

# Tenby 10K Race Results

First name	Last name	Team name	Finish time	Overall position
Gareth	Ayres	Port Talbot	00:34:48	1
James	Hockin	Celtic Tri	00:35:04	2
Robert	Dyde	Pembrokshire Harriers	00:35:46	3
Dean	Johnston	Neath Harriers	00:35:54	4
Daryl	John	TROT	00:35:57	5
John	Pullen	Wye Valley Runners	00:36:09	6
Alan	Davies		00:36:17	7
Mike	Evans	TROT	00:36:44	8
Ian	Giles	Cheltenham Harriers	00:37:29	9
Gareth	Elliot	Pembrokshire Harriers	00:37:37	10
Raul	Reisnman	Swansea Harriers	00:37:37	11
James	Ocallaghan	Swansea Harriers	00:37:58	12
Timothy	Griffiths	Pembrokshire Harriers	00:38:15	13
David	McNabe	Trawden AC	00:39:11	14
Raydian	Reston		00:39:31	15
Lance	Creese		00:39:41	16
Robert	Davis	RNLI Runners	00:39:48	17
Sian	Roberts	TROT	00:39:51	18
Glynn	Sawsom	San Domenico	00:40:02	19
Emil	Chwister		00:40:19	20
Benjamin	Griffiths		00:40:23	21
Tomos	Williams		00:40:23	22
Gareth	Davey	Neath Harriers	00:40:27	23
Neil	Davies	Cornelly Striders	00:40:33	24
Carole	Parsons		00:40:39	25
Luke	Saxton		00:40:52	26
Gabriella	Maine	Porthcawl Runners	00:40:55	27
Nicholas	Jenkins		00:41:03	28
Alun	Evans		00:41:05	29
David	Blackwell		00:41:06	30
Stephen	Thomas		00:41:09	31
Keith	Powell	Cornelly Striders	00:41:16	32
Neil	Morgan		00:41:19	33
Gareth	Evans		00:41:21	34
Wayne	Lloyd		00:41:28	35
Gafin	Griffiths	Les Croupiers	00:41:31	36
Paul	Smith	LC Cobras	00:41:37	37
Paul	Hulland		00:41:38	38
Thomas	Richards		00:41:41	39
Hywel	Robarts		00:41:43	40
Hamish	Dickie		00:41:48	41
Mark	Whitby	Pembrokshire Harriers	00:41:50	42
Kevin	Pugh		00:42:16	43
Rachel	Haggar		00:42:18	44

Dylan	Jones	Magstim	00:42:29	45
Steven	Jones		00:42:31	46
Debbie	Phillip	Pembrokshire Harriers	00:42:31	47
Robert	Silcox		00:42:32	48
Hywel	Bevan		00:42:35	49
Emma	Lynch	Brackla Harriers	00:42:46	50
Gordan	Brough		00:42:55	51
Nathan	James		00:42:58	52
Justin	Lloyd		00:43:00	53
Keith	Brody	Marshall Milton Keynes	00:43:04	54
Adrian	Taylor	Park Bryn Bach	00:43:18	55
Paultinner	Morris		00:43:21	56
Wayne	Frewen	Brackla Harriers	00:43:23	57
Rowena	Melbourne	Instinctive Sports	00:43:26	58
Will	Hussey		00:43:27	59
Iwan	Bowen Rees		00:43:35	60
Paul	Webb		00:43:37	61
Rhys	Thomas	Team Edis	00:43:37	62
Darren	Evans	-	00:43:45	63
Aled	Jones Davies		00:43:51	64
Luke	Burton		00:43:54	65
Darren	Stevens		00:43:55	66
David	Chrystie-Lowe		00:43:59	67
Michael	Lawrence	Pembrokshire Harriers	00:43:59	68
Dewi	West	3M Gorseinon Road Runners	00:44:00	69
Neil	Spencer	Ciacs	00:44:02	70
Helen	Jones		00:44:06	71
Nicholas	North	Cardigan RC	00:44:12	72
Richard	Reed	Trevayne	00:44:14	73
Michael	Cope		00:44:27	74
Tony	Jones		00:44:29	75
Ian	Robinson	Swansea Harriers	00:44:32	76
Lois	Reed		00:44:33	77
Adam	Cooke		00:44:41	78
Rod	Smith		00:44:45	79
Cahrlotte	Johns	Brackla Harriers	00:44:47	80
Richard	Baker		00:44:51	81
Simon	Colqumoun		00:44:54	82
Ruben	Lightfoot		00:44:55	83
Allan	Court	Eastleigh RC	00:44:55	84
James	O'connell	Team Edis	00:44:57	85
Simon	Stanford	Tenby Leisure Centre	00:45:03	86
John	Tillson		00:45:09	87
Steve	Brown	Pembrokshire Harriers	00:45:11	88
Kris	Denholm	Brackla Harriers	00:45:12	89
Gerald	Brace	The South Beach Bootcampers	00:45:21	90
Ian	David		00:45:21	91

