

PEMBROKESHIRE 10K, DALE, 28TH SEPTEMBER 2008 - RESULTS

Pos	No	First	Name	Club	Time	Cat
1	264	JAKE	WATSON	PEMBS TRI'S	00:37:41	OM
2	226	NEIL	MORGAN	NONE	00:38:58	OM
3	207	TIM	JAMES	INGLI RUNNERS	00:40:28	OM
4	232	STEVEN	OUSELEY	INGLI RUNNERS	00:41:04	OM
5	193	DAVE	GRIFFITHS	TROTS	00:42:31	M40
6	270	ROB	WILLIAMS	INGLI RUNNERS	00:42:33	M40
7	263	LES	WATSON	PEMBS TRI'S	00:42:40	M40
8	272	ALEC	WILLIAMS	NONE	00:42:50	M40
9	234	PAUL	PAGET	INGLI RUNNERS	00:43:37	M50
10	190	RICHARD	GRAHAM		00:44:10	OM
11	246	CHRIS	SEXTON	INGLI RUNNERS	00:44:33	M40
12	203	ADRIAN	HAWORTH	NONE	00:44:39	M40
13	217	HUW	LEWIS	PEMBS TRI'S	00:45:22	M50
14	200	STEVEN	HARRIES	NONE	00:45:32	OM
15	240	JIM	PINNINGTON	NONE	00:45:51	M40
16	184	LYNDY	EYNON	TROTS	00:45:57	F45
17	174	KARL	DAVIES	NONE	00:46:45	OM
18	233	BETHAN	OUSELEY	INGLI RUNNERS	00:46:50	OF
19	165	LANA	BRACE	NONE	00:47:00	F35
20	235	ANGELA	PAYNE	INGLI RUNNERS	00:47:21	F35
21	166	PAUL	BRAMBLE	NONE	00:47:39	OM
22	161	ROB	BARKER	NONE	00:47:56	OM
23	183	LUCY	ELCOMB	NONE	00:47:59	OF
24	241	PATRICK	POWER	NONE	00:47:59	OM
25	222	NICK	MATHIAS	NONE	00:48:14	M40
26	260	STEVE	TOWNLEY	NONE	00:48:35	M40
27	274	ANDY	WILLIAMS	NONE	00:48:46	OM
28	208	JULIAN	JAMES	NONE	00:48:53	M40
29	211	TIM	JONES	NONE	00:49:02	M40
30	237	CHRISTIAN	PHILLIPS	NONE	00:49:06	OM
31	253	ROLAND	STOCKHAM	NONE	00:49:08	M50
32	247	ROLAND	SHERWOOD	AMMAN VALLEY HARRIERS	00:49:11	M50
33	267	CELIA	WHITE	NONE	00:49:26	F35
34	204	DAMIAN	HAWORTH	NONE	00:49:32	OM
35	214	STEPHEN	LEWIS	NONE	00:49:44	OM
36	170	WILL	CHANT	THE WOODYS	00:50:21	OM
37	261	JON	TUDOR	NONE	00:51:16	M40
38	243	STUART	ROGERS	NONE	00:51:52	OM
39	231	KAREN	O'SULLIVAN	NONE	00:51:55	F35
40	171	JOLINE	CORCORAN	PEMBS TRI'S	00:53:22	OF
41	245	TRACY	SCOTCHER	NONE	00:53:30	F35
42	275	SALLY	WILSON	NONE	00:53:30	OF
43	160	GARETH	BAMSEY	NONE	00:53:37	M40
44	239	SIMONE	PINNINGTON	NONE	00:54:19	F45
45	221	BECKY	LOUNDS	NONE	00:54:24	OF
46	230	GARETH	NOBLE	NOBLE HARBOUR	00:55:04	M40
47	269	DON	WILKES	PEMBS HARRIERS	00:55:07	M40
48	199	DAVID	HANCOCK	NONE	00:55:21	M40
49	212	NIGEL	JONES	LLANELLI STRIDERS	00:55:29	M50
50	227	KIM	MORGAN	NONE	00:56:25	M50
51	164	HELENA	BLAIR	NONE	00:56:44	F35
52	224	LEEANN	MORGAN	NONE	00:56:46	F35

