

# DALE 10KM FUN RUN

# 2009

Pos	No	First	Name	Club	Time	Cat	Age
	1	279	JAKE WATSON	PEMBROKESHIRE TRI	0:37:25	OM	17
	2	228	ALEX MATCHETT	PEMBROKESHIRE TRI	0:38:40	OM	16
	3	236	NEIL MORGAN		0:39:08	OM	39
	4	264	STEPHEN THOMAS		0:40:58	M40	48
	5	229	STEVE MATCHETT	PEMBROKESHIRE TRI	0:41:34	M40	41
	6	273	ROBERT THOMSON	PEMBROKESHIRE TRI	0:42:19	OM	31
	7	272	BEN THOMPSON	SOUTH HOOK	0:43:15	OM	31
	8	173	STEVE BROWN	PEMBROKESHIRE HARRIERS	0:43:25	M40	46
	9	179	CLAIRE CLEATHERO	TROTS	0:43:29	F35	35
	10	280	LES WATSON	PEMBROKESHIRE TRI	0:43:59	M40	48
	11	183	ROBERT DAINES		0:44:02	OM	25
	12	237	CLAIRE DAVIES		0:44:04	F35	37
	13	281	CELIA WHITE	INGLI RUNNERS	0:44:28	F35	44
	14	164	ROB BARKER		0:44:47	OM	38
	15	194	LINDY EYNON	TROTS	0:45:02	F45	49
	16	217	JONATHAN JONES		0:45:19	OM	39
	17	185	KARINE DAVIES	PEMBROKESHIRE TRI	0:45:40	OF	37
	18	195	TONIA FORSYTH		0:46:22	F35	40
	19	263	HELEN THOMAS	PEMBROKESHIRE HARRIERS	0:46:23	OF	28
	21	241	ROGER OSBORN	SWINDON HARRIERS	0:47:37	M50	60
	22	274	KAREN THOMSON	PEMBROKESHIRE TRI	0:47:43	OF	34
	23	286	PATRICK WING		0:47:44	M50	57

24	220	CERI	JONES	PEMBROKESHIRE TRI	0:48:07	M40	44
25	265	ANDREW	THOMAS		0:48:14	OM	34
26	184	GARETH	DANKS	SOUTH HOOK	0:48:54	OM	24
27	282	DON	WILKES	PEMBROKESHIRE HARRIERS	0:48:55	M40	42
28	205	DAMIAN	HAWORTH		0:49:59	OM	39
29	261	ANDY	STREET	SOUTH HOOK	0:50:01	OM	39
30	240	KRIS	NICKERSON		0:50:04	OM	30
31	166	RHYS	BAYNHAM		0:50:07	OM	17
32	180	JASMINE	CLEATHERO		0:50:14	F35	39
33	291	MICHAEL	TERRY		0:50:33	M50	59
34	275	JONATHAN	TUDOR		0:50:36	M40	44
35	230	JONATHAN	MATHIAS		0:50:45	M40	41
36	192	ALAN	EDMONDS		0:50:46	OM	30
37	172	CLAIRE	BRITTON		0:50:56	OF	28
38	190	CHRIS	DUNN		0:51:03	M40	40
39	182	NICOLA	COLE	PEMBROKESHIRE HARRIERS	0:51:11	F35	39
40	214	DEAN	JENSEN		0:51:25	OM	34
41	233	MARK	MORGAN		0:51:26	M40	48
42	270	ROBERT	THOMAS		0:51:36	OM	37
43	208	GWYNFOR	HOWELLS		0:52:11	M50	50
44	212	MATTHEW	JAMES		0:52:42	OM	21
45	191	SIMONE	EADE		0:53:09	F35	35
46	278	MARK	WALTER-JONES		0:53:13	OM	30
47	206	SAM	HEIGHWAY		0:53:21	F35	36
48	288	NIGEL	WORVELL		0:53:49	OM	34
49	287	JENNIFER	WISE		0:54:06	F35	37
50	243	JANINE	OWEN		0:54:23	OF	31
51	239	EMMA	NEWSOME		0:54:32	OF	25