Michael	Bryant	Highworth RC	00:45:29	92
Tom	Bryant	TROT	00:45:45	93
Phillip	John	Team Edis	00:45:56	94
Judith	Oakley	Port Talbot	00:46:01	95
Stephen	Owen	Les Croupiers	00:46:03	96
Chris	Booth	Derby AC	00:46:04	97
Joseph	Booth	Derby AC	00:46:05	98
Cyril	Waters	TROT	00:46:08	99
Adam	Murphy	Murco	00:46:09	100
Jonathan	Beynon	LC Cobras	00:46:16	101
Eric	Davey	Llanelli AC	00:46:22	102
Nicola	Thomas	Porthcawl Runners	00:46:23	103
Hannah	Austin	Pembrokshire Harriers	00:46:31	104
Will	Allan		00:46:42	105
Josh	Tulino		00:46:45	106
Tammy	Raznick	Brackla Harriers	00:46:47	107
Mark	Vines	Pembrokshire Harriers	00:46:55	108
Sam	Richards		00:47:04	109
Robert	Ford	pontypridd roadents	00:47:05	110
Rebekah	James		00:47:06	111
Martyn	Davies		00:47:09	112
Daneil	Moss		00:47:16	113
Ceri	Knapgate	RNLI Runners	00:47:25	114
Ricahrd	Graham		00:47:25	115
Venessa	Hawkins	Bitton Roadrunner	00:47:36	116
Matthew	Broadhurst	Team Edis	00:47:36	117
Nathan	Orford		00:47:38	118
Kevin	Jenkins		00:47:46	119
Alex	Ford	Brackla Harriers	00:47:54	120
Paul	Hambly	Port Talbot	00:47:59	121
Terry	Mclean		00:48:02	122
Gareth	Jones	Tenby Aces	00:48:02	123
Tom	Page		00:48:07	124
John	Bourke		00:48:11	125
Roger	Caygill		00:48:24	126
David	Needham	Pennistone Footpath Runners AC	00:48:26	127
Peter	McArdle		00:48:30	128
Tom	Dennis		00:48:30	129
Graham	Morgan		00:48:35	130
Phillip	Hawkins		00:48:44	131
Robert	James	Team Edis	00:48:48	132
Uku	Kumari	Swansea Harriers	00:48:49	133
Ben	Jones		00:48:52	134
Karl	Lewis		00:48:54	135
Robert	Oliver	Tylerstown RC	00:49:01	136
Richard	Springett		00:49:07	137
Jon	Phillips	Pembrokshire Harriers	00:49:08	138
Rosie	Thomas		00:49:16	139
Alaistair	Thomson		00:49:16	140

Jim	Holland		00:49:20	141
Tony	Burt	Brackla Harriers	00:49:20	142
Andrea	Strarrit	Brackla Harriers	00:49:24	143
Ellen	Lougher	Brackla Harriers	00:49:24	144
Raymond	James	Port Talbot	00:49:31	145
Rosa	Chrystie-Lowe	Stockport Harriers	00:49:32	146
Craig	Hurst		00:49:32	147
Yvonne	Brown	Port Talbot	00:49:36	148
Phil	Davies		00:49:36	149
Pete	Jones		00:49:41	150
Peter	Clarke		00:49:45	151
Gareth	Watkins		00:49:48	152
Michael	Elliston		00:49:55	153
Iwan	Jones		00:50:00	154
Mike	Rees		00:50:02	155
Jason	Cole		00:50:02	156
Jane	Butler		00:50:11	157
Gareth	Nicholas		00:50:12	158
Lowri	Evans	Islwyn	00:50:12	159
Richard	Callaghan		00:50:12	160
Jason	Bridges		00:50:17	161
Daniel	White		00:50:27	162
Mandy	Bevan		00:50:32	163
Richard	Pearson	Brackla Harriers	00:50:34	164
Robert	Harris		00:50:38	165
Pauline	Evans		00:50:39	166
Romans	Maine	Porthcawl Runners	00:50:43	167
David	Field		00:50:45	168
Kyle	Wheeler		00:50:46	169
Kate	Giles	Almost Athletes	00:50:59	170
Steve	Bateman		00:51:10	171
Ian	Evans		00:51:11	172
Ignatius	Naude		00:51:13	173
Morgan	Slate		00:51:16	174
Harry	Wood		00:51:18	175
Page	Rowland		00:51:20	176
Ceri Anne	Rees		00:51:21	177
Gordon	Stafford		00:51:23	178
Maxwell	Randles		00:51:26	179
Gareth	Davies		00:51:30	180
Garry	Jones	Port Talbot	00:51:33	181
Edward	Bateman	Pembrokeshire Harriers	00:51:35	182
Debbie	Shiple		00:51:38	183
Andre	Wiggins		00:51:38	184
Pamela	Asson		00:51:40	185
Emma	Parsons		00:51:41	186
Ian	Stratton	Brackla Harriers	00:51:42	187
Graham	Slate		00:51:48	188
Daniel	Smethurst		00:51:51	189

