

TROT's Tenby 10km Race & Fun Run 2010

First name	Last name	Num	Gen	Cat	Club	Time	Pos	Genpos	Catpos	Split
Lee	Ladd	205	Male	Male Open	Carmathen	00:33:47	1	1	1	00:05:27
Stuart	Crees	195	Male	Male Open	Les Croupiers	00:34:21	2	2	2	00:05:32
Paul	Talbot	73	Male	M40	Neath	00:34:36	3	3	1	00:05:35
Alan	Davies	105	Male	M50		00:36:05	4	4	1	00:05:49
Rhys	Harris	204	Male	Male Open		00:37:30	5	5	3	00:06:03
Mike	Evans	213	Male	Male Open	TROT	00:37:38	6	6	4	00:06:04
Julia	Cooke	134	Female	Female open	Cheltenham Harriers	00:38:32	7	1	1	00:06:13
Neil	Davzet	68	Male	M50	Cornelly Striders	00:38:45	8	7	2	00:06:15
Ann	Thomas	152	Female	F35	TROT	00:38:57	9	2	1	00:06:17
Martin	Webb	125	Male	M40	Swansea Harriers	00:39:11	10	8	2	00:06:19
Daniel	Hooper	236	Male	Male Open		00:39:25	11	9	5	00:06:21
Alaw	Thoms	168	Female	Female open	Carmathen	00:39:34	12	3	2	00:06:23
R	Austin	242	Male	Male Open		00:39:53	13	10	6	00:06:26
Gareth	Elliot	201	Male	Male Open	Pembrokeshire Harriers	00:39:58	14	11	7	00:06:27
Keith	Powell	72	Male	M50	Cornelly Striders	00:40:00	15	12	3	00:06:27
David	O'niel	198	Male	M40	Pembrokeshire Harriers	00:40:18	16	13	3	00:06:30
Jonathan	Jones	227	Male	M40	Carmathen	00:40:22	17	14	4	00:06:31
Gareth	Lloyd	115	Male	M40		00:40:27	18	15	5	00:06:31
Ben	Sutton	233	Male	Male Open		00:40:59	19	16	8	00:06:37
M	Kirkham	93	Female	Female open	Coventry Godiva H	00:41:07	20	4	3	00:06:38
Glenn	Draisey	135	Male	M40	Swansea Harriers	00:41:13	21	17	6	00:06:39
Robert	Daines	25	Male	Male Open		00:41:21	22	18	9	00:06:40

Tim	John	226	Male	Male Open	TROT	00:41:23	23	19	10	00:06:40
Ana	Lynch	199	Female	F35	Pembrokeshire Harriers	00:41:30	24	5	2	00:06:42
Matthew	Stroud	79	Male	Male Open		00:41:36	25	20	11	00:06:43
John	Diffey	61	Male	M40	Les Croupiers	00:41:47	26	21	7	00:06:44
Kris	Stowe	149	Male	Male Open		00:41:48	27	22	12	00:06:45
David	Williams	177	Male	Male Open		00:42:00	28	23	13	00:06:46
Peter	Hammond	150	Male	M40		00:42:04	29	24	8	00:06:47
Chris	Bowen	146	Male	Male Open		00:42:05	30	25	14	00:06:47
John	Sinnett	208	Male	M50	Pembrokeshire Harriers	00:42:09	31	26	4	00:06:48
Peter	Walters	214	Male	M50	TROT	00:42:14	32	27	5	00:06:49
Mark	Terry	187	Male	M50	TROT	00:42:19	33	28	6	00:06:50
Kevin	Corcoran	99	Male	M40	Swansea Harriers	00:42:26	34	29	9	00:06:51
Andrew	Miles	64	Male	M50		00:42:32	35	30	7	00:06:52
Steve	Brown	108	Male	M40	Pembrokeshire Harriers	00:42:32	36	31	10	00:06:52
Niel	Spencer	103	Male	M40	Rumney Club	00:42:40	37	32	11	00:06:53
Gordon	Orme	112	Male	M50	Cardigan Rc	00:42:51	38	33	8	00:06:55
Jason	Griffiths	189	Male	M40	Corus Multisport	00:42:53	39	34	12	00:06:55
Peter	Turner	71	Male	M50	Cornelly Striders	00:42:56	40	35	9	00:06:55
Ian	Speed	137	Male	M40		00:42:57	41	36	13	00:06:56
Eric	Davey	126	Male	M50	llanelli AC	00:43:03	42	37	10	00:06:57
Ricki	Morgan	240	Male	Male Open		00:43:11	43	38	15	00:06:58
Ian	Hoskins	107	Male	Male Open		00:43:12	44	39	16	00:06:58
Rhys	Evans	94	Male	Male Open		00:43:15	45	40	17	00:06:59
Richard	Evans	180	Male	M40		00:43:17	46	41	14	00:06:59
Darren	Stevens	91	Male	Male Open		00:43:19	47	42	18	00:06:59
Stephen	Jones	14	Male	M40		00:43:42	48	43	15	00:07:03
Alvin	Phillips	196	Male	Male Open		00:43:48	49	44	19	00:07:04
Richard	Thomas	28	Male	Male Open	Pembrokeshire Harriers	00:43:50	50	45	20	00:07:04
Lee	Bodenham	48	Female	Female Open	Porthcawl Runners Life	00:43:52	51	6	4	00:07:05
Mick	Grant	31	Male	M50	Road Runners Club	00:43:54	52	47	11	00:07:05

