

**Pembrokeshire 10k**  
**Dale**  
**Sunday 25th September 2016**  
**RESULTS**

Pos	Firstname	Surname	No.	Gen	Cat	Club	Time
1	Matthew	Richards	143	M	S	Swansea Harriers	0:35:36
2	Stuart	Crees	229	M	S	Les Croupiers RC	0:36:25
3	Adam	John	211	M	S	Team Cemais	0:38:11
4	Nick	Mackay	146	M	S	Tenby Aces	0:38:29
5	Steve	Jones	205	M	S	Team Cemais	0:38:40
6	Damian	Capps	237	M	V	Team Cemais	0:39:11
7	Dan	Morgan	188	M	S	Team Cemais	0:39:13
8	Alec	Williams	145	M	V	Pembrokeshire Harriers	0:40:43
9	Donovan	Williams Hale	153	M	J	Bridgend AC	0:41:27
10	Anthony	Rowley	172	M	SV	Pembrokeshire Harriers	0:41:32
11	Robin	Baker	148	M	V	Team Cemais	0:41:52
12	Jonathan	Davis	226	M	S	Team Cemais	0:42:46
13	Ellie	Astins	126	F	S	Pembrokeshire Tri	0:43:48
14	Paul	Oughton	180	M	SV		0:43:59
15	Stephen	Williams	160	M	S	Cardigan Running Club	0:45:33
16	Philip	Thomas	164	M	SV	Pembrokeshire Tri	0:45:34
17	Nick	Chilton	141	M	SV	Team Cemais	0:45:46
18	Rachel	Buckley	241	F	S	Team Cemais	0:46:02
19	Libby	Bohemen	244	F	V	Les Croupiers RC	0:46:05
20	Sam	James	214	M	S	Team Cemais	0:46:42
21	Christopher	Sexton	170	M	SV	Pembrokeshire Harriers	0:47:30
22	Matt	Mead	192	M	S		0:47:35
23	Nathan	Orford	181	M	V	Unknown Runner	0:47:55
24	Shan	James	213	F	S	Team Cemais	0:48:17
25	Melanie	Miles	191	F	S	Team NBCC	0:48:33
26	Christa	Evans	144	F	V	Team T Rex	0:48:57
27	Celia	Morris	184	F	V	Team Cemais	0:49:09
28	Melanie	Morgan	186	F	V	Tenby Aces	0:49:20
29	Jonathan	Wright	155	M	S		0:49:37
30	Steve	Hudd	216	M	V		0:50:37
31	Mark	Collins	149	M	S		0:50:41
32	Andrew	Wright	157	M	S		0:51:11
33	Carl	Lavender	203	M	S		0:52:04
34	Greg	Morgan	187	M	V		0:52:05
35	Graham	Burton	240	M	S		0:52:16
36	Caryl	Wyn Davies	142	F	S	Sarn Helen	0:52:16
37	Kimberley	Evans	224	F	S	Pembrokeshire Harriers	0:52:17
38	Emely Ann	Nicholas	150	F	S		0:52:48
39	Dylan	Jones	209	M	S		0:52:49
40	Helen	Wright	156	F	S	Team Cemais	0:52:56
41	Sara	Jones	206	F	S	Llanelli Triathlon Club	0:53:35
42	Jacek	Pijanka	176	M	S		0:53:42
43	Peter	Gilmartin	223	M	SV	Howies	0:54:38

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44	Martin	Green	147	M	SV		0:54:48
45	Judith	Nicholas	154	F	S		0:55:20
46	Emma	Girling	222	F	V		0:55:20
47	Patrick	Wing	159	M	VV	Pembrokeshire Harriers	0:55:39
48	Chrissy	Davies	228	F	V	Pembrokeshire Tri	0:55:47
49	Helen	Hawthorn	152	F	S	Pembrokeshire Harriers	0:55:52
50	Kirsty	MacDougall-Williams	196	F	S		0:56:35
51	Rhian	White	162	F	V		0:57:12
52	Selina	Griffiths	219	F	S	Pembrokeshire Tri	0:57:13
53	John	Byrne	238	M	VV		0:57:17
54	Sarah	Parmor	178	F	S		0:57:24
55	Lindsey	Milligan	190	F	S		0:57:24
56	Emma	Aldis	250	F	S	Pembrokeshire Harriers	0:57:30
57	Nina	Ray	175	F	S	Barry & Vale Harriers	0:57:39
58	Sara	Morgan	185	F	V		0:57:50
59	Andrew	Wood	158	M	SV		0:57:53
60	Charlie	Coleman	234	M	SV	Semlogistics	0:57:58
61	Neil	Davies	151	M	V		0:58:05
62	Helen	Lewis	200	F	V		0:58:06
63	Diccon	Cooper	232	M	S		0:58:11
64	Louise	Scarr	171	F	V		0:58:16
65	Steven	Lovidge	198	M	SV		0:58:42
66	Laura	Jones	207	F	S		0:58:56
67	Caroline	McCoy	193	F	SV		1:00:35
68	Lisa	Davies	227	F	S		1:00:40
69	Llinos	Jones Davies	204	F	S		1:00:52
70	Joseph	Edwards	225	M	S	SemLogistics	1:01:29
71	Jill	Colman	233	F	SV	Pembrokeshire Harriers	1:02:23
72	Nigel	Best	247	M	SV		1:04:12
73	Suzanne	Moses	183	F	V		1:04:43
74	Jeannie	Bell	248	F	VV	Pembrokeshire Harriers	1:06:54
75	Madeleine	Bland	246	F	VV	Pembrokeshire Harriers	1:07:36
76	Susan	Mace	195	F	VV		1:07:50
77	Carol	Byrne	239	F	SV		1:10:42
78	Annie	Palmer	179	F	SV		1:10:50
79	Barbara	Thomas	165	F	VV	Pembrokeshire Harriers	1:11:39
80	Keith	Richardson	173	M	VV		1:11:40
81	Melanie	Picton	177	F	S	Pembrokeshire Harriers	1:18:51
82	Gerald	Cooper	231	M	VV		1:23:07
83	Kayleigh	Blyth	245	F	S		1:25:58
84	Freya	Hutton-Lightfoot	215	F	S		1:28:02
85	Ruben	Lightfoot	199	M	S	Howies	1:28:02