Tom	Osborne	Murco	00:51:52	190
Patrica	Jones	Brackla Harriers	00:51:58	191
Matthew	Barker		00:52:06	192
Michelle	Townsend		00:52:08	193
Janice	Wand	Bexley AC	00:52:13	194
Mario	Jaramillo		00:52:15	195
Gavin	Rees		00:52:28	196
Luke	Baines		00:52:32	197
Steven	Robeys		00:52:32	198
Hetin	Thomas		00:52:50	199
	Lloyld			
Kristopher	Hilley		00:52:59	200
Alison	Booth	Derby AC	00:53:06	201
Anna	Bolton		00:53:22	202
Leah	Larkin		00:53:27	203
Sue	Lee		00:53:29	204
Elaine	Brace	Tesco	00:53:30	205
Sarah	Mcartney		00:53:30	206
Shane	Lewis		00:53:31	207
Jim	Bromhead	Trevayne	00:53:31	208
Pete	Kemp	RNLI Runners	00:53:32	209
Judith	Stevenson		00:53:37	210
Jon	Mills		00:53:39	211
Phil	White		00:53:48	212
Amber	Rich	Ambers Babes	00:53:53	213
Sandra	Thomas		00:54:02	214
Stephanie	Dempsey		00:54:02	215
Venessa	Boyett	TROT	00:54:04	216
Helen	Lutley		00:54:16	217
Antonia	Trueman		00:54:16	218
Claire	Badham		00:54:17	219
Dawn	Goulbourne		00:54:21	220
Robert	Harrhy		00:54:22	221
Catherine	Hather	Brackla Harriers	00:54:22	222
Aaran	Stephens	Celtic Tri	00:54:23	223
Martyn	Sayce		00:54:27	224
Claire	Stubbs	The South Beach Bootcampers	00:54:34	225
Steve	Stubbs		00:54:34	226
Andrew	Burgess		00:54:38	227
Nicky	Garrod		00:54:38	228
James	McGiveny		00:54:39	229
Peter	Marsh	Swinton RC	00:54:39	230
Louise	Kemp		00:54:40	231
Simon	Griffiths		00:54:49	232
Ben	Simmons		00:54:50	233
Jason	Rossiter	Team Edis	00:54:51	234
Paul	Carter	Wesham Road Runners	00:54:54	235
Jo	Mchugh		00:54:55	236
Emma	Frost	The South Beach	00:55:02	237

		Bootcampers		
Amy	Evans	The South Beach Bootcampers	00:55:04	238
Daniel	Edmonds		00:55:06	239
Hannah	Mchugh		00:55:20	240
Keith	Richardson		00:55:28	241
Adrienne	Mayers		00:55:43	242
Judith	Buckingham		00:55:49	243
Dominic	Masters		00:55:53	244
Kevin	Webb		00:55:54	245
Oliver	Brace		00:55:56	246
Gareth	Harris		00:55:57	247
Andy	Cockeram	Llaswery	00:55:59	248
Nick	Jackson	Lliswerry Newport	00:56:00	249
Michael	Oakley	Vegan Runners	00:56:03	250
Edward	Williams		00:56:21	251
James	Williams		00:56:22	252
Elizabeth	Tomlinson		00:56:31	253
Emma	Ball	Banbury Harriers	00:56:31	254
Christopher	Hinman		00:56:43	255
David	Feasey	Dulwic Runners AC	00:56:53	256
Cindy	Richards		00:57:08	257
Frank	Griffiths		00:57:12	258
Judith	Robrts		00:57:13	259
Charlotte	Davies		00:57:31	260
Karen	Haggerty	Pembrokshire Harriers	00:57:37	261
Tudoe	Evans		00:57:47	262
Brian	Slate		00:57:49	263
Lee	Simmons		00:58:03	264
Joost	Geerthman		00:58:06	265
Mirain	Jones		00:58:10	266
Jeff	Marsh		00:58:14	267
Michael	Evans		00:58:23	268
Nigel	Leighton- Jones	Llawelli Strollers	00:58:24	269
Sara	Anderson		00:58:26	270
Carly	McCreech	Celtic Tri	00:58:30	271
Keith	Harris	Mumbles Milers RRC	00:58:30	272
Adam	Taylor		00:58:33	273
Bernard	Newman		00:58:34	274
Ashley	Krelle		00:58:41	275
Corrine	Davies		00:58:45	276
Gareth	Noot		00:58:46	277
Martin	Woodfield		00:58:48	278
Matthew	Webb	Ambers Babes	00:58:48	279
Christopher	Burgess		00:58:56	280
Susan	Howell		00:58:58	281
Bennett	Diment	Pembrokshire Harriers	00:59:00	282
Jon	Reynolds		00:59:07	283
Rebecca	Lewis		00:59:09	284

