

TROT's

St Clears 10km 2011

Pos	Time	Family	First	Num	Gen	Age	Cat	Club	K/
1	0:36:43	Lewis	Geraint	10	M	34	OM	Porthcawl Runners	
2	0:37:05	Shepherd	Mark	67	M	40	M40	Team Kennet	
3	0:37:17	Jones	David	4	M	35	OM	Poole Runners	
4	0:37:27	Morris	John	43	M	30	OM	Amman Valley Harriers	
5	0:38:11	Thomas	Carwyn	93	M	25	OM	Sarn Helen	
6	0:38:21	Griffiths	Tim	58	M	31	OM	Pembrokeshire Harriers	
7	0:38:30	Morris	Lee	16	M	30	OM	Gorseinon 3ms	
8	0:38:50	Griffiths	Kevin	86	M	47	M40	TROT's	
9	0:38:51	Reismann	Raul	23	M	38	OM	LC Cobras	
10	0:38:56	Simpson	Richard	69	M	38	OM	Pembrokeshire Harriers	
11	0:39:41	Lloyd	Llewelyn	44	M	19	OM	Sarn Helen	
12	0:40:06	Elliott	Gareth	68	M	29	OM	Pembrokeshire Harriers	
13	0:40:56	O'Neill	David	45	M	41	M40	Pembrokeshire Harriers	
14	0:41:03	Roberts	Shan	60	F	44	F35		
15	0:41:10	Rees	Eric	85	M	39	OM	Sarn Helen	
16	0:41:12	Lewis	Chris	46	M	30	OM		
17	0:41:13	Evans	Alun	78	M	46	M40		
18	0:41:15	Owen	Barry	51	M	36	OM	Emlyn Runners	
19	0:41:29	Smith	Simon	76	M	28	OM		
20	0:41:33	Morris	Stephen	41	M	45	M40		
21	0:41:54	Crumplin	Adam	88	M	32	OM		
22	0:42:22	Hall	Simon	27	M	31	OM	Sarn Helen	
23	0:42:37	Thomas	Stephen	19	M	50	M50		
24	0:42:38	Watson	Melissa	13	F	46	F45	TROT's	
25	0:42:42	John	Tim	66	M	38	OM	TROT's	
26	0:43:08	Hall	Tony	28	M	56	M50	Sarn Helen	
27	0:43:12	Bowen	Chris	73	M	29	OM		
28	0:43:19	Murray	Kirsty	62	F	38	F35	TROT's	
29	0:43:39	Davey	Gareth	49	M	35	OM	Llanelli AC	
30	0:43:45	Phillips	Richard	14	M	35	OM	TROT's	
31	0:43:48	Langford	David	54	M	52	M50	Pembrokeshire Tri	
32	0:44:03	Sinnett	John	83	M	54	M50	Pembrokeshire Harriers	
33	0:44:23	Davies	Martin	94	M	29	OM	TROT's	
34	0:44:33	Brown	Steve	37	M	48	M40	Pembrokeshire Harriers	
35	0:44:40	Lewis	Alex	47	M	31	OM		
36	0:44:45	Bowen-Rees	Mary	71	F	49	F45	TROT's	

37	0:44:50	Griffiths	Dave	77 M	48 M40	TROT's	
38	0:45:19	Price	Martin	75 M	26 OM		
39	0:46:15	Jones	Dylan	59 M	28 OM		
40	0:46:26	Jones	Steffan	33 M	21 OM	Sarn Helen	
41	0:46:26	Worth	Laurence	72 M	48 M40	Pembrokeshire Harriers	
42	0:46:49	Jones	Caroline	79 F	51 F45	TROT's	
43	0:46:50	Eynon	Lindy	12 F	50 F45	TROT's	
44	0:46:55	Hawkins	David	39 M	30 OM		
45	0:47:10	Ouseley	Bethan	63 F	34 OF	Ingli Runner	
46	0:47:20	Jenkins	Ceiron	36 M	21 OM	Sarn Helen	
47	0:47:31	Evans	Nigel	65 M	41 M40	TROT's	
48	0:47:46	Bleasdale	Catharine	57 F	42 F35	TROT's	
49	0:48:04	Dunscombe	Andrew	24 M	46 M40	Pontypridd Roadents	
50	0:48:07	Ranger	Liz	38 F	32 OF		
51	0:48:08	Smith	Robert	32 M	50 M50	Pembrokeshire Harriers	
52	0:48:24	Scourfield	Kate	21 F	25 OF	Pembrokeshire Harriers	
53	0:48:56	Smith	Paul	26 M	23 OM	LC Cobras	
54	0:49:13	Job	Stephen	56 M	44 M40		
55	0:49:13	Jones	Hannah	55 F	31 OF		
56	0:49:18	Birch	Chris	11 M	52 M50	TROT's	
57	0:49:27	Wing	Patrick	53 M	59 M50	Pembrokeshire Harriers	
58	0:49:30	Brace	Gerald	20 M	41 M40		
59	0:49:31	Beynon	Jonathan	22 M	37 OM	LC Cobras	
60	0:49:35	Showell	Justin	42 M	41 M40	Purple Patch Runners	
61	0:50:45	Jenkins	Kevin	74 M	49 M40		
62	0:50:50	Williams	Helen	90 F	50 F45	TROT's	
63	0:51:46	Powell	Keith	82 M	55 M50	TROT's	
64	0:51:52	Halsall	Michael	40 M	38 OM	Llanelli AC	
65	0:52:44	Rowell	Ann	48 F	56 F55	TROT's	
66	0:53:06	Male	Les	6 M	43 M40		
67	0:53:28	Sutton	Karl	89 M	42 M40	Pembrokeshire Tri	
68	0:53:58	Orford	Nathan	9 M	38 OM		
69	0:54:56	Ralfs	Ian	34 M	64 M60		
70	0:56:00	Boyett	Vanessa	87 F	36 F35	TROT's	
71	0:56:11	Austin	Hannah	30 F	15 OF	Pembrokeshire Harriers	
72	0:56:11	Dyde	Martin	31 M	53 M50	Pembrokeshire Harriers	
73	0:56:27	Holley	Corina	7 F	45 F45		
74	0:56:43	Walters	Cyril	80 M	63 M60	TROT's	
75	0:56:59	Russell	Andrew	15 M	40 M40	TROT's	
76	0:57:22	Griffiths	Alison	29 F	42 F35	Pembrokeshire Harriers	
77	0:57:45	Brabrook	Andrea	64 F	39 F35	TROT's	
78	0:57:45	Foley	Karen	61 F	34 OF		
79	0:57:48	Orford	Kimberley	8 F	34 OF		
80	0:57:57	Leighton-Jones	Nigel	91 M	57 M50	Llanelli Strollers	

81	0:58:24	Turner	Eleanor	2 F	27 OF		
82	0:59:24	Roberts	Tom	1 M	25 OM		
83	0:58:51	Thomas	Claire	70 F	29 OF	TROT's	
84	0:59:15	Phillips	David	50 M	67 M60	Pembrokeshire Harriers	
85	0:59:39	Jones	Matthew	25 M	34 OM	LC Cobras	
86	1:00:36	Bowen	Marc	92 M	19 OM		
87	1:00:55	Cole	Tim	35 M	41 M40		
88	1:04:06	Richardson	Keith	52 M	67 M60		
89	1:10:44	Powell	Margaret	81 F	53 F45		
90	1:21:36	Watts	Allen	17 M	82 M60	Sarn Helen	