

Pembrokeshire Half Marathon
Dale
Sunday 24th September 2017
RESULTS

Pos	First	Surname	No.	Gen	Cat	Club	Time
1	Daniel	Triggs	231	M	MS	Neath Harriers	1:21:54
2	Matt	Cartwright	131	M	VM	Derwent Runners	1:24:24
3	Gareth	Elliott	154	M	MS	Pembrokeshire Harriers	1:26:40
4	Martin	Evans	156	M	SVM	Team Cemais	1:26:59
5	Finnlay	Thompson	229	M	MS	Pembrokeshire Tri	1:27:49
6	timothy	hicks	167	M	MS		1:29:48
7	Alec	Williams	238	M	SVM	Pembrokeshire Harriers	1:30:30
8	Celia	Boothman	125	F	VF	Pembrokeshire Tri	1:31:24
9	Richard	Thompson	230	M	SVM	Pembrokeshire Tri	1:32:59
10	Adam	John	173	M	MS	Team Cemais	1:33:44
11	Catherine	Marks	185	F	FS		1:34:22
12	Damien	Ellis	155	M	MS		1:35:24
13	Jason	Dickinson	150	M	VM		1:35:48
14	Rob	Sandles	214	M	SVM	3M Gorseinon Road Runners	1:38:18
15	Daniel	Wynn	250	M	MS	Local	1:38:26
16	Alexander	Price	201	M	MS		1:39:03
17	Conrad	Rees	207	M	VM		1:39:19
18	Angela	Champion	132	F	VF	Les Croupiers	1:40:18
19	Tom	Moses	191	M	VM	Rhedwyr Preseli	1:43:49
20	Dylan	Hawkrige	166	M	MS		1:44:49
21	Jimmy	Wilson	245	M	MS		1:45:25
22	Thomas	Cooper	136	M	MS		1:45:46
23	Mark	Wusthoff	249	M	VM		1:46:26
24	Tracey	Scotcher	215	F	VF		1:47:16
25	Jon	Phillips	200	M	SVM		1:47:20
26	Jason	James	172	M	VM		1:47:53
27	Rob	Barker	121	M	VM	Pembrokeshire Tri	1:48:02
28	James	Dilks	151	M	VM	TROTs	1:48:22
29	matthew	roberts	211	M	MS		1:48:23
30	Laurence	Worth	248	M	SVM	Pembrokeshire Harriers	1:48:36
31	John	Rees	206	M	SVM	Rhedwyr Preseli	1:49:00
32	Darren	Ralph	204	M	MS		1:49:02
33	Sam	Hoare	169	M	MS		1:49:26
34	Tom	Hoare	170	M	MS		1:49:27
35	Mark	Davies	143	M	VM	Pembrokeshire Tri	1:49:32
36	Andrew	Gemmell	160	M	MS		1:49:55
37	Simon	Brace	127	M	VM		1:50:31
38	Rhodri	Devonald	148	M	MS		1:51:10
39	Amy	Craig	139	F	FS	Pembrokeshire Harriers	1:51:13
40	Matthew	Gover	161	M	VM		1:52:10
41	June	Avery	119	F	SVF	Clwb Rhedeg Pontardawe	1:52:47
42	Ben	Cottam	137	M	VM		1:53:05
43	Anthony	Dew	149	M	VM		1:53:05
44	James	Charles	133	M	MS		1:53:12
45	Scott	Barrington	122	M	VM		1:54:21
46	Simon	Swift	225	M	VM	Newent Runners	1:54:34

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47	Caroline	Sandles	213	F	SVF	3M Gorseinon Road Runners	1:54:44
48	Martin	Croshaw	141	M	VM		1:56:04
49	Julia	Hill	168	F	VF	Pembrokeshire Tri	1:57:11
50	Claire	Swift	224	F	VF	Newent Runners	1:57:31
51	Ffion	John	174	F	FS		1:57:46
52	Christine	Brash	128	F	SVF	TROTs	1:57:50
53	Leigh	Smith	222	M	VM	Pontyclun Road Runners	1:58:04
54	Kevin	Rawlins	205	M	VM		1:58:05
55	Adele	Moss	192	F	VF		1:58:09
56	Harry	Myers	193	M	MS		1:58:09
57	Owain	Williams	241	M	MS		1:58:10
58	Greg	Dow	152	M	VM		1:58:20
59	Lee	Skone	220	M	VM	Cr@p Tri	1:58:53
60	Mike	Woods	247	M	MS	Pembrokeshire Tri	1:59:01
61	Dafydd	Rees	208	M	VM		2:00:12
62	Rhodri	Brown	130	M	VM		2:00:23
63	John	McAllister	186	M	SVM		2:03:50
64	Neil	Palmer	195	M	SVM		2:05:20
65	Peter	Bishop	124	M	MS		2:05:24
66	Paul	Bidgood	126	M	SVM		2:06:06
67	Ffion	McEvoy	188	F	FS		2:06:32
68	Elly	Thomas	226	F	FS		2:06:53
69	Huw	Thomas	228	M	MS		2:06:55
70	Rhiannon	Crocombe	140	F	FS		2:07:18
71	Hannah	Durdin	153	F	FS		2:08:10
72	Adele	Scrivener	217	F	FS		2:08:31
73	Michael	Turner	233	M	SVM	Local	2:08:52
74	Kevin	Winstone	246	M	VM		2:09:11
75	david	molyneux-	189	M	VM		2:09:11
76	Carolyn	Ross	212	F	SVF	Derwent Runners	2:09:20
77	Susan	Harris	165	F	FS	Derwent Runners	2:09:20
78	chris	riggs	210	M	VM		2:10:26
79	Anthony	Evans	157	M	VM		2:10:54
80	Robert	Richards	209	M	VM		2:10:54
81	Karl	Weake	235	M	VM		2:10:54
82	Adrian	Lewis	181	M	VM		2:10:54
83	Cilla	Wilson	244	F	FS		2:11:22
84	Phillip	Lamb	177	M	MS		2:11:26
85	Simon	Cox	138	M	SVM		2:12:37
86	Kate	Brooks	129	F	VF		2:13:08
87	Sarah	Alexander	117	F	FS		2:13:11
88	dafydd	Thomas	227	M	MS		2:15:39
89	Margaret	Davies	145	F	VF		2:16:00
90	Rachael	Wheway	236	F	VF	Derwent Runners	2:16:22
91	Esther	Major	182	F	VF		2:16:39
92	Alex	Major	183	F	FS		2:16:39
93	Andrew	Morbey	190	M	MS		2:17:59

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94	Barry	Smee	221	M	VVM		2:18:39
95	Annabelle	White	237	F	FS		2:20:14
96	Dorian Rhys	Davies	146	M	SVM		2:20:16
97	Deb	Garner	159	F	SVF	Pembrokeshire Harriers	2:20:31
98	Sarah	Parmor	196	F	VF		2:20:50
99	Julia	Green	162	F	VF		2:21:26
100	Lindsay	Neville	194	F	FS		2:21:47
101	Nigel	Williams	240	M	SVM		2:21:47
102	Karolyn	Truelove	232	F	VVF	Local	2:22:52
103	George	Rainbow	203	M	VM		2:23:10
104	sarah	lamb	176	F	FS		2:23:41
105	Sherry	Coates	135	F	SVF		2:27:45
106	Ellie	Scriven	216	F	FS		2:42:18
107	Elaine	Davies	142	F	SVF	Pembrokeshire Harriers	2:42:22
108	David	Phillips	198	M	VVM	Pembrokeshire Harriers	3:01:17