

# TROT's DAMBUSTER's

## Llys yr Fran 2016

Pos	Time	Family	First	Num	Gen	Age	Catg	Club
1	0:33:14	Tremlett	Jack	50	M	36	OM	TROT's
2	0:34:27	Latter	Alan	71	M	38	OM	Team Cemais
3	0:35:32	Osborne	Peter	25	M	55	M50	Llanelli AC
4	0:36:22	Evans	Heddwyn	4	M	36	OM	
5	0:37:33	Williams	Alec	77	M	49	M40	Pembrokeshire Harriers
6	0:38:42	White	Nathan	68	M	37	OM	Halden Trail Runners
7	0:39:06	Brazier	Lee	42	M	41	M40	NBCC
8	0:39:36	Byrne	David	18	M	31	OM	
9	0:39:53	Davies	Mike	84	M	47	M40	Sarn Helen
10	0:40:15	Beasley	Marc	30	M	29	OM	Rhedwyr Preseli
11	0:40:29	Hopkins	Ian	32	M	43	M40	3Ms Gorseinon RR
12	0:40:56	Terry	Mark	38	M	59	M50	TROT's
13	0:41:03	Jones	Hywel	61	M	54	M50	
14	0:41:21	Clash	Malcolm	78	M	62	M60	
15	0:41:28	Griffiths	Phillip	72	M	30	OM	
16	0:41:44	Orford	Nathan	1	M	43	M40	
17	0:41:49	Scurrall	Simon	58	M	35	OM	TROT's
18	0:41:58	Roberts	Lee	66	M	40	M40	
19	0:42:02	Johns	Trys	90	M	35	OM	Cardigan Running Club
20	0:42:09	Davies	Dafyd	74	M	35	OM	
21	0:42:27	Lewis	Tristram	34	M	37	OM	
22	0:42:35	Jones	Aled	5	M	39	OM	
23	0:42:54	Thomas	Howard	89	M	42	M40	Cardigan Running Club
24	0:43:10	Sheen	Dan	52	M	33	OM	Pembrokeshire Harriers
25	0:43:13	Camani	John	15	M	30	OM	TROT's
26	0:43:22	Glyn	Stephen	79	M	56	M50	Pembrokeshire Harriers
27	0:43:25	Bleasdale	Catharine	45	F	47	F45	TROT's
28	0:44:36	James	Sam	37	M	26	OM	Team Cemais
29	0:44:42	Marson	John	82	M	43	M40	Llanelli AC
30	0:44:46	Martin	Eliza	49	F	15	OF	Pembrokeshire Harriers
31	0:45:09	Emanuel	Andrew	14	M	54	M50	
32	0:45:12	Sibbald	Mark	80	M	46	M40	Pembrokeshire Harriers
33	0:45:20	Bowen	Chris	19	M	51	M50	
34	0:45:33	Gardner	John	13	M	75	M60	Pembrokeshire Harriers
35	0:45:56	Lighfoot	Ruben	3	M	31	OM	
36	0:46:12	Ridout	Mike	11	M	62	M60	Pembrokeshire Harriers

37	0:46:32	Nicholas	Sarah	75	F	33	OF	
38	0:46:33	Jones	Laurence	87	M	22	OM	
39	0:46:34	O'Meara	Claire	56	F	34	OF	
40	0:47:35	Terry	Michael	70	M	65	M60	TROT's
41	0:48:07	Williams	Helen	26	F	55	F55	TROT's
42	0:48:55	Smith	Robert	31	M	55	M50	Pembrokeshire Harriers
43	0:49:19	Davey	Eris	24	M	66	M60	Llanelli AC
44	0:49:34	Wright	Andrew	83	M	39	OM	
45	0:49:51	Whitfield	Rachael	39	F	44	F35	
46	0:50:12	James	Clive	51	M	69	M60	Veggie Runners
47	0:50:17	Huighes	Bryan	35	M	37	OM	
48	0:50:39	Lewis	Becky	40	F	41	F35	
49	0:50:52	Evans	Kimberley	59	F	33	OF	Pembrokeshire Harriers
50	0:51:40	Walthers	Cyril	47	M	68	M60	TROT's
51	0:51:54	Worth	Laurence	88	M	53	M50	Pembrokeshire Harriers
52	0:52:10	Davies	Tudor	41	M	49	M40	NBCC
53	0:52:16	Williams	Estelle	36	F	37	F35	
54	0:52:17	Gilmartin	Peter	2	M	54	M50	
55	0:52:46	Morgan	Phillip	7	M	61	M60	TROT's
56	0:53:04	Fowler	Mark	28	M	61	M60	
57	0:53:13	Morgan	Lon	54	F	58	F55	Emlyn Runners
58	0:53:29	Bateman	Edward	17	M	59	M50	Pembrokeshire Harriers
59	0:53:35	Evans	Rob	12	M	41	M40	
60	0:53:37	Raymond	Joanne	22	F	38	F35	Pembrokeshire Harriers
61	0:53:40	Culley	Paula	33	F	36	F35	Pembrokeshire Harriers
62	0:53:44	Tushingham Ford	Sarah Kay	86	F	34	OF	
63	0:53:54	Boorman	Louise	48	F	53	F45	Pembrokeshire Harriers
64	0:54:47	Boyett	Vanassa	16	F	41	F35	TROT's
65	0:55:33	White	Vanessa	57	F	40	F35	
66	0:57:04	Sharde	Nuala	64	F	47	F45	
67	0:57:05	Worrall	Tara	53	F	28	OF	Pembrokeshire Harriers
68	0:57:09	Hart	Abi	91	F	46	F35	
69	0:57:13	Lewis	Helen	29	F	49	F45	
70	0:57:18	Jones	Stephanie	6	F	38	F35	
71	0:57:46	Pullen	Tony	92	M	66	M60	
72	0:57:59	Mackintosh	Adrienne	20	F	35	F35	TROT's
73	0:58:07	Garner	Deb	76	F	54	F45	Pembrokeshire Harriers
74	0:58:38	Lutley	Helen	55	F	67	F55	Emlyn Runners
75	0:59:01	Gleeson	Keiran	46	M	39	OM	TROT's
76	0:59:22	Scarr	Louise	63	F	49	F45	
77	0:59:22	Lovidae	Steven	62	M	50	M50	
78	1:00:07	Davies	Elaine	65	F	51	F45	Pembrokeshire Harriers
79	1:00:12	Lewis	Eirwen	10	F	36	F35	
80	1:00:44	Rainbow	George	27	M	45	M40	

81	1:02:15	Rees	Chris	69	M	55	M50	Pembrokeshire Harriers
82	1:03:27	Miller	Sarah	67	F	54	F45	
83	1:03:28	Rogers	Toby	85	M	38	OM	Pembrokeshire Harriers
84	1:04:08		Dr Tracy	43	F	50	F45	
85	1:04:12	Terry	Alison	44	F	56	F55	TROTts
86	1:04:58	Davies	Yvonne	9	F	33	OF	
87	1:06:48	Halsall	Michael	23	M	43	M40	Llanelli AC
88	1:07:55	Thomas	Barbara	21	F	71	F55	Pembrokeshire Harriers
89	1:09:23	Barber	Julie	60	F	48	F45	
90	1:12:04	Smith	Nicola	81	F	42	F35	
91	1:37:27	Burrows	Jen	8	F	50	F45	