Simon	Surrell	200	Male	Male Open		00:44:00	53	48	22	00:07:06
David	Blackwell	76	Male	Male Open		00:44:01	54	49	23	00:07:06
Marc	Batchup	101	Male	Male Open	Swansea Harriers	00:44:04	55	50	24	00:07:06
Alyson	Hayes	111	Female	F35	Cardigan Rc	00:44:04	56	7	3	00:07:06
Tonia	Forsyth	181	Female	F35		00:44:21	57	8	4	00:07:09
David	Langford	139	Male	M50	Pembs tri Club	00:44:24	58	51	12	00:07:10
Gabriella	Maine	50	Female	Female open	Porthcawl Runners Life	00:44:26	59	9	5	00:07:10
Paul	Morris	158	Male	M50		00:44:29	60	52	13	00:07:10
Uku	Kumari	102	Male	M50	Swansea Harriers	00:44:41	61	53	14	00:07:12
Peter	Foale	167	Male	M50	Aberystwyth	00:44:51	62	54	15	00:07:14
Steven	Jones	54	Male	Male Open		00:44:58	63	55	25	00:07:15
Lawrence	Worth	239	Male	M40	Pembrokeshire Harriers	00:45:04	64	56	16	00:07:16
Dave	Griffiths	203	Male	M40	TROT	00:45:13	65	57	17	00:07:18
Cyril	Walters	88	Male	M50	TROT	00:45:15	66	58	16	00:07:18
Leighton	Gwyn	130	Male	M50		00:45:28	67	59	17	00:07:20
Helen	Jones	55	Female	F35		00:45:41	68	10	5	00:07:22
Tim	Jones	62	Male	M50		00:45:56	69	60	18	00:07:25
David	Selwyn	148	Male	Male Open		00:46:03	70	61	26	00:07:26
Rachel	Byers	230	Female	F35	winchester	00:46:03	71	11	6	00:07:26
Rhys	Phillips	65	Male	Male Open		00:46:12	72	62	27	00:07:27
Rhoddy	Davies	3	Male	Male Open		00:46:14	73	63	28	00:07:27
Andrew	O'conner	219	Male	Male Open	Lincoln	00:46:24	74	64	29	00:07:29
Luciano	Tamilia	32	Male	M40		00:46:28	75	65	18	00:07:30
Zoe	Welch	212	Female	F35		00:46:28	76	12	7	00:07:30
Daffyd	Lewis	145	Male	Male Open		00:46:29	77	66	30	00:07:30
Andrew	Phillips	66	Male	M40		00:46:31	78	67	19	00:07:30
Julian	Maine	49	Male	M50	Porthcawl Runners Life	00:46:41	79	68	19	00:07:32
David	Needham	63	Male	M50	Penistone Footpath Runners	00:47:00	80	69	20	00:07:35
Andrew	Dunscombe	109	Male	M40	Pontypridd Roadents	00:47:00	81	70	20	00:07:35
Bethan	Ouseley	231	Female	Female open	Ingli Runners	00:47:01	82	13	6	00:07:35

