

Tenby 10k 2009 Results

Bib	First Name	Surname	Club	Cat	Time	Pos
83	MATTHEW	CHASTON	BELGRAVE HARRIERS	M40	33:40	1
107	GARETH	JONES	3MS GORSEINON	OM	33:57	2
198	LEE	LADD	CARMARTHEN HARRIERS	OM	34:36	3
125	STUART	CREESE	LES CROUPIERS	OM	34:44	4
137	NICK	FROST	PONTYPRIDD	M40	35:24	5
155	ALAN	DAVIES		M50	36:23	6
129	NEIL	JONES	SOUTH CHESHIRE HARRIERS	M40	37:00	7
206	KEVIN	GRIFFITHS	TROT	M40	37:13	8
130	IAN	WEBB	LLANELLI A.A CLUB	M50	37:15	9
18	DAVID	HITCHCOCK		OM	37:33	10
72	DEAN	JOHN	TROT	M40	37:53	11
21	CHRIS	MASON	READING ROAD RUNNERS	M40	38:06	12
41	GARETH	ELLIOTT	PEMBS HARRIERS	OM	38:09	13
120	IAN	GILES	CHELTENHAM COUNTY HARRIER	M40	38:15	14
138	NEIL	MORGAN		OM	38:40	15
100	LEE	MORRIS		OM	38:57	16
169	BILLY	WATSON	READING ROAD RUNNERS	M40	39:14	17
123	RAY	MORRIS	NEWCASTLE AC (STAFFS)	M40	39:15	18
157	ALEC	WILLIAMS	INGLI RUNNERS	M40	39:20	19
110	ROB	SANDLES	3MS GORSEINON	M50	39:23	20
78	ANN	THOMAS	TROT	F35	39:28	21
7	CHRIS	HALE	CLC STRIDERS	M40	39:43	22
30	RHYDIAN	RESTON		OM	40:07	23
163	KEITH	POWELL	CORNELLY STRIDERS	M50	40:34	24
177	GORDON	ORME	CARDIGAN	M50	40:35	25
61	MARTIN	DAVIES	TROT	OM	40:56	26
77	JONATHAN	HANCOCK	TROT	OM	40:58	27
102	KEV	JOYCE	PEMBS HARRIERS	M40	41:00	28
209	JULIA	COOKE	CHELTENHAM COUNTY HARRIER	OF	41:03	29
75	MARK	TERRY	TROT	M50	41:07	30
96	MIKE	PREDDY		OM	41:12	31
146	DAVID	ROBERTS	PEMBS HARRIERS	OM	41:15	32
10	JOHN	DIFFEY	LES CROUPIERS	M40	41:21	33
47	BERMO	KULESSA		M40	41:25	34
187	CONRAD	REES		OM	41:28	35
170	PAUL	MORRIS		M40	41:49	36
3	MATTHEW	BONNAUD		OM	41:55	37
12	NICK	BAYLISS		OM	42:07	38
162	KAT	STEED	PEMBS HARRIERS	OF	42:11	39
145	ANN	LYNCH	PEMBS HARRIERS	F35	42:14	40
183	RICHARD	GROHAM		OM	42:19	41
79	MARY	REES	TROT	F45	42:30	42
9	RICHARD	WILDE		OM	42:48	43
126	ANDREW	MILER		M40	42:52	44
185	PETER	HAMMOND		OM	42:54	45
104	PAUL	EDWARDS	PEMBS HARRIERS	M40	42:57	46
153	DAVE	GRIFFITHS	TROT	M40	43:04	47
34	STEVEN	JONES		OM	43:14	48
124	LANCE	CREESE		OM	43:17	49
19	MICHAEL	HITCHCOCK		OM	43:20	50
171	NEIL	SPENCER	CARDIFF CIACS	M40	43:25	51

