

Tenby 10k 2009 Results

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

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171	NEIL	SPENCER	CARDIFF CIACS	M40	43:25	51	19	45
80	CLAIRE	CLEATHERO	TROT	F35	43:27	52	3	6
63	CYRIL	WALTERS	TROT	M50	43:29	53	7	46
92	DAVID	THOMAS		M40	43:37	54	20	47
28	ARTHUR	WILSON		M40	43:42	55	21	48
176	SIAN	TRACE	AMMAN VALLEY HARRIERS	OF	43:44	56	3	7
93	BRIAN	RUSSELL	CARDIGAN	M50	43:48	57	8	49
2	STEPHEN	JONES		M40	44:01	58	22	50
173	BARRY	OWEN		OM	44:06	59	21	51
204	PAUL	PADGET	INGLI RUNNERS	M50	44:12	60	9	52
23	GRANT	MICK	ROAD RUNNERS CLUB	M50	44:47	61	10	53
212	RICKI	MORGAN		OM	44:52	62	22	54
151	DAVIE	BUNCE		M40	44:54	63	23	55
200	STEVE	ROGERS	ACTIVITY WALES	OM	44:54	64	23	56
201	MATTHEW	EVANS	ACTIVITY WALES	OM	44:54	65	24	57
211	ROBERT	FEARNLEY		OM	45:00	66	25	58
142	RHYS	THOMAS		OM	45:03	67	26	59
197	ANDREW	EDGELL	SARN HELEN	OM	45:09	68	27	60
117	RACHEL	HAGGAR	RACING CLUB BRUSSELS	F35	45:10	69	4	8
165	G	MORGAN		M40	45:21	70	24	61
36	PETER	CLARKE		M40	45:27	71	25	62
180	TONY	GEORGE	CARDIGAN	M50	45:28	72	11	63
144	ROBERT	FORD	PONTYPRIDD	M50	45:33	73	12	64
166	LEE	WILLIAMS		M40	45:35	74	26	65
118	TRISTRAM	LEWIS		OM	45:41	75	28	66
33	HELEN	JONES		F35	45:42	76	5	9
45	NICK	DEWSNAP	HYDER BUCCANEERS	OM	45:45	77	30	68
167	BEN	THOMPSON		OM	45:45	78	29	67
193	BETHAN	OUSELEY	INGLI RUNNERS	OF	45:46	79	4	10
127	ALUN	MORGAN		OM	45:51	80	31	69
99	NEIL	LONERGAN		OM	45:58	81	32	70
182	DAVID	SELWYN		OM	46:08	82	33	71
109	PAUL	HOPKINS	3MS GORSEINON	M40	46:09	83	27	72
186	CLAIRE	DAVIES		F35	46:18	84	6	11
159	JASON	JAMES		OM	46:28	85	34	73
98	JOHN	LONERGAN		M40	46:36	86	28	74
202	ANDREW	RAVENSCHOTT	ACTIVITY WALES	M40	46:45	87	29	75
108	MARK	BENNEWITH	3MS GORSEINON	OM	46:47	88	35	76
112	PAUL	REES	3MS GORSEINON	M40	46:51	89	30	77
85	MATTHEW	BROADHUST	BAYTREE	OM	47:03	90	36	78
70	DAVID	NEEDHAM	HALLAMSHIRE HARRIERS	M50	47:05	91	13	79
141	BRENDAN	DAWSON		OM	47:11	92	37	80
69	ANDREW	NICHOLAS		OM	47:16	93	38	81
111	CAROLINE	SANDLES	3MS GORSEINON	F35	47:16	94	7	12
5	TIM	JONES		M50	47:21	95	14	82
158	CLARE	WILLIAMS	INGLI RUNNERS	F35	47:27	96	8	13
172	JAMES	TRACE		M40	47:30	97	31	83
194	JILL	WILLCOX	INGLI RUNNERS	F35	47:31	98	9	14
74	RICHARD	PHILLIPS		OM	47:42	99	39	84
62	JAMES	SHUTTLEWORTH		OM	47:43	100	40	85
128	GERALD	BRACE		OM	47:43	101	41	86
205	MICHAEL	OWEN		OM	47:58	102	42	87