Jessica	Element	47	Female	Female open		00:47:08	83	14	7	00:07:36
Patrick	Ward	175	Male	M50		00:47:17	84	71	21	00:07:38
Carl	Harry	35	Male	M40		00:47:23	85	72	21	00:07:39
Gwydion	Williams	154	Male	Male Open		00:47:43	86	73	31	00:07:42
David	Smith	163	Male	M50		00:47:53	87	74	22	00:07:43
Peter	Clarke	183	Male	M40		00:47:57	88	75	22	00:07:44
Roland	Sherwood	85	Male	M50		00:48:11	89	76	23	00:07:46
Morgan	Allen	157	Male	M40		00:48:11	90	77	23	00:07:46
Peter	Manning	46	Male	M50		00:48:36	91	78	24	00:07:50
Alison	Smith	185	Female	F35		00:48:38	92	15	8	00:07:51
Alun	Morgan	192	Male	Male Open		00:48:55	93	79	32	00:07:53
Catherine	Marks	83	Female	Female open		00:49:10	94	16	8	00:07:56
David	Field	10	Male	Male Open		00:49:16	95	80	33	00:07:57
Jolyon	Craig	117	Male	Male Open		00:49:19	96	81	34	00:07:57
Kirsty	Morgan	118	Female	F35		00:49:19	97	17	9	00:07:57
Kate	Cross	174	Female	F35		00:49:29	98	18	10	00:07:59
David	Hudstone	144	Male	Male Open	Penistone Footpath Runners	00:49:41	99	82	35	00:08:01
Scott	Barrington	232	Male	Male Open		00:49:41	100	83	36	00:08:01
Christopher	Gee	136	Male	Male Open		00:49:44	101	84	37	00:08:01
Sue	Lloyd	81	Female	F45	Pembrokeshire Harriers	00:49:53	102	19	1	00:08:03
Kate	Tamilia	33	Female	F35		00:49:55	103	20	11	00:08:03
Joseph	Durrant	197	Male	Male Open		00:50:04	104	85	38	00:08:05
Andrew	Jones	15	Male	Male Open		00:50:08	105	86	39	00:08:05
Conor	Watkins	159	Male	Male Open		00:50:24	106	87	40	00:08:08
Stefan	Wathan	132	Male	M40		00:50:36	107	88	24	00:08:10
Alison	Lewis	89	Female	F45	TROT	00:50:43	108	21	2	00:08:11
Graham	Slate	215	Male	M40		00:50:46	109	89	25	00:08:11
Michael	Terry	190	Male	M50	TROT	00:50:48	110	90	25	00:08:12
Sarah	Gould-Davies	34	Female	Female open		00:50:55	111	22	9	00:08:13
Adam	Brow	217	Male	Male Open		00:51:06	112	91	41	00:08:15

Julie	Jones	56	Female	F35		00:51:22	113	23	12	00:08:17
Christine	Davies	171	Female	F35		00:51:22	114	24	13	00:08:17
Simon	Grogan	36	Male	M40		00:51:35	115	92	26	00:08:19
Susannah	Brownhill	119	Female	Female open		00:51:44	116	25	10	00:08:21
Anna	Field	11	Female	Female open		00:51:54	117	26	11	00:08:22
Ormond	Williams	153	Male	M50		00:52:02	118	93	26	00:08:24
Gareth	Jones	9	Male	Male Open		00:52:08	119	94	42	00:08:25
David	Clark	142	Male	M50		00:52:42	120	95	27	00:08:30
Robert	Reynolds	237	Male	Male Open		00:52:48	121	96	43	00:08:31
Nicola	Thomas	100	Female	F35	Porthcawl Runners Life	00:52:49	122	27	14	00:08:31
Romana	Maine	51	Female	F45	Porthcawl Runners Life	00:52:50	123	28	3	00:08:31
Raymond	Davies	161	Male	M40		00:52:54	124	97	27	00:08:32
Stephen	Job	75	Male	M40		00:52:56	125	98	28	00:08:32
Lorraine	Coopey	182	Female	F45		00:53:15	126	29	4	00:08:35
Karl	Sutton	140	Male	M40	Pembs tri Club	00:53:17	127	99	29	00:08:36
Anna	Phillips	143	Female	Female open	Penistone Footpath Runners	00:53:20	128	30	12	00:08:36
Kate	Blackwell	77	Female	F35		00:53:23	129	31	15	00:08:37
Sara	Thomas	97	Female	Female open		00:53:32	130	32	13	00:08:38
Rebecca	Salisbury	98	Female	Female open		00:53:37	131	33	14	00:08:39
Damien	Johnson	235	Male	Male Open		00:54:26	132	100	44	00:08:47
Tracey	Walsh	209	Female	F35		00:54:30	133	34	16	00:08:47
Raymond	Boyce	74	Male	M40	Cornelly Striders	00:54:31	134	101	30	00:08:48
H	Lloyd	122	Male	Male Open		00:54:46	135	102	45	00:08:50
E	Bateman	67	Male	M50	Pembrokeshire Harriers	00:54:59	136	103	28	00:08:52
E	Dylan	121	Male	Male Open		00:55:14	137	104	46	00:08:55
Diana	Fox	53	Female	F45		00:55:19	138	35	5	00:08:55
Jon	Boobyer	178	Male	M40		00:55:43	139	105	31	00:08:59
Caroline	Cumberlin	70	Female	F35		00:55:48	140	36	17	00:09:00
Nigel	Junes	234	Male	M50	llanelli AC	00:55:49	141	106	29	00:09:00
Niel	Griffiths	164	Male	M50		00:55:53	142	107	30	00:09:01

