

# TROT's DAMBUSTER's

## Llys yr Fran 2009

Pos	No	First	Name	Club	Time	Cat	Age
1	241	GLYN	PRICE	SARN HELEN	00:33:26	M40	42
2	245	MICHAEL	DAVIES	SARN HELEN	00:34:21	M40	40
3	253	STEVEN	OUSELEY	INGLI RUNNERS	00:35:59	OM	35
4	267	GARETH	ELLIOTT	PEMBS HARRIERS	00:36:46	OM	27
5	246	MARK	DUNSCOMBE	SARN HELEN	00:36:47	M40	48
6	221	ANDREW	DAWE	PEMBS HARRIERS	00:37:03	M40	42
7	262	ALEC	WILLIAMS	INGLI RUNNERS	00:37:07	M40	42
8	228	ROGER	COOMBS	TROTS	00:37:34	M40	43
9	250	MARTIN	DAVIES	TROTS	00:37:48	OM	27
10	227	SIMON	HALL	SARN HELEN	00:38:11	OM	29
11	226	TONY	HALL	SARN HELEN	00:38:14	M50	54
12	243	HUW	PRICE	SARN HELEN	00:38:17	M40	46
13	239	MARK	TERRY	TROTS	00:38:23	M50	52
14	214	NICK	BAYLISS	NONE	00:39:02	OM	35
15	263	KAT	STEED	PEMBS HARRIERS	00:39:22	OF	32
16	260	ANA	LYNCH	PEMBS HARRIERS	00:39:42	F35	36
17	266	CALVIN	WILLIAMS	SARN HELEN	00:39:50	M40	47
18	247	WAYNE	HOYLAND	NONE	00:40:13	OM	36
19	257	DAVID	LANGFORD	NONE	00:40:19	M40	49
20	270	KIRSTY	MURRAY	TROTS	00:40:30	F35	36
21	265	MARY	BOWEN REES	TROTS	00:40:43	F45	46
22	248	KEV	JOYCE	PEMBS HARRIERS	00:40:50	M40	44
23	259	DAVID	ROBERTS	PEMBS HARRIERS	00:40:57	OM	39
24	222	PAUL	EDWARDS	PEMBS HARRIERS	00:41:04	M40	49
25	256	CLAIRE	CLEATHERO	TROTS	00:41:26	F35	35
26	264	JOHN	SINNETT	PEMBS HARRIERS	00:41:22	M50	52
27	268	DAVE	GRIFFITHS	TROTS	00:41:27	M40	46
28	225	DEE	JOLLY	SARN HELEN	00:41:33	OF	22
29	217	CYRIL	WALTERS	TROTS	00:41:55	M60	61
30	272	LYN	REES	SARN HELEN	00:42:17	M50	59
31	216	IAN	MORRIS	TROTS	00:42:30	M40	48
32	261	PAUL	PADGET	INGLI RUNNERS	00:42:46	M50	53
33	252	BETHAN	OUSELEY	INGLI RUNNERS	00:43:09	OF	32

34	240	CHRIS	SEXTON	INGLI RUNNERS	00:43:22	M40	45
35	215	MARK	WHITBY	NONE	00:43:43	OM	37
36	229	MARTIN	DYDE	PEMBS HARRIERS	00:44:15	M50	50
37	242	ADRIANO	EVOLA	ABERYSTWYTH AC	00:44:19	M50	50
38	269	MARTIN	LOW	NONE	00:44:43	M60	61
39	237	ALUN	MORGAN	NONE	00:44:51	OM	34
40	218	ROLAND	SHERWOOD	AMMAN VALLEY HARRIERS	00:46:24	M60	63
41	255	GARETH	JONES	SARN HELEN	00:46:41	M40	43
42	224	ROBERT	SMITH	PEMBS HARRIERS	00:47:14	M40	48
43	231	SUE	LLOYD	PEMBS HARRIERS	00:47:31	F45	45
44	258	LAURENCE	WORTH	PEMBS HARRIERS	00:47:43	M40	46
45	235	CARYL	DAVIES	SARN HELEN	00:47:49	OF	21
46	223	NICOLA	COLE	PEMBS HARRIERS	00:48:06	F35	39
47	249	MIKE	HODGES	TROTS	00:49:10	M50	56
48	244	DEWI	PRICE	NONE	00:49:25	M50	55
49	219	EDDIE	BATEMAN	PEMBS HARRIERS	00:49:47	M50	52
50	232	PETER	HARDING	CARMARTHEN HARRIERS	00:52:54	M60	69
51	251	ANGHARAD	HULL	SARN HELEN	00:54:06	OF	27
52	271	NIGEL	JONES	LLANELLI STROLLERS	00:54:46	M50	54
53	254	PAULINE	THOMAS	TROTS	00:55:34	F55	66
54	234	PAULINE	CHARLETT	PEMBS HARRIERS	00:57:37	F45	47
55	230	ALISON	GRIFFITHS	PEMBS HARRIERS	00:58:46	OF	39
56	233	BARBARA	THOMAS	PEMBS HARRIERS	00:58:46	F55	64
57	236	GUDRUN	JONES	SARN HELEN	01:00:19	F45	51
58	238	GETHIN	REES	NONE	01:04:12	M40	42
59	220	ALLEN	WATTS	SARN HELEN	01:29:20	M60	80