

TROT's DAMBUSTER's

Llys yr Fran 2010

Pos	Time	Family	First	Club	No	Gen	Age	Cat
1	0:32:24	Price	Glyn	Sarn Helen	136	M	43	M40
2	0:32:33	Simon	Oliver	Pembs Tri Club	112	M	30	OM
3	0:32:51	Griffiths	Paul	Neath Harriers	166	M	42	M40
4	0:33:27	Roberts	Adam	TROTS	96	M	21	OM
5	0:33:52	Davies	Michael	Sarn Helen	130	M	41	M40
6	0:34:53	Harries	Rhys	Cardigan RC	186	M	23	OM
7	0:34:56	Griffiths	Barrie	Pembs Harriers	178	M		M40
8	0:35:59	Ouseley	Steve	Ingli Runners	185	M	36	OM
9	0:36:06	Dawe	Andrew		107	M	43	M40
10	0:36:08	Thomas	Ann	TROTS	125	F	43	F35
11	0:36:09	Hooper	Daniel		117	M	37	OM
12	0:36:27	Elliott	Gareth	Pembs Harriers	168	M	28	OM
13	0:36:29	Dunscombe	Mark		162	M	48	M40
14	0:36:42	Hall	Simon	Sarn Helen	133	M	30	OM
15	0:37:03	Williams	Alec	Ingli Runners	187	M	43	M40
16	0:37:28	O'Neill	David	Pembs Harriers	181	M	40	M40
17	0:37:31	Hall	Tony	Sarn Helen	135	M	55	M50
18	0:37:35	Hancock	Jonathan	TROTS	149	M	40	M40
19	0:37:40	Jones	Gethin	Sarn Helen	142	M	32	OM
20	0:37:47	Hoyland	Wayne	Cardigan RC	173	M	37	OM
21	0:37:49	Taylor	Kevin	Amman Valley	140	M	49	M40
22	0:38:02	Williams	Calvin	Sarn Helen	179	M	48	M40
23	0:38:14	Watson	Mel	TROTS	101	F	45	F45
24	0:38:16	Joyce	Kev	Pembs Harriers	119	M		M40
25	0:38:20	Jones	Jonathan	Carmarthen Harriers	172	M	40	M40
26	0:38:34	Lynch	Ana	Pembs Harriers	180	F	37	F35
27	0:39:05	Sinnett	John	Pembs Harriers	165	M	53	M50
28	0:39:10	Orme	Gordon	Cardigan RC	121	M	67	M60
29	0:39:14	Russell	Brian	Cardigan RC	110	M	51	M50
30	0:39:16	Langford	David	Pembs Tri Club	152	M	50	M50
31	0:39:22	Owen	Barry	Emlyn	177	M	35	OM
32	0:39:25	Jolly	Dee	Sarn Helen	132	F	23	OF
33	0:40:02	John	Tim	TROTS	124	M	37	OM
34	0:40:15	Hayes	Alyson	Cardigan RC	120	F	40	F35
35	0:40:25	Sarrell	Simon		115	M	29	OM
36	0:40:27	Terry	Mark	TROTS	151	M	53	M50