Guy	Flavell	60	Male	Male Open		00:56:14	143	108	47	00:09:04
Lindsey	Cooke	133	Female	F45		00:56:15	144	37	6	00:09:04
Andrew	Russell	16	Male	Male Open		00:56:21	145	109	48	00:09:05
Brian	Slate	216	Male	M50		00:56:24	146	110	31	00:09:06
Ned	Chiverton	165	Male	Male Open		00:56:25	147	111	49	00:09:06
Ed	Davies	223	Male	Male Open		00:56:26	148	112	50	00:09:06
Richie	Wilde	6	Male	Male Open		00:56:28	149	113	51	00:09:06
Charlotte	Kan	179	Female	Female open		00:56:38	150	38	15	00:09:08
Paul	Neale	229	Male	M40		00:56:43	151	114	32	00:09:09
Gerard	Mccabe	156	Male	M50	Trawden Ac	00:56:46	152	115	32	00:09:09
Andrew	Job	184	Male	M40		00:56:48	153	116	33	00:09:10
Rebecca	Kindred	52	Female	F35		00:56:56	154	39	18	00:09:11
Andy	Light	138	Male	M40		00:57:02	155	117	34	00:09:12
Judy	Stevenson	23	Female	F35		00:57:03	156	40	19	00:09:12
Jamie	Daniel	127	Male	Male Open		00:57:05	157	118	52	00:09:12
Carolyn	Peyman	22	Female	F35		00:57:06	158	41	20	00:09:13
Paul	Mullins	129	Male	M40		00:57:06	159	119	35	00:09:13
Tracey	Ravenscroft	40	Female	F35		00:57:17	160	42	21	00:09:14
Huw	Davies	44	Male	M40		00:57:19	161	120	36	00:09:15
Charlotte	Davies	8	Female	F45		00:57:34	162	43	7	00:09:17
Graham	Singer	92	Male	M50		00:57:54	163	121	33	00:09:20
Wes	Josey	69	Male	Male Open		00:57:57	164	122	53	00:09:21
Simon	Greenfield	186	Male	Male Open		00:57:58	165	123	54	00:09:21
Helen	Stretch	166	Female	F45	Aber Ac	00:57:59	166	44	8	00:09:21
Bernadette	Jones	29	Female	F35		00:58:00	167	45	22	00:09:21
Alex	Holland	238	Male	M40		00:58:06	168	124	37	00:09:22
Catherine	Llewellyn	90	Female	F45		00:58:08	169	46	9	00:09:23
Luke	Roberson	194	Male	Male Open		00:58:08	170	125	55	00:09:23
David	Phillips	141	Male	M50	Massey Ferguson RC	00:58:13	171	126	34	00:09:23
Billy	Connor	17	Male	Male Open		00:58:16	172	127	56	00:09:24

