

PEMBROKESHIRE

HARRIERS

JAN YOUNGER MEMORIAL

10KM 2010



Pos	No	Family	First	Club	Time	Gen	Age	Cat
1	1	Dyde	Robert	Pembs Harriers	0:36:16	M	27	OM
2	21	Simon	Oliver	Pembs Tri Club	0:36:39	M	30	OM
3	23	Davies	Mike	Sarn Helen	0:36:54	M	41	M40
4	60	Pollen	John	Wye Valley Runners	0:37:16	M	43	M40
5	31	Griffiths	Barrie	Pembs Harriers	0:38:00	M	46	M40
6	43	Morris	Lee		0:38:32	M	28	OM
7	54	Ouseley	Steve	Ingli Runners	0:39:43	M	36	OM
8	9	Elliott	Gareth	Pembs Harriers	0:39:49	M	27	OM
9	30	Thomas	Stephen		0:39:53	M	48	M40
10	55	Williams	Alec	Ingli Runners	0:39:54	M	43	M40
11	62	Thompson	Richard	Pembs Tri Club	0:40:08	M	47	M40
12	49	Steed	Kat	Pembs Harriers	0:41:04	F	33	OF
13	39	O'Neill	David	Pembs Harriers	0:41:27	M	40	M40
14	16	Davies	Robert		0:41:49	M	26	OM
15	28	Dickinson	Jason	TROTS	0:41:50	M	42	M40

16	63	Jones	Ellie	Pembs Tri Club	0:41:51	F	29	OF
17	41	John	Tim		0:41:58	M	37	OM
18	37	Oughton	Paul		0:42:12	M	49	M40
19	38	Lynch	Ana	Pembs Harriers	0:42:14	F	37	F35
20	15	Joyce	Kev	Pembs Harriers	0:42:34	M	44	M40
21	52	Wheeler	Kevin		0:42:46	M	49	M40
22	26	Edwards	Paul	Pembs Harriers	0:43:00	M	50	M50
23	42	Langford	David	Pembs Tri Club	0:43:24	M	50	M50
24	46	Brown	Steve	Pembs Harriers	0:43:34	M	46	M40
25	61	Bowen-Rees	Mary	TROTS	0:43:36	F	47	F45
26	20	Orme	Gordon	Cardigan RC	0:43:43	M	67	M50
27	58	Cleathero	Claire	TROTS	0:43:57	F	36	F35
28	47	Dicks	James		0:44:35	M	29	OM
29	68	Griffiths	Dave	TROTS	0:44:46	M	47	M40
30	24	Handley	Neil		0:44:50	M	41	M40
31	65	Brown	Richard	Pembs Tri Club	0:45:31	M	42	M40
32	17	Eynon	Lindy	TROTS	0:45:45	F	49	F45
33	45	Worth	Lawrence	Pembs Harriers	0:46:04	M	47	M40
34	67	Low	Martin		0:46:08	M	62	M50
35	48	Predry	Mike		0:46:13	M	29	OM
36	14	Hayes	Alyson	Cardigan RC	0:46:53	F	39	F35
37	64	Nicholas	Andrew		0:47:21	M	39	OM
38	11	Boothman	Celia	Pembs Harriers	0:47:36	F	33	OF
39	32	Jones	Elen	Pembs Harriers	0:47:41	F	27	OF
40	56	Jones	Gareth	Sarn Helen	0:47:51	M	44	M40
41	50	Jones	Tim		0:48:05	M	51	M50
42	59	Thomas	Helen	Pembs Harriers	0:48:10	F	29	OF
43	44	Rattenberry	Peter		0:48:16	M	37	OM
44	12	Cull	Barrie	Pembs Harriers	0:48:23	M	62	M50
45	19	Walker	Helen	Ingli Runners	0:48:40	F	54	F45
46	40	Smith	Robert	Pembs Harriers	0:48:51	M	49	M40
47	35	Phillips	Steve	Dartford Road Runners	0:49:26	M	49	M40
48	13	James	Clive	Midland Masters AC	0:49:49	M	63	M50
49	4	Sherwood	Roland	None	0:50:11	M	64	M50
50	53	Munn	Karen	Pembs Tri Club	0:50:18	F	51	F45
51	69	Vines	Mark	Pembs Harriers	0:50:38	M	38	OM
52	25	Gwyn	Lee		0:50:46	M	26	OM
53	22	Davies	Caryl	Sarn Helen	0:51:15	F	22	OF
54	27	Williams	Lee		0:51:20	M	43	M40
55	10	Rowell	Ann	TROTS	0:52:06	F	54	F45
56	66	Brown	Val	Pembs Tri Club	0:52:08	F	44	F35
57	18	Mesher	Alison	Pode Athletic Club	0:52:23	F	44	F35
58	51	Wickes	Don	Pembs Harriers	0:53:12	M	43	M40
59	29	Light	Andy		0:54:00	M	48	M40

60	8	Thomas	Daniel	Pembs Harriers	0:55:29	M	16	OM
61	57	Jones	Jan	Sarn Helen	0:57:40	F	44	F35
62	33	Warner	Mike		0:59:23	M	65	M50
63	7	Thomas	Michael		1:02:20	M	15	OM
64	5	Bell	Jan	Pembs Harriers	1:03:11	F	64	F45
65	3	Howell	Michael		1:05:02	M	47	M50
66	36	Jones	Bryony	Pembs Harriers	1:08:19	F	29	OF
67	34	Jones	Wendy	Pembs Harriers	1:08:23	F	48	F45
68	6	Watts	Allen	Sarn Helen	1:27:11	M	81	M50