37	0:40:48	Phillips	Richard	TROTS	111	M	33	OM
38	0:40:50	Edwards	Paul	Pembs Harriers	108	M	50	M50
39	0:41:05	Cleatheroe	Claire	TROTS	171	F	36	F35
40	0:41:18	Williams	Gwydion		161	M	16	OM
41	0:41:28	Wilkins	Jason	Cardigan RC	158	M	40	M40
42	0:41:37	Evans	Darren	Pembs Tri Club	174	M	26	OM
43	0:42:00	Dyde	Martin	Pembs Harriers	138	M	51	M50
44	0:42:19	Williams	Alymar		114	M	42	M40
45	0:42:22	Eynon	Lindy		100	F	49	F45
46	0:42:37	Evans	Clive	Aberystwyth AC	139	M	62	M60
47	0:42:38	Moffett	?	TROTS	123	M	60	M60
48	0:42:40	Anthony	Bain	Northern Vets	127	M		M50
49	0:42:45	Griffiths	Dave	TROTS	164	M	47	M40
50	0:42:48	Boothman	Patrick		170	M	35	OM
51	0:42:56	Padget	Paul	Ingli Runners	183	M	54	M50
52	0:42:56	Davey	Eric	Llanelli AC	148	M	60	M60
53	0:42:59	Evola	Adriano	Aberystwyth AC	146	M	51	M50
54	0:43:11	Morris	Ian	TROTS	97	M	49	M40
55	0:43:32	Low	Martin		192	M	62	M60
56	0:43:38	Morris	Gwen		167	F	25	OF
57	0:43:55	Worth	Laurence	Pembs Harriers	145	M	47	M40
58	0:44:02	Jones	Tim		156	M	51	M50
59	0:44:06	Foster	M		182	M	38	OM
60	0:44:16	Jones	Gareth	Sarn Helen	189	M	44	M40
61	0:44:18	Morgan	Alun		175	M	35	OM
62	0:44:24	Walters	Cyril	TROTS	102	M	62	M60
63	0:44:33	John	Mike		155	M	30	OM
64	0:44:42	Wilkins	Jane	Cardigan RC	159	F	47	F45
65	0:44:55	Roberts-Jones	Sian	Sarn Helen	143	F	30	OF
66	0:45:15	Gwyn	Leighton		105	M	53	M50
67	0:45:38	Lewis	Alison		95	F	48	F45
68	0:45:50	Birch	Chris	TROTS	122	M	51	M50
69	0:45:58	Williams	Ormond		160	M	50	M50
70	0:46:03	Sherwood	Roland		103	M	64	M60
71	0:46:17	Rees	Lyn	Sarn Helen	191	M		M60
72	0:46:20	Cole	Nicola	Pembs Harriers	109	F	40	F35
73	0:47:00	Sutton	Karl	Pembs Tri Club	169	M	40	M40
74	0:47:21	Powell	Keith	TROTS	157	M	53	M50
75	0:47:37	Davies	Caryl	Sarn Helen	134	F	22	OF
76	0:48:13	Cull	Barrie	Pembs Harriers	163	M	62	M60
77	0:48:37	White	Dorian		126	M	35	OM
78	0:48:43	Thomas	Lara		113	F	32	OF
79	0:49:23	Gibby	Alex		129	M		OM
80	0:49:34	Crawford	Oona	TROTS	99	F		F55

81	0:49:56	McCarthy	Hilary	Cardigan RC	184	F	43	F35
82	0:50:12	Griffiths	Della	Pembs Harriers	147	F	45	F45
83	0:51:34	Richards	Barry		188	M	38	OM
84	0:51:56	Dyde	Lorraine	Pembs Harriers	137	F	52	F45
85	0:52:07	Harding	Peter	TROTS	104	M	70	M60
86	0:52:41	Leighton Jones	Nigel	Llanelli Strollers	150	M	55	M50
87	0:52:46	Jones	Janet	Sarn Helen	190	F		F45
88	0:52:57	Bateman	Eddie	Pembs Harriers	116	M	53	M50
89	0:55:39	Thomas	Pauline		98	F	66	F55
90	0:57:20	Bell	Jan	Pembs Harriers	118	F	65	F55
91	0:58:00	Pooley	Louise		94	F	33	OF
92	0:58:31	West	Phoebe		128	F	15	OF
93	0:58:34	Thomas	Barbara	Pembs Harriers	141	F	65	F55
94	0:58:36	Charlett	Pauline	Pembs Harriers	144	F	48	F45
95	1:03:05	Jones	Wendy		153	F		F45
96	1:04:20	Rees	Gethin		176	M	43	OM
97	1:05:00	Wilson	Emma		131	F	35	F35
98	1:08:55	Preece	Wendy		154	F	43	F35
99	1:28:00	Watts	Allen	Sarn Helen	106	M	81	M60