

Pembrokeshire 10k
Dale
Sunday 27th September 2015

RESULTS

Pos	Forename	Surname	Num	Cat	Club	Time
1	Matthew	Evans	282	MS	Aberdare Valley AAC	0:36:11
2	Jake	Watson	225	MS		0:37:55
3	Martin	Evans	206	MSV	Pembrokeshire Tri	0:40:19
4	Martin	Jones	265	MS		0:40:32
5	Neil	Morgan	250	MV	Tenby Aces	0:40:41
6	Stephen	Williams	217	MV	Man-up UK	0:40:46
7	Ross	Williams	221	MS		0:40:59
8	Max	Piotrowicz	208	MS		0:41:13
9	Danny	Curtis	291	MS		0:42:07
10	Adam	John	213	MS	Team Cemais	0:43:26
11	Chris	Vane	227	MV		0:43:43
12	Anthony	Rowley	237	MSV	Pembrokeshire Harriers	0:43:49
13	Robin	Baker	299	MV	Team Cemais	0:44:54
14	Ade	Gunnwilson	276	MV	Howies	0:45:24
15	Lindy	Eynon	281	FSV	TROTs	0:45:29
16	Tasha	Sexton	234	FV	Pembrokeshire Harriers	0:46:34
17	Iain	Lloyd	259	MS		0:48:05
18	Greg	Dow	284	MV		0:48:35
19	Christopher	Sexton	235	MSV	Pembrokeshire Harriers	0:48:45
20	Andrew	Barker	298	MV		0:48:50
21	Celia	Morris	247	FV	Team Cemais	0:49:19
22	Adrian	Lewis	261	MV		0:49:40
23	Louise	Adams	300	FS		0:49:47
24	Martyn	Carroll	295	MS		0:50:03
25	Daniel	Munn	245	MS		0:50:03
26	Ruben	Lightfoot	260	MS		0:50:10
27	Carys	Morgan	248	FS	Dragons Running Club	0:50:21
28	Mark	Davies	288	MV	Pembrokeshire Harriers	0:50:30
29	Melanie	Miles	216	FS	Team NBCC	0:50:36
30	Shan	James	270	FS		0:51:02
31	Joe	Edwards	202	MS		0:51:14
32	Michael	Terry	232	MVV	TROTs	0:51:40
33	David	Thomas	230	MV	Pembrokeshire harriers	0:51:52
34	Emily	Nicholas	244	FS	TROTs	0:52:23
35	Carl	Davies	286	MS		0:52:25
36	Peter	Hare	274	MV		0:52:32
37	Lucy	Williams	220	FS		0:52:43
38	John	Thomas	210	MVV		0:52:59
39	Kevin	Wheeler	224	MSV	Pembrokeshire Tri	0:53:09
40	Judith	Nichols	215	FS		0:53:09
41	Jon	Tudor	229	MSV		0:54:12
42	Anthony	Evans	283	MV		0:54:36
43	Bethan	Furnival	279	FS		0:54:37
44	Andrew	Underwood	228	MSV		0:54:53
45	Helen	Williams	222	FSV	Aberystwyth AC	0:55:10
46	Peter	Gilmartin	277	MSV	Howies	0:55:52
47	Carl	Lavender	262	MS		0:56:18
48	Claire	Edwards	203	FS		0:56:18

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49	Caryl	Lewis	233	FV		0:56:19
50	Camilla	Cooke	293	FV	Pembrokeshire Tri	0:56:29
51	Edward	Bateman	297	MSV	Pembrokeshire Harriers	0:57:08
52	Fred	Hunter	271	MSV		0:57:16
53	Grace	MacLennan	257	FS		0:57:42
54	Graeme	MacLennan	258	MV		0:57:42
55	Andrew	Collins	214	MVV		0:57:50
56	Kimberley	Orford	243	FS		0:58:09
57	Rachel	Joseph	264	FS	Pembrokeshire Harriers	0:58:35
58	Alan	Monday	212	MVV		0:59:00
59	Lucy	Howells	272	FS		0:59:05
60	Emma	Dark	290	FV		0:59:33
61	Helen	Wright	204	FS		1:01:35
62	Jonathan	Wright	205	MS		1:01:40
63	Samantha	Buckley	209	FV		1:01:41
64	Nick	Johns	269	MSV		1:02:35
65	Hayley	Husband	211	FS		1:02:50
66	Kathy	Wilson	219	FV		1:03:04
67	Andrew	Wood	218	MSV		1:03:18
68	James	Roach-John	238	MV	Pembrokeshire Harriers	1:03:33
69	Adele	Morgan	249	FS		1:03:58
70	Deb	Garner	278	FSV	Pembrokeshire Harriers	1:03:59
71	Carolyn	Thomas	231	FSV		1:04:16
72	Mike	Matthews	253	MVV		1:04:46
73	Alexandra	Ferguson	280	FS		1:05:46
74	James	Morris	246	MS		1:05:46
75	Lynette	Mason-Davies	255	FV		1:06:24
76	Heather	Payton	240	FVV		1:07:12
77	Brett	Campbell	296	FV		1:07:55
78	Charlotte	Lavey	207	FS		1:08:33
79	Julian	Rutter	236	MVV		1:08:44
80	Elaine	Davies	289	FSV	Pembrokeshire Harriers	1:09:21
81	Jo	Owen	242	FV		1:09:53
82	Rebecca	Hancock	275	FS		1:10:05
83	Suzanne	Whitby	223	FV		1:10:41
84	Nerys	Harries	273	FS	West Coast Tri	1:10:53
85	Laura	Parsons	241	FS		1:13:29
86	Gerald	Cooper	292	MVV		1:17:08
87	Laurence	Jones	266	MS		1:26:10