

TROT's

St Clears 10km 2010



Pos	Time	Family	First	No	Gen	Age	Cat	Club
1	0:37:20	Roberts	Adam	116	M	21	OM	TROTS
2	0:37:29	Giansiracusa	Jeffrey	87	M	29	OM	Swansea Harriers
3	0:37:32	Evans	Mike	102	M	35	OM	TROTS
4	0:38:06	Jones	David	74	M	34	OM	Poole AC
5	0:38:40	Barrett	Richard	148	M	40	M40	TROTS
6	0:39:07	Osborne	Peter	120	M	50	M50	Swansea Harriers
7	0:39:28	Irving	Gary	85	M	50	M50	Swansea Harriers
8	0:40:12	Dawe	Andrew	95	M	43	M40	Pembs Harriers
9	0:40:16	Jones	Gethin	109	M	37	OM	Sarn Helen
10	0:40:28	Ouseley	Steve	100	M	36	OM	Ingli Runners
11	0:41:18	Elliott	Gareth	131	M	28	OM	Pembs Harriers
12	0:41:19	Griffiths	Jason	151	M	41	M40	
13	0:41:20	John	Tim	144	M	37	OM	TROTS
14	0:41:29	Lewis	Paul	96	M	45	M40	Gorseinon 3M's
15	0:41:32	Morris	Stephen	101	M	44	M40	
16	0:41:37	Lynch	Ana	122	F	37	F35	Pembs Harriers

17	0:41:39	O'Neill	David	121 M	40 M40	Pembs Harriers
18	0:41:44	Crumplin	Adam	153 M	31 OM	
19	0:42:09	Joyce	Kev	98 M	45 M40	Pembs Harriers
20	0:42:14	Davies	Martin	135 M	27 OM	TROTS
21	0:42:42	Sinnett	John	139 M	53 M50	Pembs Harriers
22	0:42:47	Bowen-Rees	Mary	80 F	48 F45	TROTS
23	0:43:07	Rees	Conrad	150 M	35 OM	
24	0:43:27	Langford	David	126 M	51 M50	Pembs Tri
25	0:43:30	Corcoran	Kevin	88 M	48 M40	Swansea Harriers
26	0:43:37	George	Tony	118 M	52 M50	Cardigan RC
27	0:43:41	Surrell	Simon	130 M	30 OM	
28	0:43:45	Webb	Paul	72 M	48 M40	
29	0:44:13	Speed	Ian	97 M	44 M40	
30	0:44:17	Davies	Stuart	112 M	34 OM	
31	0:44:23	Hayes	Alyson	99 F	40 F35	Cardigan RC
32	0:44:29	Cleathero	Claire	140 F	36 F35	TROTS
33	0:44:47	Shields	Dominic	106 M	45 M40	San Domingo
34	0:44:55	Bendle	Stephen	84 M	46 M40	Swansea Harriers
35	0:45:04	Jones	Mark	123 M	52 M50	Llanelli Tri
36	0:45:06	Holliday	Andy	147 M	37 OM	
37	0:45:20	Jones	Caroline	149 F	50 F45	TROTS
38	0:45:27	Dyde	Martin	92 M	52 M50	Pembs Harriers
39	0:45:34	Thomas	David	138 M	47 M40	Sarn Helen
40	0:45:36	Walters	Cyril	78 M	62 M60	TROTS
41	0:45:51	Griffiths	Dave	133 M	48 M40	TROTS
42	0:45:54	Phillips	Richard	129 M	34 OM	TROTS
43	0:45:57	Eynon	Lindy	79 F	49 F45	TROTS
44	0:46:22	Kumari	Uku	90 M	58 M50	Swansea Harriers
45	0:46:41	Jones	Neil	114 M	34 OM	
46	0:47:50	Melbourne	Rowena	110 F	30 OF	TROTS
47	0:48:22	Worth	Laurence	142 M	47 M40	Pembs Harriers
48	0:48:35	Birch	Chris	103 M	51 M50	TROTS
49	0:48:39	Roberts-Jones	Sian	108 F	30 OF	Sarn Helen
50	0:48:56	Showell	Justin	111 M	40 M40	Purple Patch Runners
51	0:49:14	Barrington	Scott	146 M	34 OM	
52	0:49:33	Attwell	Mark	77 M	47 M40	
53	0:49:45	James	Michael	137 M	25 OM	
54	0:49:50	Sherwood	Roland	89 M	65 M60	
55	0:49:59	James	Dyfed	134 M	36 OM	
56	0:50:07	Davies	Caryl	119 F	22 OF	Sarn Helen
57	0:50:32	Lloyd	Sue	104 F	46 F45	Pembs Harriers
58	0:51:19	Smith	Robert	91 M	49 M40	Pembs Harriers
59	0:52:33	Davies	Helen	141 F	28 OF	
60	0:52:34	Sutton	Karl	127 M	41 M40	Pembs Tri

61	0:52:38	Job	Stephen	76M	43M40	
62	0:53:02	Lewis	Tony	115M	37OM	
63	0:53:58	Evans	Wendy	107F	36F35	
64	0:54:52	Holliday	Richard	152M	41M40	
65	0:55:27	James	Dylan	73M	38OM	
66	0:55:29	Bateman	Eddie	117M	53M50	Pembs Harriers
67	0:55:43	Brabrook	Andrea	124F	38F35	Emlyn Runners
68	0:55:52	Job	Andrew	94M	43M40	
69	0:56:07	Lewis	Sara	132F	24OF	TROTS
70	0:56:44	Donne	Richard	128M	48M40	Gorseinon 3M's
71	0:57:33	Phillips	David	113M	66M60	Pembs Harriers
72	0:57:34	Wing	Patrick	125M	58M50	
73	0:57:54	Warner	Mick	81M	65M60	TRA
74	0:58:01	Lane	Jason	75M	38OM	
75	0:58:52	Rees	Carol	136F	36F35	
76	0:59:59	Boyett	Vanessa	145F	35F35	TROTS
77	1:01:18	O'Connor	Graham	143M	40M40	
78	1:03:00	Bell	Jan	93F	65F55	Pembs Harriers
79	1:03:50	Gardner	Colin	83M	61M60	
80	1:05:16	Thomas	Barbara	105F	66F55	Pembs Harriers
81	1:09:55	Hudd	Simon	82M	44M40	
82	1:28:15	Watts	Allen	86M	81M60	Sarn Helen