38:39 | M40 |
| 36 | 113 | SHAN | ROBERTS | INGLI RUNNERS | 01:38:53 | F35 |
| 37 | 129 | HELEN | THOMAS | PEMBS HARRIERS | 01:39:02 | OF |
| 38 | 126 | ANA | LYNCH | PEMBS HARRIERS | 01:39:46 | F35 |
| 39 | 52 | LYNN | GREEN | INGLI RUNNERS | 01:40:32 | F45 |
| 40 | 117 | TASHA | SEXTON | INGLI RUNNERS | 01:41:07 | F35 |
| 41 | 75 | KEV | JOYCE | PEMBS HARRIERS | 01:41:36 | M40 |
| 42 | 128 | ALAIN | THOMAS | NONE | 01:42:22 | M50 |
| 43 | 108 | JOHN | REES | NONE | 01:42:23 | M40 |
| 44 | 18 | LOTTIE | CHANT | THE WOODYS | 01:42:34 | OF |
| 45 | 73 | STEPHEN | JONES | ISLWYN R C | 01:42:38 | M50 |
| 46 | 12 | TERRY | BROWN | NONE | 01:42:46 | M40 |
| 47 | 94 | LARRY | MC GEARY | NONE | 01:42:59 | OM |
| 48 | 115 | BRIAN | RUSSELL | PEMBS TRI'S | 01:43:21 | M50 |
| 49 | 13 | JIM | BUCK | PEMBS TRI'S | 01:43:25 | M40 |
| 50 | 88 | MARTIN | LOW | NONE | 01:44:25 | M50 |
| 51 | 58 | MARTIN | HARRIS | NONE | 01:46:07 | M40 |
| 52 | 20 | BRIAN | CONERITY | PEMBS TRI'S | 01:46:08 | M40 |
| 53 | 6 | CHRIS | BIRCH | TROTS | 01:46:39 | M40 |

| | | | | | | |
|-----|-----|-----------|------------|----------------|----------|-----|
| 54 | 135 | HELEN | WALKER | INGLI RUNNERS | 01:47:20 | F45 |
| 55 | 87 | DAFYDD | LLYWELYN | NONE | 01:47:21 | OM |
| 56 | 153 | LIZZIE | WOOD | THE WOODYS | 01:48:16 | OF |
| 57 | 7 | JUNE | BRAZELL | NONE | 01:48:32 | F45 |
| 58 | 92 | CATHERINE | MARKS | NONE | 01:48:55 | OF |
| 59 | 145 | JANE | WILKINS | CARDIGAN R C | 01:49:58 | F35 |
| 60 | 136 | PETER | WALKER | INGLI RUNNERS | 01:50:10 | M50 |
| 61 | 24 | SIMON | COX | NONE | 01:50:26 | M40 |
| 62 | 148 | JULIE | WILLIAMS | NONE | 01:50:32 | F35 |
| 63 | 35 | GREG | DOW | NONE | 01:51:28 | OM |
| 64 | 4 | EDDIE | BATEMAN | PEMBS HARRIERS | 01:52:13 | M50 |
| 65 | 143 | MARK | WHITBY | NONE | 01:52:24 | OM |
| 66 | 111 | LYNN | REES | SARN HELEN | 01:53:14 | M50 |
| 67 | 82 | JOAN | LILLEY | INGLI RUNNERS | 01:53:24 | F35 |
| 68 | 84 | SUE | LLOYD | PEMBS HARRIERS | 01:53:39 | F35 |
| 69 | 144 | JOHN | WILKINS | NONE | 01:54:48 | M40 |
| 70 | 30 | CARYL | DAVIES | SARN HELEN | 01:55:39 | OF |
| 71 | 123 | DAVID | THOMAS | PEMBS HARRIERS | 01:56:23 | OM |
| 72 | 45 | DON | ESSLEMONT | EPSOM ODDBALLS | 01:56:26 | M40 |
| 73 | 93 | MATTHEW | MINEUR | NONE | 01:56:43 | OM |
| 74 | 147 | JILL | WILLCOX | INGLI RUNNERS | 01:56:53 | F35 |
| 75 | 110 | KARL | REES | NONE | 01:57:51 | OM |
| 76 | 139 | WILLIAM | WATERS | NONE | 01:57:55 | M40 |
| 77 | 50 | TERRY | GOVER | PEMBS TRI'S | 01:58:04 | M50 |
| 78 | 15 | GEMMA | BUFTON | NONE | 01:58:15 | OF |
| 79 | 47 | CHARLES | EVANS | NONE | 02:00:23 | M40 |
| 80 | 72 | GAVIN | JONES | NONE | 02:01:10 | OM |
| 81 | 114 | GLENDA | ROBERTS | ABERYSTWYTH | 02:01:32 | F45 |
| 83 | 101 | DAVID | PHILLIPS | PEMBS HARRIERS | 02:01:53 | M50 |
| 82 | 33 | ANDREW | DESBOROUGH | NONE | 02:02:17 | M40 |
| 84 | 34 | AMY | DESBOROUGH | NONE | 02:02:17 | F35 |
| 85 | 62 | BARRY | JAMES | NONE | 02:02:32 | M50 |
| 86 | 25 | TONY | CRAVEN | NONE | 02:03:20 | OM |
| 87 | 10 | KATE | BROOKS | NONE | 02:03:44 | F35 |
| 88 | 26 | DOUGLAS | DALWOOD | NONE | 02:03:51 | M50 |
| 89 | 102 | PAUL | PLAISTOW | NONE | 02:04:20 | OM |
| 90 | 121 | STEVE | TEAR | NONE | 02:04:20 | M40 |
| 91 | 56 | FIONA | GWYTHER | PEMBS HARRIERS | 02:05:32 | F35 |