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64	EDWIN	SHERWOOD	AMMAN VALLEY HARRIERS	M60	48:22	103	1	89
148	BILLY	CONNOR		OM	48:22	104	43	88
199	CLIVE	LAY		M50	48:28	105	15	90
115	CLIVE	GREAVES	3MS GORSEINON	M40	48:32	106	32	91
131	ALAN	WILLIAMS	INGLI RUNNERS	OM	48:32	107	44	92
164	ADAM	BROWN		OM	48:35	108	45	93
134	ANN MARIE	EVANS	PARC BRY BACH RC	F35	48:43	109	10	15
65	ANDREW	JONES	ACTIVITY WALES	OM	48:50	110	46	94
139	MICHAEL	MCKENNA		OM	48:54	111	47	95
143	NICK	CLARKE		OM	48:56	112	48	96
51	ALLAN	MAGUIRE		OM	48:59	113	49	97
24	DAVID	FIELD		OM	49:10	114	50	98
175	ALISON	SMITH		F35	49:33	115	11	16
25	CHRIS	HAWKINS		OM	49:47	116	51	99
154	DYLAN	JONES		OM	49:50	117	52	100
174	KYRA	KIRKHAM		OF	49:53	118	5	17
31	DAVID	WOOLHOUSE		M40	49:55	119	33	101
116	GWYN	WILLIAMS	3MS GORSEINON	M50	50:22	120	16	102
103	JO	CRAIG		OM	50:25	121	53	103
168	DARREN	PICTON		OM	50:33	122	54	104
27	ROGER	CAYGILL	CRINKLY CREAK	OM	50:38	123	55	105
94	EDWIN	BATEMAN	PEMBS HARRIERS	M50	50:43	124	17	106
195	CERI	THOMAS		OM	50:44	125	56	107
191	LOIS	REED		OF	50:54	126	6	18
48	LUKAS	GAMBLE	ACTIVITY WALES	OM	50:59	127	57	108
152	ALED	HOWELL		OM	51:15	128	58	109
8	NATASHA	WILDE		F35	51:22	129	12	19
113	LINDA	REES	3MS GORSEINON	F45	51:25	130	2	20
101	KIRSTY	MORGAN		F35	51:37	131	13	21
43	GARETH	DONNACHIE		OM	51:48	132	59	110
95	JAMES	DICKS		OM	51:49	133	60	111
14	ELAINE	BRACE		OF	52:00	134	7	22
192	JASMINE	CLEATHERO		F45	52:10	135	3	23
147	NIGEL	BEST		M50	52:14	136	18	112
188	JEREMY	PAGE		OM	52:18	137	61	113
38	JULIE	JONES	HYDER BUCCANEERS	F35	52:19	138	14	24
210	RHYDIAN	JAMES		OM	52:36	139	62	114
133	TOM	FURNESS	TROT	M50	52:39	140	19	115
156	JONATHAN	ROBERTS		OM	52:50	141	63	116
88	LEON	REES		OM	53:00	142	64	117
89	BRYAN	EVANS		M40	53:01	143	34	118
190	CARLA	BRAMALEAD		OF	53:08	144	8	25
119	MATTHEW	DAVIES		OM	53:33	145	65	119
35	BRIAN	SPENCER		M40	53:39	146	35	120
208	STEFAN	WATHAN		M40	53:45	147	36	121
49	ANDREW	LIGHT		M40	53:52	148	37	122
73	ISOBEL	THOMAS		OF	53:55	149	9	26
181	W	JENKINS		OM	54:07	150	66	123
76	GARETH	ROWE		OM	54:23	151	67	124
6	JUSTINE	HALE	CLC STRIDERS	F35	54:30	152	15	27
179	RACHEL	HOLLAND		F45	54:54	153	4	28
203	SIMON	THOMAS		OM	54:55	154	68	125

