

Pembrokeshire Half Marathon
Dale
Sunday 25th September 2016
RESULTS

Pos	Firstname	Surname	No.	Gen	Cat	Club	Time
1	Gary	Wyn Davies	106	M	S	Aberystwyth AC	1:20:36
2	Rhys	Harries	37	M	S	West Coast Tri	1:25:01
3	Alan	Latter	51	M	S	Team Cemais	1:26:04
4	Martin	Evans	26	M	SV	Team Cemais	1:26:18
5	Gareth	Elliott	104	M	S	Pembrokeshire Harriers	1:27:03
6	Renatas	Plytnikas	74	M	V		1:27:36
7	Lee	Shannon	85	M	S		1:30:55
8	Simon	Sowerby	89	M	S		1:32:11
9	Peter	Sowerby	88	M	SV	Brecon Athletic Club	1:33:21
10	Catherine	Marks	61	F	S	Team Cemais	1:34:57
11	Janet	Holmes	41	F	S	Les Croupiers RC	1:35:19
12	Richard	Holmes	42	M	S	Les Croupiers RC	1:37:16
13	Conrad	Rees	77	M	V		1:37:28
14	Angela	Champion	8	F	V	Les Croupiers RC	1:37:53
15	Paul	Keen	46	M	VV	Hallamshire Harriers	1:38:14
16	Crispian	Pickles	72	M	VV		1:38:17
17	Dean	Thomas	110	M	V		1:39:15
18	Sophie	Noott	68	F	S		1:39:29
19	Nathan	Miles	65	M	V	Pembrokeshire Tri	1:39:34
20	Jeni	Richards	107	F	SV	Abergele	1:40:37
21	Chloe	Harris	38	F	S		1:40:42
22	Neil	Morgan	67	M	V	Tenby Aces	1:41:26
23	Leon	Black	4	M	S		1:41:53
24	Mark	Jones	45	M	V		1:42:32
25	Clara	Davies	18	F	S		1:43:28
26	Mark	Wusthoff	101	M	V		1:44:26
27	Roger	Devonald	23	M	SV		1:45:59
28	Thomas	Critchley	16	M	S		1:46:46
29	Henry	Wright	99	M	S		1:46:46
30	Jason	Thomas	103	M	V		1:47:12
31	Tom	Cooper	12	M	S		1:47:38
32	Clare	Scott	84	F	S		1:48:44
33	Robert	Smith	87	M	SV	Pembrokeshire Harriers	1:48:52
34	David	Roberts	111	M	V		1:49:00
35	Matthew	Gover	33	M	V		1:50:41
36	Mark	Bradley	7	M	SV		1:51:08
37	Stephen	Glyn	112	M	SV	Pembrokeshire Harriers	1:51:32
38	June	Avery	2	F	SV		1:52:46
39	Katy	Lewis	54	F	S		1:52:53
40	Julie	Williams	96	F	V		1:53:52
41	Mark	Ellis	25	M	V	Barry & Vale Harriers	1:55:24
42	Silke	Luhrmann	57	F	V		1:55:45
43	Nathan	Gower	108	M	S		1:55:55

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44	Kyra	Kirkham	49	F	V		1:56:16
45	Sue	Lloyd	56	F	SV	Pembrokeshire Harriers	1:56:52
46	Christopher	Trueman	94	M	V		1:57:29
47	Phil	Rees	79	M	V		1:57:54
48	Daniel	Edmonds	24	M	S		1:58:37
49	Danielle	Roberts	81	F	S		1:58:42
50	Kevin	Yates	100	M	S		1:59:10
51	Yvonne	Davies	22	F	S	TROTS	1:59:18
52	Mark	Youde	105	M	SV	Pembrokeshire Harriers	1:59:38
53	Nicola	Tinsley	92	F	V		1:59:40
54	Paul	Gaston	30	M	VV	Surrey Race Walking Club	2:00:14
55	Steve	Cockwell	10	M	V		2:01:17
56	David	REES	78	M	V		2:01:18
57	Nichola	James	43	F	V	Cardigan	2:01:22
58	Louise	Boorman	6	F	SV	Pembrokeshire Harriers	2:01:54
59	Warren	Codd	11	M	V	Pembrokeshire Tri	2:02:05
60	Hugh	Gibbon	31	M	SV		2:02:07
61	Laurence	Jones	44	M	S		2:03:08
62	Rachel	Treadaway-	93	F	S		2:03:36
63	Artur	Kurec	50	M	V		2:04:10
64	Brenda	Avery	1	F	VV	Chepstow Harriers	2:05:29
65	Craig	McMahon	64	M	S		2:05:34
66	Lon	Morgan	66	F	SV	Rhedwyr Emlyn	2:06:05
67	Eleanor	Mathieson	62	F	V		2:06:17
68	Michelle	Davies	21	F	S		2:07:43
69	Joanne	Raymond	76	F	S		2:07:59
70	Nicole	Pinnington	73	F	S		2:10:41
71	Simon	Cox	15	M	SV		2:10:43
72	Gregory	King	47	M	V	Llanelli Triathlon Club	2:10:53
73	James	Ball	3	M	S		2:12:03
74	Ross	Dallimore	17	M	S		2:12:48
75	Nick	Norton	69	M	S		2:13:48
76	Michael	Honey	102	M	V		2:14:03
77	Islwyn	Richards	80	M	SV		2:14:13
78	Rosemary	Phillips	71	F	S		2:16:28
79	Sarah	Robson	82	F	S		2:16:28
80	Eirwen	Lewis	53	F	S	TROTS	2:17:32
81	Karl	Davies	19	M	S		2:20:22
82	Alex	Major	59	F	S		2:25:09
83	Brian	Lee	52	M	V		2:28:57
84	Sarah	Evans	27	F	S		2:29:34
85	Robert	Mcfarlane	63	M	S		2:30:00
86	Alison	Griffiths	109	F	V	Pembrokeshire Harriers	2:39:12
87	Pauline	Charlett	9	F	SV	Pembrokeshire Harriers	2:39:12

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88	Robin	Goodridge	32	M	V		2:45:27
89	Laurence	Cotterell	13	M	V		2:50:58