53	249	CHRIS	STANTON	NONE	00:56:55	M50
54	169	IAN	CHAMBERS	STUDIO 13	00:58:27	M40
55	168	PATRICIA	CHALMBERS	STUDIO 13	00:58:27	F35
56	236	DAVID	PHELPS	NONE	00:59:02	M40
57	172	LLINOS	DAVIES	ONE	00:59:36	OF
58	177	CLAIRE	DEACON	NONE	00:59:50	F35
59	265	JANE	WELLS	NONE	01:00:07	F45
60	277	DASOS	ZANGOURAS	PEMBS TRI'S	01:00:22	M40
61	225	TINA	MORGAN	NONE	01:01:33	OF
62	262	SARAH	VESSEY	NONE	01:02:26	F35
63	198	NIGEL	MAMMERSLEY	NONE	01:02:42	OM
64	238	SIAN	PHILLIPS	NONE	01:02:51	F35
65	196	JANE	HAIGH	NONE	01:03:00	F35
66	197	SIMON	HAIGH	NONE	01:03:00	M40
67	257	REBECCA	THOMAS	NONE	01:03:13	F35
68	185	JANE	FISHER	NONE	01:03:23	F35
69	186	NEIL	FISHER	NONE	01:03:23	M40
70	206	MARTIN	HUGHES	NONE	01:03:37	M40
71	255	LISA	STUDLEY	NONE	01:04:15	F35
72	167	SANDRA	BURNETT	NONE	01:04:24	F45
73	181	HAYLEY	EDWARDS	NONE	01:04:31	F35
74	213	DAMIAN	KELLY	NONE	01:04:36	OM
75	178	ADRIAN	DEMOULPIED	NONE	01:05:00	M40
76	244	TOBIAS	ROGERS	INGLI RUNNERS	01:06:18	OM
77	156	PHIL	ABBOT	NONE	01:06:51	M40
78	202	JENNIFER	HAWORTH	NONE	01:07:27	F45
79	215	MARTIN	LEWIS	NONE	01:08:24	M40
80	191	FRANCES	GREEN	NONE	01:09:50	F45
81	248	PEGGY	SMITH	NONE	01:09:50	F45
82	192	NATALIE	GREEN	NONE	01:10:42	OF
83	162	JULIE	BARTIE	NONE	01:14:58	F35
84	157	LORRAINE	ANDREWS	NONE	01:15:00	OF
85	159	EMMA	BAKER	NONE	01:15:00	F35
86	209	MADELEINE	JAMES	NONE	01:16:59	F45
87	271	EMMA	WILLIAMS	NONE	01:27:10	OF
88	194	CLAIRE	GRIFFITHS	NOBLE HARBOUR	01:28:52	OF
89	163	ANN	BEEGAN	NOBLE HARBOUR	01:28:54	F35
90	251	HELEN	STEEL	NONE	01:35:23	OF
91	219	DAVID	LEWIS	NOBLE HARBOUR	01:41:00	M40
92	218	JAMES	LEWIS	NOBLE HARBOUR	01:41:00	OM
9999	158	MATT	BADGER	NONE		OM
9999	173	BERNARD	DAVIES	NONE		M50
9999	175	NEIL	DAVIES	NONE		OM
9999	176	ANDREW	DAWE	PEMBS HARRIERS		M40
9999	179	PHILLIPPA	DODD	NONE		F35
9999	180	HELEN	DURNFORD	NONE		OF
9999	182	SUE	EDWARDS	NONE		F35
9999	187	TONIA	FORSYTH	NONE		F35
9999	188	DARREN	GIBBS	NONE		OM
9999	189	RICHARD	GRAHAM	NONE		OM
9999	195	LOUISE	HADLEY	NONE		F35
9999	201	RHYS	HARRIES	NONE		OM
9999	205	DAVE	HOWELLS	NONE		M50
9999	210	MARK	JONES	NONE		OM
9999	216	TRISTRAM	LEWIS	NONE		OM
9999	220	DAVID	LEWIS	NONE		OM

9999	223	CARL	MATHIAS	NONE	M40
9999	228	DAFYDD	MORSE	NONE	M40
9999	229	DARREN	MURPHY	NOBLE HARBOUR	OM
9999	242	JOANNE	ROGERS	NONE	OF
9999	250	JAN	STANTON	NONE	F45
9999	252	TAMSIN	STIRLING	NONE	F45
9999	254	SUSANNAH	STINEHOUSE	SAN DOMENICO	F35
9999	256	CHRIS	TATTERSALL	NONE	OM
9999	258	MICHAEL	THOMAS	NONE	M50
9999	259	KAREN	THOMPSON	NONE	OF
9999	266	JOHN	WELLS	NONE	M50
9999	268	GLENN	WHITE	NONE	OM
9999	273	DANIEL	WILLIAMS	PEMBS TRI'S	OM
9999	276	ALAN	WOODS	NONE	M50