

# TROT's

## St Clears 10km 2016

Pos	Time	Family	First	Num	Gen	Age	Cat	Club
1	0:34:41	Millar	Jack	34	M	20	OM	Bristol and West AC
2	0:35:08	Simon	Oliver	26	M	36	OM	Tenby Aces
3	0:35:55	Collier	John	29	M	28	OM	West Coast Tri
4	0:36:11	Price	Sion	18	M	18	OM	Sarn Helen
5	0:38:46	Chambers	Chris	7	M	46	M40	Eastleigh AC
6	0:39:19	Reismann	Paul	51	M	43	M40	Swansea Harriers
7	0:41:27	Horson	Mark	20	M	38	OM	Cardigan Running Club
8	0:41:27	Fear	Martin	27	M	30	OM	Llanelli AC
9	0:41:41	Evans	Martin	64	M	54	M50	Team Cemais
10	0:42:01	Lewis	Wayne	16	M	41	M40	Amman Valley Harriers
11	0:43:28	Watters	Craig	32	M	49	M40	Midland Vets
12	0:43:44	Watters	Elizabeth	33	F	26	OF	Birchfield Harriers
13	0:44:04	Brace	Gerald	41	M	46	M40	Brace Fitness
14	0:45:14	Morris	Donna	44	F	33	OF	Builth & District RC
15	0:45:57	Venables	Nick	40	M	36	OM	Llanelli AC
16	0:46:00	Snelson	Dewi	43	M	36	OM	TROT's
17	0:46:06	Watts	Paul	24	M	54	M50	Llanelli AC
18	0:46:24	Bleasdale	Charlie	31	M	19	OM	
19	0:46:38	Russell	Andrew	2	M	45	M40	TROT's
20	0:47:18	Thomas	Howard	28	M	43	M40	Cardigan Running Club
21	0:47:20	Sibbald	Mark	57	M	46	M40	Pembrokeshire Harriers
22	0:47:31	Vaughan	Simon	46	M	43	M40	Gorseinon 3ms
23	0:48:20	Worth	Laurence	61	M	53	M50	Pembrokeshire Harriers
24	0:48:39	Emanuel	Andrew	9	M	54	M50	
25	0:48:47	Smith	Robert	21	M	55	M50	Pembrokeshire Harriers
26	0:48:51	Swift	Daniel	11	M	34	OM	
27	0:48:51	Jenkins	Kevin	48	M	54	M50	TROT's
28	0:48:58	Swift	Joe	12	M	36	OM	
29	0:49:04	Revell	Rebecca	10	F	49	F45	Emlyn Runners
30	0:49:44	Bowen	Chris	50	M	51	M50	
31	0:50:10	Hoskins	Philip	15	M	54	M50	
32	0:50:14	Sinnett	John	62	M	59	M50	Pembrokeshire Harriers
33	0:51:02	Rogers	Tomos	53	M	18	OM	
34	0:52:42	Treharne	Leah	19	F	29	OF	
35	0:52:58	Thomas	Andrew	45	M	51	M50	Gorseinon 3ms
36	0:53:04	Williams	Aled	8	M	33	OM	

37	0:53:12	Davey	Eric	56	M	66	M60	Llanelli AC
38	0:54:02	Griffiths	Dave	60	M	53	M50	Pembrokeshire Harriers
39	0:54:26	Phillips	Beth	30	F	26	OF	West Coast Tri
40	0:55:08	Watts	Nigel	23	M	59	M50	Llanelli AC
41	0:55:42	Walters	Cyril	13	M	68	M60	TROTts
42	0:56:18	James	Clive	22	M	69	M60	Veggie Runners
43	0:56:30	Evans	Eric	25	M	68	M60	
44	0:59:09	Brace	Katherine	49	F	36	F35	NBCC
45	0:59:16	Monday	Alan	42	M	69	M60	
46	0:59:39	Morgan	Bruce	55	M	61	M60	Llanelli AC
47	1:02:04	Evans	Catrin	1	F	21	OF	
48	1:02:36	Orford	Kimberley	3	F	39	F35	Howies
49	1:02:53	Jones Davies	Llinos	54	F	39	F35	
50	1:05:44	Donne	Richard	63	M	54	M50	Gorseinon 3ms
51	1:06:26	Jones	Natalie	58	F	25	OF	Llanelli Strollers
52	1:06:28	Davies	Yvonne	14	F	34	OF	TROTts
53	1:06:37	Leighton-Jones	Nigel	59	M	62	M60	Llanelli Strollers
54	1:09:43	Smith	Nicola	66	F	42	F35	
55	1:11:48	Richardson	Keith	47	M	72	M60	
56	1:13:26	Jones	Dylan	52	M	39	OM	
57	1:13:42	Gleeson	Kieran	37	M	39	OM	TROTts
58	1:13:42	Bessant	Mike	35	M	35	OM	
59	1:18:00	Groves	Peter	65	M	34	OM	
60	1:20:03	Bessant	Phil	36	M	57	M50	
61	1:20:05	Bessant	Owen	38	M	15	OM	
62	1:20:41	Phillips	David	17	M	72	M60	Pembrokeshire Harriers
63	1:49:05			39	F			