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80	CLAIRE	CLEATHERO	TROT	F35	43:27	52
63	CYRIL	WALTERS	TROT	M50	43:29	53
92	DAVID	THOMAS		M40	43:37	54
28	ARTHUR	WILSON		M40	43:42	55
176	SIAN	TRACE	AMMAN VALLEY HARRIERS	OF	43:44	56
93	BRIAN	RUSSELL	CARDIGAN	M50	43:48	57
2	STEPHEN	JONES		M40	44:01	58
173	BARRY	OWEN		OM	44:06	59
204	PAUL	PADGET	INGLI RUNNERS	M50	44:12	60
23	GRANT	MICK	ROAD RUNNERS CLUB	M50	44:47	61
212	RICKI	MORGAN		OM	44:52	62
151	DAVIE	BUNCE		M40	44:54	63
200	STEVE	ROGERS	ACTIVITY WALES	OM	44:54	64
201	MATTHEW	EVANS	ACTIVITY WALES	OM	44:54	65
211	ROBERT	FEARNLEY		OM	45:00	66
142	RHYS	THOMAS		OM	45:03	67
197	ANDREW	EDGELL	SARN HELEN	OM	45:09	68
117	RACHEL	HAGGAR	RACING CLUB BRUSSELS	F35	45:10	69
165	G	MORGAN		M40	45:21	70
36	PETER	CLARKE		M40	45:27	71
180	TONY	GEORGE	CARDIGAN	M50	45:28	72
144	ROBERT	FORD	PONTYPRIDD	M50	45:33	73
166	LEE	WILLIAMS		M40	45:35	74
118	TRISTRAM	LEWIS		OM	45:41	75
33	HELEN	JONES		F35	45:42	76
45	NICK	DEWSNAP	HYDER BUCCANEERS	OM	45:45	77
167	BEN	THOMPSON		OM	45:45	78
193	BETHAN	OUSELEY	INGLI RUNNERS	OF	45:46	79
127	ALUN	MORGAN		OM	45:51	80
99	NEIL	LONERGAN		OM	45:58	81
182	DAVID	SELWYN		OM	46:08	82
109	PAUL	HOPKINS	3MS GORSEINON	M40	46:09	83
186	CLAIRE	DAVIES		F35	46:18	84
159	JASON	JAMES		OM	46:28	85
98	JOHN	LONERGAN		M40	46:36	86
202	ANDREW	RAVENSCHOTT	ACTIVITY WALES	M40	46:45	87
108	MARK	BENNEWITH	3MS GORSEINON	OM	46:47	88
112	PAUL	REES	3MS GORSEINON	M40	46:51	89
85	MATTHEW	BROADHUST	BAYTREE	OM	47:03	90
70	DAVID	NEEDHAM	HALLAMSHIRE HARRIERS	M50	47:05	91
141	BRENDAN	DAWSON		OM	47:11	92
69	ANDREW	NICHOLAS		OM	47:16	93
111	CAROLINE	SANDLES	3MS GORSEINON	F35	47:16	94
5	TIM	JONES		M50	47:21	95
158	CLARE	WILLIAMS	INGLI RUNNERS	F35	47:27	96
172	JAMES	TRACE		M40	47:30	97
194	JILL	WILLCOX	INGLI RUNNERS	F35	47:31	98
74	RICHARD	PHILLIPS		OM	47:42	99
62	JAMES	SHUTTLEWORTH		OM	47:43	100
128	GERALD	BRACE		OM	47:43	101
205	MICHAEL	OWEN		OM	47:58	102
64	EDWIN	SHERWOOD	AMMAN VALLEY HARRIERS	M60	48:22	103
148	BILLY	CONNOR		OM	48:22	104