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58	DYLAN	MORRIS	HYDER BUCCANEERS	OM	54:57	155	69	126
39	MIKE	EVANS	HYDER BUCCANEERS	M40	55:47	156	39	128
60	PAUL	NEATE	HYDER BUCCANEERS	M40	55:47	157	38	127
11	CAROLE	WHITE		F45	55:57	158	5	29
150	REBECCA	BUNCE		F35	55:58	159	16	30
44	PAUL	PRITCHARD		M40	56:03	160	40	129
57	HUGH	JONES	HYDER BUCCANEERS	M40	56:08	161	41	130
71	CLAIRE	THOMAS		OF	56:18	162	10	31
207	LINDSEY	COOKE		F35	56:27	163	17	32
161	REBECA	SALISBURY		OF	56:29	164	11	33
17	COLIN	GARDNER		M50	56:47	165	20	131
32	JOHN	VINE		M50	56:53	166	21	132
53	S	HUDD		M40	57:05	167	42	133
46	SALLY	REID		F35	57:19	168	18	34
149	SAM	JACOBS		OM	57:50	169	70	134
20	ANDREW	RUSSELL		OM	57:52	170	71	135
184	BETH	MURPHY		F35	57:54	171	19	35
135	JULIE	EVANS		F45	57:59	172	6	36
121	KATE	GILES	ALMOST ATHELETES	F35	58:19	173	20	37
84	JOANNE	KING	BAYTREE	OF	58:29	174	12	38
87	KAREN	EVANS	BAYTREE	F35	58:29	175	21	39
189	SARAH	WILSON		OF	59:02	176	13	40
160	HAYLEY	SCOTCHER		OF	59:03	177	14	41
29	JOEL	WILLIAMS		OM	59:11	178	72	136
178	GETHIN	REES		M40	59:27	179	43	137
13	ERIKA	HOLE		OF	59:30	180	15	42
15	TRACEY	RAVENS CROFT		F35	59:30	181	22	43
140	P.A	MCKENNA		OM	59:43	182	73	138
196	VNSI	SIPHIKA		OM	01:01:30	183	74	139
56	ABI	HART		F35	01:02:16	184	23	44
136	STACEY	EVANS		OF	01:02:20	185	16	45
132	TREVOR	ELLIS	HARTSHEAD R.C	M50	01:03:03	186	22	140
114	A	EASTER	3MS GORSEINON	M50	01:04:02	187	23	141
68	LISA	HUMPHREY		F35	01:04:26	188	24	46
54	WENDY	DIMENT		OF	01:04:44	189	17	47
55	BEN	DIMENT		OM	01:04:44	190	75	142
97	ANDREA	BARBROOK		F35	01:04:51	191	25	48
90	MIKE	EVANS		M40	01:05:19	192	44	143
91	KATH	EVANS		F35	01:05:19	193	26	49
40	ANNETTE	HEATH		F35	01:07:10	194	27	50
50	LOUISE	MAGUIRE		F35	01:07:38	195	28	51
52	AMANDA	BLEACH		F35	01:07:39	196	29	52
26	VALERIE	SIDFORD		OF	01:08:11	197	18	53
86	LEANNE	DAVIES	BAYTREE	OF	01:09:35	198	19	54
42	VERITY	JAMES		F35	01:10:11	199	30	55
122	ANN	WILLIAMS		F45	01:10:58	200	7	56
4	CARL	WILLIAMS		M50	01:10:59	201	24	144
1	JOANNE	THOMPSON		F35	01:14:49	202	31	57
66	DEBRA	EVANS		F35	01:15:05	203	32	59
67	TANYA	POTTER		OF	01:15:05	204	20	58