Dan	Holtgen		00:59:13	285
Koophann	Ina		00:59:13	286
Catherine	Llewellyn		00:59:21	287
Paul	Hinman		00:59:32	288
Andrea	Drury		00:59:38	289
Jason	Ralph	Murco	00:59:44	290
Daneil	Young	Team Edis	00:59:59	291
Beverly	Llewellyn		01:00:07	292
Lorraine	Lloyd	The South Beach Bootcampers	01:00:08	293
Andrew	Aston	Team Edis	01:00:09	294
Shawnee	Bourner		01:00:15	295
Tim	Phillips	Murco	01:00:17	296
Sharon	Williams		01:00:46	297
Sian	Llewellyn		01:00:47	298
Jeanne	Eleteen		01:00:47	299
Marja	Cross		01:00:52	300
Rachel	Ruff		01:00:53	301
Colin	Gardner		01:01:00	302
Rachel	Youlten		01:01:09	303
Graham	Singer		01:01:11	304
Gareth	Hughes		01:01:13	305
Anna	Felton		01:01:30	306
Kate	Monnelly		01:01:35	307
Elaine	Evans		01:01:45	308
Corinna	Collins		01:01:47	309
Tony	Henebery	Mumbles Milers RRC	01:01:56	310
Jennifer	Beynon		01:02:14	311
Auson	Carrington		01:02:21	312
Ian	Farmer		01:02:23	313
Michael	Ivers		01:02:24	314
Diane	Lewis		01:02:31	315
Rhys	Davies	Murco	01:02:50	316
Christopher	Stanton		01:03:01	317
Georgia	Beresford		01:03:03	318
Lisa	Davies	The South Beach Bootcampers	01:03:04	319
Cindy	Coombes		01:03:14	320
Gerrard	McNabe	Trawden AC	01:03:19	321
Gareth	Davies	Murco	01:04:11	322
Kathleen	Foster		01:04:13	323
Sandra	Stevens		01:04:20	324
Sallie	West	3M Roadrunners	01:04:46	325
Joel	Williams		01:04:56	326
David	Morgan		01:05:21	327
Gareth	Knight		01:05:21	328
Peter	Lacy		01:05:22	329
Victoria	Jones		01:05:29	330
Kerrie	Moran	The South Beach Bootcampers	01:06:03	331

Donna	James		01:06:03	332
Dominique	Delpech		01:06:08	333
William	Campbell		01:06:35	334
Michael	James		01:06:36	335
Stephen	Evans		01:06:40	336
Olivia	Barker		01:07:08	337
Manon	Jones		01:07:13	338
Anna	Sine		01:07:33	339
Phillip	Sine		01:07:34	340
Anthony	Griffith		01:08:00	341
Samantha	Davies		01:08:01	342
Nicola	Chiffi		01:08:01	343
Pete	Davies		01:08:12	344
Sherice	Craig	Ambers Babes	01:08:29	345
Eiri	Thomas		01:08:49	346
Al-Lin	Kee	Les Croupiers	01:08:55	347
Sarah	Mani		01:09:01	348
Garry	Taylor	Mumbles Milers RRC	01:09:52	349
Fiona	Davies		01:10:30	350
Anthony	Howell		01:11:01	351
Stephanie	Howell		01:11:01	352
Laura	Beddis		01:12:09	353
Zane	Thorne		01:12:09	354
Sophie	Mansell		01:12:10	355
Christine	Larkin		01:12:11	356
Liz	Lloyd		01:12:20	357
Michelle	Evans		01:12:25	358
Louise	Pooley		01:12:27	359
Imogen	Appleby- Jones		01:12:54	360
Maureen	John	Ambers Babes	01:13:14	361
Victoria	Hayes	Tenby Leisure Centre	01:15:07	362
Debra	Sanderson	Tenby Leisure Centre	01:15:07	363
Janette	Thorne		01:15:08	364
Monica	Booth		01:15:43	365
George	Sansomi		01:16:01	366
Trevor	Ellis	Hartshead RC	01:17:16	367
Joanne	Morgan		01:17:32	368
Wayne	Hoskins	Islwyn RC	01:17:53	369
Hawys	Thomas		01:19:46	370
Alan	Watts	Sarn Helen	01:36:36	371
Sian	Griffith		01:37:24	372
Catherine	Jones		01:37:24	373