

T.R.O.T's St Clears

10km Club Race 2005



Pos	No	First	Name	Club	Time	Cat
1	182	ANDREW	ABBOTT	SARN HELEN	00:34:44	OM
2	166	STEPHEN	PATERSON	PEGASUS	00:35:14	OM
3	112	GARETH	JONES	NEATH HARRIERS	00:35:45	OM
4	143	JOHN	BIGNALL	PEMBS HARRIERS	00:35:55	OM
5	139	TONY	JEWKES	OAK PARK	00:37:10	M40
6	174	RICHARD	BARRETT	BRITISH ARMY	00:38:01	OM
7	117	ROBERT	DYDE	PEMBS HARRIERS	00:38:07	OM
8	121	RICHARD	MARKS	SARN HELEN	00:38:10	M50
9	106	ROGER	COOMBS	TROTS	00:38:38	OM
10	178	GRAHAM	JEFFERIES	CARDIGAN	00:39:01	M40
11	185	KEVIN	GRIFFITHS	NONE	00:39:24	M40
12	152	MAT	BRAWN	NONE	00:39:26	OM
13	158	HAYDN	LLOYD	SARN HELEN	00:40:10	OM
14	155	PAUL	REYNOLDS	NONE	00:40:20	OM
15	104	ANN	THOMAS	TROTS	00:40:21	F35
16	137	PAUL	OUGHTON	NONE	00:40:33	M40
17	172	PAUL	O'DONNELL	TRENT PARK	00:40:34	M40
18	119	HUW	PRICE	SARN HELEN	00:40:42	M40
19	167	MARK	DUNSCOMBE	SARN HELEN	00:41:09	M40
20	93	PAUL	EZARD	BRACKLA HARRIERS	00:41:22	OM
21	91	MATTHEW	BONNAUD	NONE	00:41:28	OM
22	176	JON	PAYNE	TROTS	00:41:37	OM
23	177	OWEN	DERRICK	PEMBS HARRIERS	00:41:51	OM
24	126	CARL	FEIVEN	BRACKLA HARRIERS	00:42:03	OM
25	105	MARY	BOWEN REES	TROTS	00:42:05	F35
26	95	PAUL	FORD	BRACKLA HARRIERS	00:42:15	OM

