

Pembrokeshire 10k
Dale
Sunday 24th September 2017
RESULTS

Pos	Firstname	Surname	No.	Gen	Cat	Club	Time
1	Tom	Sinton	95	M	MS		0:38:06
2	Jack	Ackermann	1	M	MS	Milford Tritons	0:38:26
3	Damian	Capps	13	M	VM	Team Cemais	0:38:39
4	Alan	Latter	56	M	MS	Team Cemais	0:39:30
5	Dan	Morgan	66	M	MS	Team Cemais	0:39:53
6	Tom	Clark	17	M	MS		0:40:20
7	Tom	Andrew	2	M	MS		0:41:09
8	Lee	Rees	87	M	MS		0:41:20
9	Jonathan	Davis	32	M	MS	Team Cemais	0:42:43
10	Tom	Arnold	3	M	MS	Milford Tritons	0:42:52
11	Ryan	Tarasconi	100	M	MS		0:43:56
12	Julie	Williams	111	F	VF		0:44:57
13	Stuart	Clark	16	M	MS		0:45:53
14	David	Clarke	18	M	VM		0:47:18
15	Debbie	Phillips	81	F	SVF		0:47:28
16	Micheal	Plunkett	84	M	MS		0:47:51
17	Shan	James	52	F	VF	Team Cemais	0:47:59
18	Ross	Vanderwert	106	M	MS	Anster Haddies	0:48:14
19	John	Gardener	38	M	VV	Pembrokeshire Harriers	0:48:23
20	Matt	Collins	23	M	MS		0:48:47
21	Greg	Morgan	67	M	VM	Team Sicknote	0:49:00
22	Celia	Morris	68	F	VF	Team Cemais	0:49:34
23	Ian	Myers	69	M	VM		0:50:05
24	Kimberley	Evans	35	F	FS	Pembrokeshire Harriers	0:50:36
25	Richard	nicholas	73	M	VM		0:53:26
26	ALBANE	HERPIN	47	F	VF		0:53:28
27	Victoria	Hardwick	46	F	VF		0:53:40
28	Mike	Griffiths	163	M	VM	Team Deviant	0:54:07
29	Chrissy	Davies	30	F	VF	Pembrokeshire Tri	0:54:23
30	Louise	Boorman	9	F	SVF	Pembrokeshire Harriers	0:54:26
31	Helen	Williams	112	F	SVF	Aberystwyth Athletics Club	0:55:02
32	Victoria	Lloyd	59	F	FS		0:55:03
33	Paul	Gaston	39	M	VV	Surrey Walking Club	0:55:26
34	Menna	Davies	29	F	FS		0:55:35
35	hannah	Walters	107	F	FS		0:55:59
36	Sam	Clark	15	F	FS		0:56:25
37	Pam	Thomas	103	F	VF		0:56:27
38	Gary	Evans	36	M	SV		0:56:55
39	David	Thomas	104	M	VM	Pembrokeshire harriers	0:57:16
40	Clementine	Power	85	F	FS		0:57:24
41	Vicky	McCreadie	63	F	FS		0:57:38
42	Chloe	Tickle	105	F	FS		0:57:48
43	Kim	Orford	76	F	VF	Unknown Runner	0:58:29

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44	Christine	Bevan	7	F	VF	Narberth Nobblers	0:58:57
45	Nigel	Bevan	8	M	SV	Narberth Nobblers	0:58:57
46	karen	Holloway	48	F	FS		0:59:12
47	Neil	Coles	22	M	SV		0:59:12
48	James	Couzens	26	M	MS		0:59:13
49	Timothy	Goodman	43	M	MS		0:59:20
50	Tim	Phillips	82	M	MS		0:59:26
51	Emma	Phillips	80	F	FS		0:59:26
52	MARGARET	GOODWIN	44	F	SVF	Pembrokeshire Harriers	1:00:38
53	Alison	Griffiths	45	F	VF	Pembrokeshire Harriers	1:01:17
54	Catherine	Scourfield	90	F	FS		1:01:31
55	Joanna	Sinclair	94	F	VF		1:01:34
56	Rebecca	Thomas	102	F	VF		1:01:46
57	Ros	Bushell	12	F	FS		1:01:50
58	Ilyse	Cody	19	F	FS		1:01:55
59	Catherine	Howarth	49	F	SVF		1:02:01
60	Sarah	Gerson	41	F	FS	Anster Haddies	1:02:03
61	Eleanor	Stylianides	99	F	FS		1:02:43
62	Alan	Whitecross	110	M	VV		1:02:53
63	Jeannie	Bell	6	F	VVF	Pembrokeshire Harriers	1:03:08
64	Andrew	Wood	116	M	SV		1:03:34
65	Tina	Inward	51	F	SVF		1:04:14
66	Holly	Couzens	25	F	FS		1:04:42
67	Susan	Mace	60	F	VVF		1:04:56
68	Denise	Patterson	78	F	FS		1:06:34
69	Andrew	Noremac	75	M	MS		1:06:34
70	Georgina	Neale	70	F	FS		1:06:50
71	Josie	Fitzgerald	37	F	FS		1:06:50
72	martha	Walters	108	F	FS		1:07:09
73	Barry	Walters	109	M	SV		1:07:10
74	Wendy	Seaton	91	F	VF	Pembrokeshire Harriers	1:07:18
75	Sharon	Barnikel	4	F	VF		1:07:47
76	Sarah	Mccarthy	62	F	VF		1:07:48
77	Caty	Brock	10	F	FS		1:08:17
78	Ashley	Newsham	71	F	FS		1:09:02
79	Faith	Ryder	89	F	VF	Pembrokeshire Harriers	1:09:11
80	Clare	Price	202	F	VVF		1:10:19
81	Charlie	Coleman	21	M	SV		1:10:39
82	Carys	Coleman	20	F	FS		1:10:39
83	Kate	Wolsey	115	F	FS	Pembrokeshire Tri	1:10:57
84	Laura	George	40	F	FS		1:11:01
85	Andy	Patterson	79	M	VM		1:11:01
86	Melanie	Picton	83	F	FS	Pembrokeshire Harriers	1:11:10
87	barbara	thomas	101	F	VVF	Pembrokeshire harriers	1:11:19

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88	Gerald	Cooper	24	M	VV		1:13:08
89	Evan	Newsham	72	F	VVF		1:13:11
90	Jane	Hughes	50	F	VF	Lady Runners of Cheltenham	1:14:49
91	Emma-Jayne	Covington-	27	F	VF		1:14:49
92	Kim	Goddard	42	F	FS		1:15:37
93	Cara	Cass	14	F	FS		1:15:45
94	Sarah	Noble	74	F	FS		1:16:31
95	Tamsin	Mathias	61	F	FS		1:21:48
96	Shane	Storrow	98	M	VM		1:21:50
97	Tracy	King	175	F	FS		1:39:39