

PEMBROKESHIRE

HARRIERS

NEYLAND MULTI TERRAIN

10KM 2008

Pos	No	First	Name	Club	Time	Cat	Age
1	137	MICHAEL	KALLENBERG	INGLI RUNNERS	00:36:05	OM	17
2	116	ALAN	DAVIES	NONE	00:36:19	M50	55
3	169	GLYN	PRICE	SARN HELEN	00:36:44	M40	41
4	140	LES	HEWITSON	INGLI RUNNERS	00:37:30	M40	44
5	164	BARRIE	GRIFFITHS	PEMBS HARRIERS	00:37:42	M40	44
6	186	PAUL	BOWEN	SOSPAN RR	00:38:38	OM	36
7	158	MERVYN	WILLIAMS	PEMBS TRI	00:38:49	M40	41
8	102	GARETH	ELLIOTT	PEMBS HARRIERS	00:39:10	OM	25
9	171	CARWYN	THOMAS	SARN HELEN	00:39:21	OM	
10	110	S	THOMAS	NONE	00:39:25	M40	46
11	129	MARK	DUNSCOMBE	SARN HELEN	00:40:26	M40	46
12	113	CLIFFORD	EVANS	ABERYSTWYTH UNI	00:41:24	M40	49
13	145	OLIVER	BOOTH	NONE	00:41:43	OM	27
14	111	ROB	WILLIAMS	INGLI RUNNERS	00:41:52	M40	42
15	123	MARK	TERRY	TROTS	00:41:59	M50	50
16	138	SHAN	ROBERTS	INGLI RUNNERS	00:42:15	F35	40
17	139	LYNN	GREEN	INGLI RUNNERS	00:42:54	F50	
18	159	PAUL	OUGHTON	NONE	00:43:01	M40	47
19	181	MARY	BOWEN REES	TROTS	00:43:14	F35	45
20	127	M	LAWRENCE	PEMBS HARRIERS	00:43:28	M50	51
21	118	TASHA	SEXTON	INGLI RUNNERS	00:43:35	OF	34
22	128	RODGER	COOMBES	TROTS	00:43:49	M40	42
23	168	HUW	PRICE	SARN HELEN	00:43:57	M40	45
24	160	ANDREW	DAWE	PEMBS HARRIERS	00:44:18	M40	41
25	184	ELLIE	JONES	PEMBS TRI	00:44:23	OF	27
26	167	DAVE	GRIFFITHS	TROTS	00:44:26	M40	45
27	157	ALEC	WILLIAMS	NONE	00:44:28	M40	41
28	126	PAUL	CHARLES	PEGASUS RC	00:45:01	M40	49
29	141	DAVID	ROBERTS	INGLI RUNNERS	00:45:03	OM	38
30	108	KIRSTY	MURRAY	NONE	00:45:29	F35	35
31	143	BRIAN	CONERITY	PEMBS TRI	00:45:40	M40	40
32	166	JOHN	REES	NONE	00:45:54	M40	43
33	163	KAT	DRIVER	PEMBS HARRIERS	00:46:14	OF	31