Dylan	James	104	Male	Male Open		00:58:19	173	128	57	00:09:24
Katie	Giles	131	Female	F35	Almost Athletes	00:58:36	174	47	23	00:09:27
Abi	Hart	220	Female	F35		00:58:49	175	48	24	00:09:29
Julie	Evans	173	Female	F45	Tri Exercise	00:59:04	176	49	10	00:09:32
Louise	Pooley	2	Female	Female open		00:59:29	177	50	16	00:09:36
Colin	Gardner	26	Male	M50		01:00:14	178	129	35	00:09:43
Michael	Davies	160	Male	M40		01:00:20	179	130	38	00:09:44
Nicola	Gould	151	Female	Male Open		01:00:23	180	51	1	00:09:44
Sarah	Davies	45	Female	F35		01:00:26	181	52	25	00:09:45
Pamela	Howarth	59	Female	F35		01:00:36	182	53	26	00:09:46
Claire	Ronowitz	176	Female	Female open		01:00:49	183	54	17	00:09:49
Harriet	King	222	Female	Female open		01:00:49	184	55	18	00:09:49
Hayley	Scotcher	95	Female	F35		01:00:52	185	56	27	00:09:49
Nick	Guymer	96	Male	Male Open		01:00:52	186	131	58	00:09:49
Cleo	Wilson	147	Female	Female open		01:00:58	187	57	19	00:09:50
C	Ravenscroft	188	Male	M50		01:00:59	188	132	36	00:09:50
Martyn	Sayle	106	Male	M40		01:01:07	189	133	39	00:09:51
Stephen	King	221	Male	Male Open		01:01:26	190	134	59	00:09:55
Kristine	Ritchie	38	Female	Female open		01:01:33	191	58	20	00:09:56
Lisa	Humphrey	225	Female	F35		01:01:48	192	59	28	00:09:58
Carole	White	27	Female	F45		01:01:54	193	60	11	00:09:59
Pete	Lewis	114	Male	M40		01:02:30	194	135	40	00:10:05
Claire	Badham	19	Female	F35		01:02:32	195	61	29	00:10:05
Eirly	Evans	120	Female	F45		01:02:37	196	62	12	00:10:06
Mick	Marne	241	Male	M50	TRA	01:02:55	197	136	37	00:10:09
Dominique	Delpech	116	Female	F35		01:03:04	198	63	30	00:10:10
Sarah	Stretton	170	Female	Female open		01:03:10	199	64	21	00:10:11
Chris	Stanton	80	Male	M50		01:03:13	200	137	38	00:10:12
Michelle	Knight	228	Female	Female open		01:03:15	201	65	22	00:10:12
Paul	Hinman	57	Male	M40		01:03:57	202	138	41	00:10:19

Joel	Williams	4	Male	M40		01:04:33	203	139	42	00:10:25
Hannah	Thomas	210	Female	Female open		01:04:38	204	66	23	00:10:25
Carl	Williams	41	Male	M50		01:04:46	205	140	39	00:10:27
David	Kempton	155	Male	M50		01:04:53	206	141	40	00:10:28
Stacey	Evans	172	Female	Female open	Tri Exercise	01:04:55	207	67	24	00:10:28
Jayne	Williams	206	Female	F35		01:05:20	208	68	31	00:10:32
Lynne	Parry	193	Female	F35	3Ms Gorseinon	01:05:22	209	69	32	00:10:33
Thomas	O'conner	211	Male	Male Open		01:05:33	210	142	60	00:10:34
Graham	O'Connor	24	Male	M40		01:05:58	211	143	43	00:10:38
Ken	Evans	7	Male	M50		01:06:10	212	144	41	00:10:40
Wendy	Diment	202	Female	F35		01:06:25	213	70	33	00:10:43
Gemm	Rees	123	Male	M40		01:07:02	214	145	44	00:10:49
Mike	Sayell	20	Male	M40		01:08:07	215	146	45	00:10:59
Louise	Morgan	207	Female	Female open		01:08:07	216	71	25	00:10:59
Kevin	Bennett	1	Male	M40		01:08:28	217	147	46	00:11:03
Trevor	Ellis	169	Male	M50	hartsheard Rc	01:09:03	218	148	42	00:11:08
Lisa	Bradley	18	Female	Female open		01:09:05	219	72	26	00:11:09
Philip	Davies	78	Male	M50	3Ms Gorseinon	01:09:37	220	149	43	00:11:14
Linda	Clark	42	Female	F45		01:09:41	221	73	13	00:11:14
Peter	Clark	43	Male	M50		01:09:41	222	150	44	00:11:14
Emma	Wilson	5	Female	F35		01:12:05	223	74	34	00:11:38
Gareth	Graham	218	Male	M40		01:15:14	224	151	47	00:12:08
Bryony	Jones	110	Female	Female open	Pembrokeshire Harriers	01:16:19	225	75	27	00:12:19
Patricia	Sherwood	84	Female	F45		01:33:43	226	76	14	00:15:07
Allen	Watts	162	Male	Male Open	Sarn Helen	01:33:43	227	152	61	00:15:07
Rachel	Haggar	12	Female	F35						
Lara	Evans	21	Female	Female open						
Erika	Hole	39	Female	Female open						
Sara	Morgan	191	Female	Female open						
Ian	Hoskins	13	Male	M40						

Terry	Danter	30	Male	M40					
Andrew	Wathan	37	Male	M40					
Paul	Webb	58	Male	M40					
Huw	Beatty	86	Male	M40	Cornelly Striders				
Nigel	Evans	124	Male	M40	TROT				
Dave	Andrews	113	Male	M50					
Jason	Lane	82	Male	Male Open					
Steffan	Jones	87	Male	Male Open	Cornelly Striders				
Martin	Jones	128	Male	Male Open					