52	276	THOMAS	TUDOR		0:54:46	M40	40
53	277	ALISON	TUDOR		0:54:46	F35	43
54	267	TRACEY	THOMAS		0:55:01	OF	37
55	254	JULIET	SIDNEY		0:55:19	F35	41
56	209	ANDREW	HUGHES		0:55:29	OM	31
57	187	CLAIRE	DEACON	PEMBROKESHIRE TRI	0:55:47	F35	43
58	171	CAROLINE	BRIDLE		0:56:11	OF	36
59	259	ALUN	SMITH		0:56:16	M50	50
60	186	LLINOS	DAVIES		0:56:49	OF	32
61	177	IAN	CHALMERS		0:57:05	M40	44
62	211	CHRIS	JAMES		0:57:05	M40	48
63	207	KATHARINE	HIGGINS		0:57:44	OF	27
64	232	JACKIE	MILLER		0:57:50	F45	47
65	247	EIFION	REES		0:57:51	OM	38
66	262	CHRIS	TAMBLING		0:57:58	OM	29
67	223	DANIELLE	LLEWELLYN		0:58:19	OF	31
68	255	IAN	SIDNEY		0:59:00	OM	36
69	238	JANE	MORRIS		0:59:41	F35	40
70	178	PAULINE	CHARLETT	PEMBROKESHIRE HARRIERS	0:59:53	F45	47
71	196	REBECCA	GEORGE		1:01:07	F35	41
72	199	VIV	GREY		1:01:08	F35	41
73	167	JAN	BELL	PEMBROKESHIRE HARRIERS	1:01:16	F45	64
74	227	ALISON	MANNION		1:01:19	F35	43
75	174	JIM	BUCK	PEMBROKESHIRE TRI	1:01:19	M40	43
76	165	BRIAN	BAYNHAM		1:01:38	OM	39
77	189	KARIN	DENTON		1:01:46	F45	45
78	176	CLAIRE	CARLILE		1:02:11	OF	35
79	271	REBECCA	THOMAS		1:03:00	F35	37

80	251	JOANNE	ROGERS		1:03:00	OF	32
81	284	PAULA	WILLIAMS		1:03:07	OF	32
82	290	DASOS	ZANGOURAS	PEMBROKESHIRE TRI	1:03:10	M40	48
83	258	PEGGY	SMITH	SPIRIT OF MONMOUTH	1:03:17	F45	51
84	175	SANDRA	BURNETT		1:03:59	F45	47
85	225	JASON	LLOYD		1:04:10	OM	39
86	161	LORRAINE	ANDREWS		1:04:21	OF	34
87	268	BARBARA	THOMAS	PEMBROKESHIRE HARRIERS	1:04:22	F45	65
88	256	NEIL	SIDNEY		1:04:23	OM	38
89	169	CARYS	BOWEN		1:04:25	OF	20
90	285	CLAIRE	WILSON		1:04:25	OF	20
91	221	DEBORAH	KEARSLEY		1:04:44	OF	39
92	163	EMMA	BAKER		1:04:46	OF	37
93	248	KEITH	RICHARDSON		1:04:56	M50	65
94	266	HANNAH	THOMAS		1:05:46	OF	28
95	249	CHRIS	RIGGS		1:06:57	OM	35
96	269	JOHN	THOMAS		1:06:57	OM	37
97	198	FRANCES	GREEN	SPIRIT OF MONMOUTH	1:07:34	F45	50
98	204	JENNIFER	HAWORTH		1:07:40	F45	60
99	245	WENDY	PREECE	PEMBROKESHIRE HARRIERS	1:09:09	F35	42
100	215	WENDY	JONES	PEMBROKESHIRE HARRIERS	1:09:09	F45	47
101	242	ALISON	OSBORN		1:11:04	F45	58
102	168	LUCY	BENTLEY		1:16:13	OF	25
103	201	STEPHEN	GRIFFITHS		1:11:58	M40	49
104	224	JOANNE	LLEWELLYN		1:31:48	OF	33
9999	257	JO	SINGH			F35	43
9999	260	HELEN	STEEL			OF	34
9999	200	ALISON	GRIFFITHS	PEMBROKESHIRE HARRIERS		F35	40

9999	244	TANIA	PHILLIPS		F35	35
9999	202	PATRICK	GROVES		M50	58
9999	252	TASHA	SEXTON	INGLI RUNNERS	F35	36
9999	203	ADRIAN	HAWORTH		M40	41
9999	283	ALAN	WILLIAMS	INGLI RUNNERS	OM	39
9999	216	GARETH	JONES		OM	39
9999	289	PHILIP	WORVELL		OM	35
9999	213	WAYNE	JENKINS		OM	37
9999	162	BECKY	ANDREWS		OF	30
9999	170	GERALD	BRACE		OM	39
9999	253	ROLAND	SHERWOOD	AMMAN VALLEY HARRIERS	M50	64
9999	250	DAVID	ROBERTS	PEMBROKESHIRE HARRIERS	OM	39
9999	197	MATTHEW	GOLDWAIT		M40	48
9999	219	JAN	JONES	SARN HELEN	F35	44
9999	181	ANDREW	CLEVERLY	SWANSEA HARRIERS	OM	22
9999	246	ISOBEL	PULLIN		F35	36
9999	226	ANA	LYNCH	PEMBROKESHIRE HARRIERS	F35	36
9999	222	ALISON	LEWIS		F45	47
9999	210	MARTIN	HUGHES		M40	42
9999	235	DEREK	MORGAN		M50	54
9999	234	LEEANN	MORGAN		F35	37
9999	188	ALEX	DEMPSTER	PEMBROKESHIRE TRI	OM	33
9999	231	STUART	MATTHEWS		OM	32
9999	193	HAYLEY	EDWARDS		F35	41
9999	218	GARETH	JONES	SARN HELEN	M40	43

9999 Did not Finish or Run