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199	CLIVE	LAY		M50	48:28	105
115	CLIVE	GREAVES	3MS GORSEINON	M40	48:32	106
131	ALAN	WILLIAMS	INGLI RUNNERS	OM	48:32	107
164	ADAM	BROWN		OM	48:35	108
134	ANN MARIE	EVANS	PARC BRY BACH RC	F35	48:43	109
65	ANDREW	JONES	ACTIVITY WALES	OM	48:50	110
139	MICHAEL	MCKENNA		OM	48:54	111
143	NICK	CLARKE		OM	48:56	112
51	ALLAN	MAGUIRE		OM	48:59	113
24	DAVID	FIELD		OM	49:10	114
175	ALISON	SMITH		F35	49:33	115
25	CHRIS	HAWKINS		OM	49:47	116
154	DYLAN	JONES		OM	49:50	117
174	KYRA	KIRKHAM		OF	49:53	118
31	DAVID	WOOLHOUSE		M40	49:55	119
116	GWYN	WILLIAMS	3MS GORSEINON	M50	50:22	120
103	JO	CRAIG		OM	50:25	121
168	DARREN	PICTON		OM	50:33	122
27	ROGER	CAYGILL	CRINKLY CREAK	OM	50:38	123
94	EDWIN	BATEMAN	PEMBS HARRIERS	M50	50:43	124
195	CERI	THOMAS		OM	50:44	125
191	LOIS	REED		OF	50:54	126
48	LUKAS	GAMBLE	ACTIVITY WALES	OM	50:59	127
152	ALED	HOWELL		OM	51:15	128
8	NATASHA	WILDE		F35	51:22	129
113	LINDA	REES	3MS GORSEINON	F45	51:25	130
101	KIRSTY	MORGAN		F35	51:37	131
43	GARETH	DONNACHIE		OM	51:48	132
95	JAMES	DICKS		OM	51:49	133
14	ELAINE	BRACE		OF	52:00	134
192	JASMINE	CLEATHERO		F45	52:10	135
147	NIGEL	BEST		M50	52:14	136
188	JEREMY	PAGE		OM	52:18	137
38	JULIE	JONES	HYDER BUCCANEERS	F35	52:19	138
210	RHYDIAN	JAMES		OM	52:36	139
133	TOM	FURNESS	TROT	M50	52:39	140
156	JONATHAN	ROBERTS		OM	52:50	141
88	LEON	REES		OM	53:00	142
89	BRYAN	EVANS		M40	53:01	143
190	CARLA	BRAMALEAD		OF	53:08	144
119	MATTHEW	DAVIES		OM	53:33	145
35	BRIAN	SPENCER		M40	53:39	146
208	STEFAN	WATHAN		M40	53:45	147
49	ANDREW	LIGHT		M40	53:52	148
73	ISOBEL	THOMAS		OF	53:55	149
181	W	JENKINS		OM	54:07	150
76	GARETH	ROWE		OM	54:23	151
6	JUSTINE	HALE	CLC STRIDERS	F35	54:30	152
179	RACHEL	HOLLAND		F45	54:54	153
203	SIMON	THOMAS		OM	54:55	154
58	DYLAN	MORRIS	HYDER BUCCANEERS	OM	54:57	155
39	MIKE	EVANS	HYDER BUCCANEERS	M40	55:47	156
60	PAUL	NEATE	HYDER BUCCANEERS	M40	55:47	157

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11	CAROLE	WHITE		F45	55:57	158
150	REBECCA	BUNCE		F35	55:58	159
44	PAUL	PRITCHARD		M40	56:03	160
57	HUGH	JONES	HYDER BUCCANEERS	M40	56:08	161
71	CLAIRE	THOMAS		OF	56:18	162
207	LINDSEY	COOKE		F35	56:27	163
161	REBECA	SALISBURY		OF	56:29	164
17	COLIN	GARDNER		M50	56:47	165
32	JOHN	VINE		M50	56:53	166
53	S	HUDD		M40	57:05	167
46	SALLY	REID		F35	57:19	168
149	SAM	JACOBS		OM	57:50	169
20	ANDREW	RUSSELL		OM	57:52	170
184	BETH	MURPHY		F35	57:54	171
135	JULIE	EVANS		F45	57:59	172
121	KATE	GILES	ALMOST ATHELETES	F35	58:19	173
84	JOANNE	KING	BAYTREE	OF	58:29	174
87	KAREN	EVANS	BAYTREE	F35	58:29	175
189	SARAH	WILSON		OF	59:02	176
160	HAYLEY	SCOTCHER		OF	59:03	177
29	JOEL	WILLIAMS		OM	59:11	178
178	GETHIN	REES		M40	59:27	179
13	ERIKA	HOLE		OF	59:30	180
15	TRACEY	RAVENS CROFT		F35	59:30	181
140	P.A	MCKENNA		OM	59:43	182
196	VNSI	SIPHIKA		OM	01:01:30	183
56	ABI	HART		F35	01:02:16	184
136	STACEY	EVANS		OF	01:02:20	185
132	TREVOR	ELLIS	HARTSHEAD R.C	M50	01:03:03	186
114	A	EASTER	3MS GORSEINON	M50	01:04:02	187
68	LISA	HUMPHREY		F35	01:04:26	188
54	WENDY	DIMENT		OF	01:04:44	189
55	BEN	DIMENT		OM	01:04:44	190
97	ANDREA	BARBROOK		F35	01:04:51	191
90	MIKE	EVANS		M40	01:05:19	192
91	KATH	EVANS		F35	01:05:19	193
40	ANNETTE	HEATH		F35	01:07:10	194
50	LOUISE	MAGUIRE		F35	01:07:38	195
52	AMANDA	BLEACH		F35	01:07:39	196
26	VALERIE	SIDFORD		OF	01:08:11	197
86	LEANNE	DAVIES	BAYTREE	OF	01:09:35	198
42	VERITY	JAMES		F35	01:10:11	199
122	ANN	WILLIAMS		F45	01:10:58	200
4	CARL	WILLIAMS		M50	01:10:59	201
1	JOANNE	THOMPSON		F35	01:14:49	202
66	DEBRA	EVANS		F35	01:15:05	203
67	TANYA	POTTER		OF	01:15:05	204