34	151 RAY	MAJER	SOSPAN RR	00:46:52	M50	59
35	125 ANGELA	PAYNE	INGLI RUNNERS	00:46:59	F35	35
36	103 KEV	JOYCE	NONE	00:47:00	M40	42
37	162 PAUL	PADGET	INGLI RUNNERS	00:47:08	M50	53
38	120 CHRIS	BIRCH	TROTS	00:47:21	M40	49
39	176 IAN	MERRICK	NONE	00:47:35	OM	30
40	107 BRIAN	RUSSELL	CARDIGAN RC	00:47:35	M40	49
41	148 PENNY	REES	TROTS	00:47:42	OF	34
42	153 MANDY	PEACE	SOSPAN RR	00:47:48	F35	43
43	191 LYN	REES	SARN HELEN	00:48:24	M50	58
44	178 RICHARD	GRAHAM	NONE	00:48:39	OM	37
45	147 TERRY	GOVER	PEMBS TRI	00:48:41	M50	60
46	133 HELEN	WALKER	INGLI RUNNERS	00:48:55	F50	52
47	154 GILLIAN	PHILLIPS	SOSPAN RR	00:48:57	F35	49
48	187 MARTIN	LOW	NONE	00:49:21	M50	60
49	177 BETHAN	OUSELEY	INGLI RUNNERS	00:49:38	OF	31
50	105 ROLAND	SHERWOOD	AMMAN VALLEY HARRIERS	00:49:55	M50	62
51	183 P	WIGHT	NONE	00:50:06	M40	48
52	185 ANDREW	WILLIAMS	NONE	00:50:23	OM	35
53	135 SIMON	REYNOLDS	NONE	00:50:35	M40	46
54	121 ERIC	EVANS	NONE	00:50:45	M50	60
55	146 CLIVE	LAY	NONE	00:50:47	M50	51
56	144 BOB	SMITH	NONE	00:51:00	M40	47
57	106 EDDIE	BATEMAN	PEMBS HARRIERS	00:51:24	M50	51
58	155 DAVID	HATTO	SOSPAN RR	00:51:55	M40	47
59	119 CHRIS	SEXTON	INGLI RUNNERS	00:52:07	M40	44
60	132 PETER	WALKER	INGLI RUNNERS	00:52:53	M50	52
61	101 HELEN	THOMAS	PEMBS HARRIERS	00:53:33	OF	27
62	117 MICHAEL	BAILEY	PEMBS HARRIERS	00:53:53	M40	40
63	124 STEPHANIE	CODD	INGLI RUNNERS	00:54:06	OF	32
64	142 TERESA	SHANKLIN	NONE	00:54:08	F35	44
65	188 PAUL	KEARNS	NONE	00:54:38	OM	37
66	134 TERRI	HARRISON	NONE	00:54:44	OF	34
67	161 MIKE	HODGES	TROTS	00:55:09	M50	55
68	180 ELSPETH	THOMPSON	NONE	00:56:08	F35	43
69	179 JIM	BUCK	PEMBS TRI	00:56:09	M40	42
70	175 CARYL	DAVIES	SARN HELEN	00:56:27	OF	20
71	131 JANE	WILKINS	CARDIGAN RC	00:56:28	F35	45
72	122 ANDREA	WHITFIELD	NONE	00:57:05	F35	42
73	170 DAVE	HANCOCK	NONE	00:57:12	M40	42
74	173 GLENN	WHITE	NONE	00:57:12	OM	38
75	174 STEVE	TOWNLEY	NONE	00:57:12	M40	42
76	112 ALAN	WILLIAMS	INGLI RUNNERS	00:57:38	OM	38
77	150 FIONA	GWYTHYR	PEMBS HARRIERS	00:57:49	F35	41
78	115 PAULINE	CHARLETT	PEMBS HARRIERS	00:58:07	F50	46
79	182 ANDY	LIGHT	NONE	00:59:14	M40	46
80	156 MATT	BASSETT	NONE	00:59:47	OM	32
81	152 RAYMOND	GREENWOOD	NONE	01:00:26	M50	51
82	165 MICK	WARNER	NONE	01:01:12	M50	63
83	136 JOHN	BOWDEN	PEMBS HARRIERS	01:02:01	M50	53
84	109 PATRICK	GROVES	NONE	01:02:33	M50	57

85	189	DAVE	PHELPS	NONE	01:04:24	M40	42
86	114	JAN	BELL	PEMBS HARRIERS	01:06:12	F50	62
87	149	SANDRA	BURNETT	NONE	01:08:25	F35	46
88	100	MELONIE	GALVIN	NONE	01:11:06	F35	40
89	104	ALLEN	WATTS	SARN HELEN	01:22:00	M50	79
90	172	CATH	HANCOCK	NONE	01:29:46	OF	16
91	190	JESS	MILLWARD	NONE	01:29:48	OF	16
9999	130	JASON	WILKINS	CARDIGAN RC		OM	38