

Southook Pembrokeshire Half Marathon 02.10.11 Results

Pos	Time	Family	First	Num	Cat	Club
1	1:19:47	Simon	Oliver	412	OM	Pembrokeshire Tri
2	1:21:33	Price	Glyn	401	M40	Sarn Helen
3	1:23:58	Griffiths	Kevin	344	M40	TROTs
4	1:24:20	Griffiths	Timothy	345	OM	Pembrokeshire Harriers
5	1:24:29	Williams	Alex	429	M40	Port Talbot Harriers
6	1:25:19	Phillips	Clare	398	F35	Port Talbot Harriers
7	1:25:44	Elliott	Gareth	335	OM	Pembrokeshire Harriers
8	1:29:56	Rees	Eric	403	OM	Sarn Helen
9	1:30:50	Nankivell	Matthew	384	OM	Aberystwyth AC
10	1:30:57	Chapman	Janie	325	F35	Bournemouth A.C.
11	1:31:00	Thomas	Stephen	421	M50	
12	1:32:03	O'neill	David	390	M40	Pembrokeshire Harriers
13	1:32:25	James	Richard	365	M40	Rhedwyr Emlyn
14	1:33:11	Herman	Matthew	353	OM	
15	1:33:29	Owen	Barry	393	OM	Rhedwyr Emlyn
16	1:35:54	Stokes	Tom	416	M50	Frome Running Club
17	1:36:38	Turner	Phillip	423	M40	Sospan Road Runners
18	1:36:43	Quinn	Nicola	402	F35	Rhedwyr Emlyn
19	1:37:07	Taylor	Mike	418	M40	
20	1:37:16	Wright	Tom	439	M50	Sospan Road Runners
21	1:37:29	Goodwin-jones	Elizabeth	341	OF	TROTs
22	1:38:41	Whitby	Mark	428	M40	Pembrokeshire Harriers
23	1:38:49	Boon	Richard	321	M50	Les Croupiers
24	1:39:02	Scurrrell	Simon	410	OM	TROTs
25	1:39:44	Evans	Heddwyn	336	OM	
26	1:40:44	Noble	James	386	OM	
27	1:41:06	Langford	David	375	M50	Pembrokeshire Tri
28	1:41:15	Rowland	Marc	409	OM	
29	1:41:19	Jinkerson	Ken	368	M50	
30	1:41:20	Evans	Nigel	337	M40	TROTs
31	1:41:26	Eynon	Lindy	338	F45	TROTs
32	1:42:10	Bridle	Richard	323	M40	
33	1:42:37	Marks	Catherine	380	OF	
34	1:42:58	Worth	Laurence	438	M40	Pembrokeshire Harriers
35	1:43:21	Bleasdale	Catharine	320	F35	TROTs
36	1:44:30	Howe	Richard	361	M40	
37	1:44:54	Orr	Barry	392	OM	
38	1:45:20	Ford	Robert	339	M50	Pontypridd Roadents
39	1:45:29	Kenwright	Dawn	373	F55	Sarn Helen
40	1:46:19	Watkins	Carl	426	OM	
41	1:46:51	Corp	Ainsley	328	OM	224 Pembs Yeo Sqn
42	1:47:21	North	Nicholas	387	M40	Cardigan RC
43	1:47:36	Morris	Gwen	383	OF	Ingli Runners

44	1:48:49 Toft	Andrew	422	M40	
45	1:48:50 Nettleship	Tom	385	OM	
46	1:50:11 Walker	Helen	424	F55	Ingli Runners
47	1:50:21 Low	Martin	379	M60	
48	1:50:36 Griffiths	Della	343	F45	Pembrokeshire Harriers
49	1:51:07 O'Connell	James	388	OM	
50	1:51:37 Smith	Robert	413	M50	Pembrokeshire Harriers
51	1:51:54 Terry	Michael	419	M60	TROT's
52	1:51:57 Jones	Gareth	370	M40	Sarn Helen
53	1:52:24 King	Greg	374	M40	Sospan Road Runners
54	1:52:24 Williams	Clive	431	F55	Aberystwyth AC
55	1:52:35 Springett	Richard	414	M40	
56	1:53:28 Perrett	David	396	M50	
57	1:53:31 Reynolds	Paul	404	OM	
58	1:54:00 Reynolds	Simon	405	M50	
59	1:54:31 Williams	Joanne	440	F35	
60	1:54:35 James	Heulwen	364	F35	Rhedwyr Emlyn
61	1:55:02 Williams	Helen	432	F45	Aberystwyth AC
62	1:55:02 Cox	Simon	329	M40	
63	1:56:14 Orford	Nathan	391	OM	
64	1:57:22 Hall	Owen	347	OM	
65	1:57:52 Junia	Wendell	371	OM	Aberystwyth AC
66	1:59:21 Jones	Anwen	369	OF	TROT's
67	1:59:23 Millington	Simon	382	M40	
68	2:00:04 Higgin	Louise	355	OF	
69	2:01:26 Shanklin	Teresa	411	F45	
70	2:02:46 Clarke	Russell	326	OM	224 Pembs Yeo Sqn
71	2:04:16 Abbott	Dave	317	OM	224 Pembs Yeo Sqn
72	2:04:36 Delaney	Nial	333	OM	
73	2:05:41 Halsey	Chris	348	OM	
74	2:05:47 Hooper	Stephen	359	M40	
75	2:06:20 Hay	Jonny	351	OM	
76	2:07:25 Warren	Mark	425	M40	
77	2:08:33 Wilson	Finola	437	F35	Mumbles Milers
78	2:08:56 Hughes	Martin	363	M40	
79	2:10:37 Hodges	Mike	357	M50	TROT's
80	2:11:38 Baldwin	Dionne	319	OF	
81	2:11:49 Adams	Rhiannon	318	F35	
82	2:14:50 Robson	Steve	406	M40	
83	2:16:46 Harding	Peter	349	M60	TROT's
84	2:19:41 Hicks	Stephen	354	M50	
85	2:22:09 Brooks	Kate	324	F35	
86	2:22:46 Jenkins	Georgina	367	F35	
87	2:30:20 Hay	Mark	352	OM	
88	2:33:20 Meredith	Rhian	381	F35	
89	2:34:39 Willmont	Jennifer	435	OF	

90	2:34:42 Hodgetts	Lynne	358	F55	Womens Running Club (Wales)
91	2:40:15 Hill	Rochelle	356	F35	
92	2:46:00 Howe	Helen	360	F35	Womens Running Club (Wales)
93	2:46:00 Comisini	Dawn	327	F35	Womens Running Club (Wales)