

# *PEMBROKESHIRE*

## *HARRIERS*

### *JAN YOUNGER MEMORIAL*

#### *10KM 2009*



Pos	No	First	Name	Club	Time	Cat	Age
1	72	LEE	LADD	CARMARTHEN HARRIERS	00:34:53	OM	20
2	7	MICHAEL	KALLENBERG	CARMARTHEN HARRIERS	00:34:55	OM	18
3	54	GLYN	PRICE	SARN HELEN	00:35:31	M40	42
4	8	RICHARD	MULLVAWI	ABINGDON AMBLERS	00:37:51	OM	33
5	5	GARETH	ELLIOTT	PEMBS HARRIERS	00:38:21	OM	26
6	23	STEPHEN	THOMAS	NONE	00:39:08	M40	47
7	55	RICHARD	MARKS	SARN HELEN	00:39:15	M50	59
8	24	ROGER	COOMBS	TROTS	00:39:38	M40	43
9	39	MARK	DUNSCOMBE	SARN HELEN	00:40:01	M40	47
10	6	MICHAEL	HALSALL	LLANELLI AAC	00:40:28	OM	35
11	9	OLIVER	BOOTH	NONE	00:41:09	OM	28
12	61	ALEC	WILLIAMS	INGLI RUNNERS	00:41:27	M40	42
13	43	ANDREW	DAWE	PEMBS HARRIERS	00:41:28	M40	42
14	64	BARRIE	GRIFFITHS	PEMBS HARRIERS	00:41:38	M40	45
15	30	MARTIN	DAVIES	TROTS	00:42:05	OM	27
16	80	CARWYN	THOMAS	SARN HELEN	00:42:05	OM	21
17	51	MARK	TERRY	TROTS	00:42:18	M50	51
18	35	DAVID	ROBERTS	PEMBS HARRIERS	00:42:35	OM	39

19	75	DARREN	EVANS	PEMBS TRI CLUB	00:42:36	OM	25
20	60	RICHARD	GRAHAM	NONE	00:42:54	OM	37
21	34	KEV	JOYCE	PEMBS HARRIERS	00:43:04	M40	43
22	73	ELLIE	JONES	PEMBS TRI CLUB	00:43:13	OF	28
23	50	JASON	WILKINS	CARDIGAN RC	00:43:15	OM	39
24	36	ANA	LYNCH	PEMBS HARRIERS	00:43:16	F35	36
25	40	KIRSTY	MURRAY	TROTS	00:43:23	F35	36
26	44	PAUL	EDWARDS	PEMBS HARRIERS	00:43:42	M40	49
27	37	DAVID	LANGFORD	NONE	00:44:51	M40	49
28	27	HELEN	THOMAS	PEMBS HARRIERS	00:44:56	OF	28
29	11	CHRIS	SEXTON	INGLI RUNNERS	00:45:14	M40	45
30	10	LINDY	EYNON	TROTS	00:45:36	F45	48
31	19	STEVEN	THOMAS	PEMBS HARRIERS	00:45:51	OM	16
32	63	PAUL	PADGET	INGLI RUNNERS	00:46:36	M50	53
33	79	LYN	REES	SARN HELEN	00:46:48	M50	59
34	78	MARTIN	LOW	NONE	00:47:01	M50	61
35	77	IAN	COOPER	PEMBS TRI CLUB	00:47:08	OM	24
36	48	LEE	WILLIAMS	CARDIGAN RC	00:47:17	M40	42
37	17	SCOTT	BUTCHER	NONE	00:47:18	OM	20
38	14	DAVE	LUMSDEN	NONE	00:47:47	OM	34
39	56	JILL	WILLCOX	INGLI RUNNERS	00:47:51	F35	37
40	46	DEWI	WEST	3M'S GORSEINON	00:47:53	M40	46
41	70	PETER	CLARKE	NONE	00:47:56	M40	41
42	1	HELEN	WALKER	INGLI RUNNERS	00:47:57	F45	53
43	47	MARK	BENNEWITH	3M'S GORSEINON	00:48:05	OM	39
44	74	ANDREW	RAVENS CROFT	NONE	00:48:12	M40	43
45	25	DEAN	BROWN	NONE	00:48:34	OM	38
46	15	CHRIS	DAVIES	NONE	00:48:39	OM	21
47	49	JANE	WILKINS	CARDIGAN RC	00:48:45	F45	46
48	62	CLARE	WILLIAMS	INGLI RUNNERS	00:48:47	F35	42
49	13	CLIVE	JAMES	MIDLAND MASTERS AC	00:49:03	M50	62
50	22	NORMAN	EDWARDS	PEMBS HARRIERS	00:49:09	M50	55
51	32	SALLY	WILSON	INGLI RUNNERS	00:49:10	OF	33
52	28	SIMON	REYNOLDS	NONE	00:49:25	M40	47
53	18	DAVE	THOMAS	PEMBS HARRIERS	00:49:32	OM	37
54	26	BARRIE	CULL	PEMBS HARRIERS	00:49:58	M50	61
55	29	ELEN	JONES	PEMBS HARRIERS	00:50:35	OF	26
56	16	ASH	HOWELLS	NONE	00:51:00	OM	22
57	67	NINA	BROCKLEBANK	3M'S GORSEINON	00:51:31	F35	43
58	69	CARYL	DAVIES	SARN HELEN	00:52:10	OF	21
59	68	KATHRYN	JOHN	3M'S GORSEINON	00:52:21	F35	43
60	31	LOIS	REED	NONE	00:52:24	OF	28
61	21	TERRY	GOVER	PEMBS TRI CLUB	00:52:26	M50	61
62	41	ANNA	WILLIAMS	NONE	00:53:40	F35	35
63	42	ANDREW	WILLIAMS	NONE	00:53:40	OM	36
64	71	JAMES	SHUTTLEWORTH	NONE	00:54:22	OM	18
65	57	JILL	COLMAN	PEMBS HARRIERS	00:54:42	F35	44
66	33	MARK	SMITH	NONE	00:54:50	M40	41
67	66	LYNNE	PARRY	3M'S GORSEINON	00:55:31	OF	33
68	65	REBECCA	EVANS	PEMBS HARRIERS	00:55:44	OF	32
69	12	TASHA	SEXTON	INGLI RUNNERS	00:55:44	F35	35

70	59	RAYMOND	GREENWOOD	NONE	00:56:49	M50	52
71	45	MICK	WARNER	TRAIL RUNNERS ASS	00:57:13	M50	64
72	53	IAN	CHALMERS	NONE	00:57:37	M40	43
73	52	PATRICIA	CHALMERS	NONE	00:59:01	F35	38
74	76	LEANNE	WILLIAMS	NONE	00:59:01	OF	24
75	2	ALISON	MANNION	NONE	01:01:30	F35	43
76	3	JIM	BUCK	PEMBS TRI	01:01:31	M40	43
77	20	DANIEL	THOMAS	NONE	01:01:41	OM	15
78	58	JOHN	BOWDEN	PEMBS HARRIERS	01:01:59	M50	54
79	38	BRYONY	JONES	PEMBS HARRIERS	01:11:33	OF	28
80	4	ALAN	WATTS	SARN HELEN	01:28:47	M50	80