

Trots Dambuster 10k 2005

6

Pos	No	First	Name	Club	Time	Cat
1	145	ANDREW	ABBOTT	SARN HELEN	00:31:18	OM
2	139	LES	HEWITSON	INGLI RUNNERS	00:34:00	M40
3	135	DAVID	ASTINS	PEMBS TRI	00:34:24	OM
4	157	RICHARD	MARKS	SARN HELEN	00:34:48	M50
5	155	MICHAEL	KALLENBERG	CARDIGAN RUNNING CLUB	00:34:58	OM
6	113	PAUL	ROSE	CARDIGAN R C	00:35:19	M40
7	116	LES	CHAPMAN	AMMAN VALLEY HARRIERS	00:35:35	M50
8	112	ROGER	COOMBS	TROTS	00:36:01	OM
9	144	JAMIE	BIGGS	NONE	00:36:15	OM
10	166	HAYDN	LLOYD	SARN HELEN	00:36:40	OM
11	131	CALVIN	WILLIAMS	SARN HELEN	00:36:44	M40
12	162	MICHAEL	REES	CARDIGAN RUNNING CLUB	00:37:14	OM
13	99	IAN	MORRIS	TROTS	00:37:26	M40
14	119	HYWEL	JONES	AMMAN VALLEY HARRIERS	00:37:34	M40
15	106	DEWI	JONES	TROTS	00:37:46	M50
16	152	RICHARD	BROWN	PEMBS TRI CLUB	00:37:54	OM
17	153	PHILLIP	HARTLAND	PEMBS HARRIERS	00:37:57	OM
18	136	ELLIE	JONES	PEMBS TRI	00:37:59	OF
19	117	KEVIN	TAYLOR	AMMAN VALLEY HARRIERS	00:38:16	M40
20	156	OWEN	DERRICK	PEMBS HARRIERS	00:38:44	OM
21	141	ANN	THOMAS	TROTS	00:38:46	F35
22	149	SARAH	JAMES	CARDIGAN RUNNING CLUB	00:38:48	OF
23	168	LYN	REES	SARN HELEN	00:38:57	M50
24	100	CYRIL	WALTERS	TROTS	00:39:30	M50
25	133	NEIL	WILKINSON	CARDIGAN R C	00:39:44	M40
26	161	GARETH	JONES	SARN HELEN	00:40:00	OM
27	140	LYNN	GREEN	INGLI RUNNERS	00:40:34	F45
28	118	ROBERT	FOWLER	AMMAN VALLEY HARRIERS	00:40:57	M50
29	115	SHAN	CUTHBERT	INGLI RUNNERS	00:41:37	F35
30	101	DAVE	ROBERTS	AMMAN VALLEY HARRIERS	00:42:05	M40
31	132	ALED	WILLIAMS	SARN HELEN	00:42:28	M40
32	151	HUW	LEWIS	PEMS TRI CLUB	00:42:52	M50
33	102	LINDY	EYNON	TRTOS	00:42:58	F35
34	138	JANE	BUCK	CARDIGAN R C	00:43:00	F35
35	167	BRIAN	THOMAS	SARN HELEN	00:43:08	M50
36	128	HELEN	MC NAMMARA	PEMBS HARRIERS	00:43:24	F45
37	114	NEVILLE	ROBERTS	INGLI RUNNERS	00:43:42	M40
38	123	LUCY	ELCOMB	PEMBS TRI	.00:43:51	OF
39	104	ROLAND	SHERWOOD	AMMAN VALLEY HARRIERS	00:43:57	M50
40	120	PAUL	COLMAN	PEMBS HARRIERS	00:44:15	M40

41	134	MARK	DAVIES	PEMBS TRI	00:44:18	OM	3
42	143	MIKE	HODGES	TROTS	00:44:20	M50	5
43	103	CATRIONA	PROCTOR	NONE	00:44:38	OF	3
44	107	PENNY	REES	TROTS	00:44:55	OF	3
45	126	BRIAN	HEALEY	CARDIGAN R C	00:45:12	M50	5
46	154	VAL	BROWN	PEMBS TRI CLUB	00:45:22	F35	3
47	163	JANET	JONES	SARN HELEN	00:45:35	F35	4
48	147	ALEX	ILYAT	PEMS TRI CLUB	00:45:52	OM	
49	130	TOM	HOLLIDAY	TROTS	00:45:54	M50	6
50	158	HELEN	WILLIAMS	TROTS	00:46:11	F35	4
51	150	DAVID	PETRE	NONE	00:46:21	OM	3
52	146	ALAN	JOHNSTONE	INGLI RUNNERS	00:46:27	M50	5
53	122	DAVE	HOWELLS	PEMBS TRI	00:46:37	M50	
54	164	JOHN	KENDAL	NONE	00:46:42	M40	
55	165	IAN	HIPKINS	PEMBS TRI CLUB	00:47:21	M50	5
56	108	EDDIE	BATEMAN	NONE	00:47:28	M50	5
57	121	JILL	COLMAN	PEMBS HARRIERS	00:47:50	F35	4
58	129	PETER	WALKER	PEMBS HARRIERS	00:48:20	M40	4
59	148	BOB	SMITH	NONE	00:48:29	M40	4
60	109	SUE	LLOYD	PEMBS HARRIERS	00:49:56	F35	4
61	159	SUSAN	JENKINS	SARN HELEN	00:50:04	F45	4
62	127	ANTHONY	GEORGE	CARDIGAN R C	00:51:12	M40	
63	111	JAN	YOUNGER	PEMBS HARRIERS	00:52:26	F45	5
64	137	CARYL	DAVIES	NONE	00:53:57	OF	1
65	142	JAN	BELL	PEMBS HARRIERS	00:55:37	F45	6
66	110	PAULINE	CHARLETT	PEMBS HARRIERS	00:55:47	F35	4
67	98	BRIAN	FOWLER	BARNET & DISTRICT A C	00:57:07	M50	6
68	124	ANN	WILLIAMS	NONE	01:03:07	F45	4
69	125	CARL	WILLIAMS	NONE	01:03:08	M40	4
70	105	ALLEN	WATTS	SARN HELEN	01:12:30	M50	7
9999	160	DAVE	GRIFFITHS	TROTS		M40	4