27	120	CLAIRE	CLEATHERO	TROTS	00:42:16	OF
28	102	IAN	MORRIS	TROTS	00:42:31	M40
29	151	HELEN	MANSFIELD	CAMATHEN HARRIERS	00:42:40	F35
30	134	CALVIN	WILLIAMS	SARN HELEN	00:42:47	M40
31	94	SHARON	FORD	BRACKLA HARRIERS	00:43:02	F35
32	141	GORDON	ORME	BIRCHFIELD HARRIERS	00:43:02	M60
33	103	CYRIL	WALTER	TROTS	00:43:15	M50
34	149	MARTIN	SLEE	NONE	00:43:25	M40
35	161	RICHARD	BROWN	PEMBS TRI	00:43:43	OM
36	148	PAUL	LEWIS	3M GORSIENON RR	00:43:44	M40
37	136	TERRY	DOBSON	PEMBS TRI	00:44:13	M40
38	180	ELLIE	JONES	PEMBS TRI	00:44:15	OF
39	181	MARTIN	DAVIES	TROTS	00:44:35	OM
40	144	DAVE	HUGHES	BRACKLA HARRIERS	00:44:49	OM
41	187	GLYN	SANSOM	NONE	00:44:51	M40
42	133	EMMA	LYNCH	BRACKLA HARRIERS	00:45:09	OF
43	114	MIKE	RIDOUT	BRACKLA HARRIERS	00:45:18	M50
44	154	GARETH	JONES	SARN HELEN	00:45:23	OM
45	145	STEPHEN	BENDLE	3MS GORSIENON	00:45:33	M40
46	188	A.	CORP	PEMBS TRI	00:46:03	OM
47	179	JANE	BUCK	CARDIGAN	00:46:09	F35
48	92	DON	HOLLOWAY	BRACKLA HARRIERS	00:46:31	M50
49	128	DYLAN	THOMAS	NONE	00:46:39	OM
50	116	JUDI	BOWSHER	LES CROUPIERS	00:46:58	F45
51	163	CLIVE	LAY	NONE	00:47:19	M40
52	147	BRIAN	HEALEY	CARDIGAN RC	00:47:39	M50
53	146	KEV	KNIGHT	3MS GORSIENON	00:47:47	OM
54	142	BOB	SMITH	NONE	00:47:57	M40
55	160	VAL	BROWN	PEMBS TRI	00:48:08	F35
56	162	HELEN	WILLIAMS	TROTS	00:48:15	F35
57	165	CATHARIN	BLEASDALE	NONE	00:48:22	F35
58	127	PHIL	PROTHERO	BRACKLA HARRIERS	00:48:33	OM
59	150	SIMON	MANSFIELD	CAMARTHEN HARRIERS	00:48:42	M40
60	135	PATRICK	WING	NONE	00:48:58	M50
61	111	PAUL	COLMAN	PEMBS HARRIERS	00:49:05	M40
62	130	STEPHEN	BIRMINGHAM	BRACKLA HARRIERS	00:49:12	OM
63	115	ANDREW	DUNSCOMBE	NONE	00:49:21	M40
64	109	JILL	COLMAN	PEMBS HARRIERS	00:49:22	F35
65	110	ROLAND	SHERWOOD	AMMAN VALLEY	00:49:29	M60
66	184	LAURENCE	WORTH	PEMBS HARRIERS	00:49:51	M40
67	168	MARK	DAVIES	PEMBS TRI	00:50:04	OMO
68	171	MEIRION	WALTERS	NONE	00:50:07	M40
69	101	ANN	ROWELL	TROTS	00:50:14	F45
70	138	SIMON	REYNOLDS	NONE	00:50:28	M40
71	164	MARK	BLEASDALE	NONE	00:50:38	OM
72	157	TERRY	GOVER	PEMBS TRI	00:50:39	M50
73	153	JAN	JONES	SARN HELEN	00:50:54	F35

74	173	PAUL	SAVAGE	NONE	00:51:14	M40
75	169	SID	EVANS	RFC	00:51:19	M50
76	107	KEITH	LOWTHER	SAN DOMENICO CARDIFF	00:51:45	M40
77	175	ROWENA	MELBOURNE	TROTS	00:52:24	OF
78	159	DAVID	PHILLIPS	PEMBS HARRIERS	00:52:30	M60
79	122	SUE	LLOYD	PEMBS HARRIERS	00:52:43	F35
80	96	T.	SHANKLIN	NONE	00:53:19	F35
81	129	SUSAN	JENKINS	SARN HELEN	00:53:37	F45
82	100	PAULINE	THOMAS	TROTS	00:54:03	F55
83	132	STEPHEN	THOMAS	NONE	00:54:48	OM
84	186	KARIN	FISHER	NONE	00:55:02	M40
85	170	PETER	WATERS	LAUGHARNE RFC	00:55:30	M40
86	113	COLIN	GARDWEN	NONE	00:55:52	M50
87	183	NIGEL	JONES	NONE	00:56:12	M50
88	156	RON	MORGAN	TROTS	00:56:25	M60
89	125	JAN	YOUNGER	PEMBS HARRIERS	00:57:06	F45
90	123	PAULINE	CHARLETT	PEMBS HARRIERS	00:57:12	F35
91	118	LORRAINE	DYDE	PEMBS HARRIERS	00:57:58	F45
92	99	JANE	DAKIN	BRACKLA HARRIERS	00:58:31	F35
93	98	CATHERIN	HATHER	BRACKLA HARRIERS	00:58:31	F35
94	131	CARL	WILLIAMS	NONE	00:59:34	M40
95	124	TERESA	MC QUILLAN	PEMBS HARRIERS	01:01:37	OF
96	97	JAYNE	QUINN	NONE	01:03:37	F35
97	108	ALLEN	WATTS	SARN HELEN	01:08:25	M60
9999	90	MICHAEL	WILLIAMS	NONE		OM
9999	140	LEE	AHERNE	CLUB 69		OM

9999 Did not Finish or Run