| 92 | 78 | LINDA M | KEELAN | NONE | 02:05:42 | F45 |
| 93 | 140 | CRISTOPHE | WATSON | NONE | 02:06:23 | OM |
| 92 | 40 | LORRAINE | DYDE | PEMBS HARRIERS | 02:06:29 | F45 |
| 94 | 46 | SARAH | EVANS | NONE | 02:07:38 | F35 |
| 96 | 29 | DAVID | DAVIES | EPSOM ODDBALLS | 02:08:34 | M50 |
| 95 | 90 | PAUL | LYNCH | NONE | 02:09:32 | OM |
| 97 | 91 | AMANDA | LYNCH | NONE | 02:09:32 | F35 |
| 98 | 120 | HELEN | STRETCH | ABERYSTWYTH | 02:09:55 | F45 |
| 99 | 3 | GARY | BARTIE | NONE | 02:10:17 | OM |
| 101 | 77 | SUSANNA | KARLSSON | NONE | 02:10:27 | OF |
| 102 | 9 | SHAN | BREESE | ABERYSTWYTH | 02:13:59 | F45 |
| 103 | 141 | JOHN | WATSON | NONE | 02:14:04 | M50 |
| 104 | 44 | SUE | ESSLEMONT | EPSOM ALLSORTS | 02:14:39 | F35 |
| 105 | 54 | ALISON | GRIFFITHS | PEMBS HARRIERS | 02:15:02 | F35 |
| 106 | 48 | COLIN | GARDNER | NONE | 02:15:32 | M50 |
| 107 | 23 | DAVID | COVELL | NONE | 02:16:05 | M50 |
| 108 | 14 | SUSAN | BUCKLEY | NONE | 02:17:01 | OF |
| 109 | 19 | PAULINE | CHARTLETT | PEMBS HARRIERS | 02:17:17 | F45 |
| 110 | 28 | JUDY | DAVIES | EPSOM ALLSORTS | 02:18:30 | F45 |

| | | | | | |
|----------|-----------|------------|-----------------------|----------|-----|
| 111 51 | MIKE | GREEN | NONE | 02:21:01 | M40 |
| 112 86 | JULIE | LLOYD | NONE | 02:22:29 | F35 |
| 113 5 | JAN | BELL | PEMBS HARRIERS | 02:24:49 | F45 |
| 114 36 | EMMA | DOWNIE | NONE | 02:26:08 | OF |
| 115 37 | COLIN | DOWNIE | NONE | 02:26:08 | OM |
| 116 89 | DAVID | LUMSDEN | NONE | 02:26:58 | OM |
| 117 119 | PATRICK | SMITH | NONE | 02:27:17 | M50 |
| 118 151 | JANE | WILLIAMS | NONE | 02:38:57 | F35 |
| 119 60 | CAMILLA | HOWARD | NONE | 02:41:09 | OF |
| 120 112 | LUCY | R-BUCKELEY | NONE | 02:41:10 | OF |
| 121 142 | ALLEN | WATTS | SARN HELEN | 03:11:06 | M50 |
| 9999 1 | ANDREW | ABBOTT | SARN HELEN | | OM |
| 9999 2 | MICHAEL | BAILEY | PEMBS HARRIERS | | M40 |
| 9999 8 | PETER | BRAZELL | NONE | | M50 |
| 9999 17 | STEPHEN | CARTWRIGHT | NONE | | OM |
| 9999 22 | LORRAINE | COOPEY | NONE | | F35 |
| 9999 32 | GENETTE | DERRICK | NONE | | F35 |
| 9999 41 | NORMAN | EDWARDS | PEMBS HARRIERS | | M50 |
| 9999 49 | JOHN | GARDNER | NONE | | M50 |
| 9999 53 | RAYMOND | GREENWOOD | NONE | | M50 |
| 9999 61 | AMY | JAMES | THE WOODYS | | OF |
| 9999 63 | ANDREW | JENKINS | NONE | | M40 |
| 9999 65 | DAYMION | JENKINS | NONE | | OM |
| 9999 68 | AMANDA | JOHN | AMMAN VALLEY HARRIERS | | F35 |
| 9999 71 | STEPHEN | JONES | NONE | | M40 |
| 9999 74 | MANDY | JONES | ISLWYN R C | | F45 |
| 9999 79 | JASON | LANE | NONE | | OM |
| 9999 81 | JOSEPH | LEWIS | NONE | | OM |
| 9999 83 | HUILI | LIN-WALKER | NONE | | F35 |
| 9999 95 | KAREN | MC MASTER | NONE | | OF |
| 9999 96 | CARON | MORTON | NONE | | F35 |
| 9999 103 | KATHERINE | POUNDER | NONE | | F35 |
| 9999 105 | HUW | PRICE | SARN HELEN | | M40 |
| 9999 107 | WAYNE | RAYNER | NONE | | OM |
| 9999 116 | CERIAN | SCREEN | NONE | | M40 |
| 9999 124 | NIA | THOMAS | NONE | | F35 |
| 9999 125 | ANEIRIN | THOMAS | NONE | | OM |
| 9999 131 | RACHAEL | THOMAS | NONE | | M40 |
| 9999 137 | MICK | WARNER | NONE | | M50 |
| 9999 138 | MARK | WARREN | NONE | | M40 |
| 9999 149 | HELEN | WILLIAMS | ABERYSTWYTH | | F45 |
| 9999 150 | CLARE | WILLIAMS | INGLI RUNNERS | | F35 |