

DALE HALF MARATHON

Pembs 2009 Tri's

Pos	NoFirst	Name	Club	Time	Cat	Age
1	36	ROGER DENTON	PEMBROKESHIRE TRI	1:22:35	M40	45
2	84	JOHN MORRIS	AMMAN VALLEY HARRIERS	1:23:51	OM	28
3	58	BENJAMIN HAINES		1:24:27	OM	33
4	133	SAMUEL WEBSTER	CARDIFF TRIATHLETES	1:24:35	OM	35
5	42	GARETH ELLIOTT	PEMBROKESHIRE HARRIERS	1:24:51	OM	27
6	89	STEVE OUSELEY	INGLI RUNNERS	1:25:14	OM	35
7	141	ALEC WILLIAMS	INGLI RUNNERS	1:25:27	M40	42
8	113	OLIVER SIMON	PEMBROKESHIRE TRI	1:25:33	OM	29
9	40	MARK DUNSCOMBE	SARN HELEN	1:25:51	M40	47
10	23	PHILIP CARTER	ROYAL MAIL HAVERFORDWEST	1:27:30	M40	48
11	121	ANN THOMAS	TROTS	1:27:35	F35	42
12	132	MARTIN WEBBON	SWANSEA HARRIERS	1:27:35	M40	47
13	43	SIOBHAN EVANS	INGLI RUNNERS	1:28:32	OF	28
14	35	ANDREW DAWE	PEMBROKESHIRE HARRIERS	1:29:06	M40	42
15	114	PAUL SLACK		1:29:25	M40	41
16	86	LEO NATHAN		1:29:35	OM	30
17	75	BOBBY LEWIS		1:29:43	OM	36
18	139	MERVYN WILLIAMS	GREAT WESTERN RUNNERS	1:29:44	M40	42
19	94	SCOTT PATRICK	PEMBROKESHIRE TRI	1:29:52	OM	36
20	143	ALEX WILLIAMS	PORT TALBOT HARRIERS	1:31:40	M40	41

21	124	RICHARD THOMPSON	PEMBROKESHIRE TRI	1:31:58	M40	46
22	34	MARTIN DAVIES	TROTS	1:32:13	OM	27
23	17	RICHARD BRIDLE		1:32:37	OM	39
24	117	KAT STEED	PEMBROKESHIRE HARRIERS	1:35:17	OF	32
25	153	DAVID ROBERTS	PEMBROKESHIRE HARRIERS	1:35:29	OM	39
26	152	ANA LYNCH	PEMBROKESHIRE HARRIERS	1:35:30	F35	36
27	65	PAUL HUGHES	PEMBROKESHIRE TRI	1:35:34	M40	40
28	118	MARK TERRY	TROTS	1:36:23	M50	52
29	11	JAYNE ARNOLD	CELTIC TRI	1:36:59	F35	37
30	41	PAUL EDWARDS	PEMBROKESHIRE HARRIERS	1:37:14	M50	50
31	59	MICHAEL HALSALL	LLANELLI AAC	1:38:16	OM	36
32	149	JASON WOODRUFF		1:38:51	M40	41
33	95	BRIAN PHILLIPS	PARC BRYN BACH RC/NEWT	1:39:04	M40	46
34	73	DAVID LANGFORD		1:39:10	M50	50
35	103	JOHN REES	PEMBROKESHIRE HARRIERS	1:40:14	M40	45
36	25	MALCOLM CLASH	PEMBROKESHIRE TRI	1:40:42	M50	55
37	24	PATRICIA CHALMERS		1:41:15	F35	38
38	37	ANDREW DEVONALD		1:41:54	OM	39
39	67	DAVID JONES	MYSTERUNS	1:42:12	M40	45
40	78	MARTIN LOW		1:42:16	M50	61
41	68	STEPHEN JONES		1:42:57	M40	46
42	144	ANDREA WILLIAMS	ROAD RUNNERS CLUB	1:43:25	F35	37
43	28	AINSLEY CORP		1:43:45	OM	34
44	27	IAN COOPER	PEMBROKESHIRE TRI	1:44:06	OM	25
45	81	IAN MERRICK		1:44:09	OM	32
46	13	PAUL BAKER		1:44:19	OM	35
47	12	PAUL ARNOLD	CELTIC TRI	1:44:26	M40	41
48	90	BETHAN OUSELEY	INGLI RUNNERS	1:44:37	OF	32

49	126	PETER	WALKER	INGLI RUNNERS	1:44:45	M50	54
50	148	SALLY	WILSON	INGLI RUNNERS	1:45:01	OF	34
51	88	SOPHIE	NOOTT	PEMBROKESHIRE TRI	1:45:07	OF	32
52	87	DEZ	NICHOLAS		1:45:16	M40	49
53	125	HELEN	WALKER	INGLI RUNNERS	1:45:27	F45	53
54	137	JILL	WILLCOX	INGLI RUNNERS	1:45:38	F35	37
55	47	ANDREW	FILMER		1:46:06	OM	29
56	154	GARETH	JONES	SARN HELEN	1:46:36	M40	43
57	140	CLARE	WILLIAMS	INGLI RUNNERS	1:46:51	F35	43
58	79	ANNE	MARIE EVANS	PARC BRYN BACH	1:47:19	F35	39
59	54	MATTHEW	GOVER		1:47:25	OM	38
60	150	LAURENCE	WORTH	PEMBROKESHIRE HARRIERS	1:47:39	M40	46
61	120	DAVID	THOMAS	PEMBROKESHIRE HARRIERS	1:47:42	OM	38
62	110	CHRIS	SEXTON	INGLI RUNNERS	1:48:29	M40	45
63	66	ALEX	ILYAT	PEMBROKESHIRE TRI	1:48:44	OM	29
64	93	PAUL	PADGET	INGLI RUNNERS	1:49:06	M50	54
65	74	CLIVE	LAY		1:50:16	M50	52
66	45	ALAN	EVANS		1:51:08	OM	32
67	48	JULIAN	FORSTER		1:52:01	M50	52
68	122	HUW	LADD		1:52:11	OM	35
69	61	RAYMOND	HASLER		1:52:23	M50	58
70	107	JANE	RICHARDS		1:52:30	F45	51
71	106	SIMON	REYNOLDS		1:52:53	M40	48
72	46	FIONA	EVANS		1:53:18	OF	36
73	20	VAL	BROWN	PEMBROKESHIRE TRI	1:53:28	F35	43
74	22	RICHARD	BROWN		1:53:28	M40	42
75	29	SIMON	COX		1:53:32	M40	46
76	116	RICHARD	SPRINGETT		1:53:44	M40	45

77	83	GRAHAM	MORGAN		1:54:10	M40	43
78	18	RICHARD	BRILL		1:54:18	M40	43
79	129	WILLIAM	WATERS		1:54:35	M40	45
80	123	RUSSELL	THOMAS		1:55:02	OM	39
81	14	EDWARD	BATEMAN	PEMBROKESHIRE HARRIERS	1:55:05	M50	52
82	76	SUE	LLOYD	PEMBROKESHIRE HARRIERS	1:55:11	F45	45
83	26	STEPHEN	COCKWELL		1:55:35	OM	38
84	138	HELEN	WILLIAMS	ABERYSTWYTH AC	1:56:01	F45	47
85	16	AMOS	BEWICK		1:56:51	M40	46
86	32	CARYL	DAVIES	SARN HELEN	1:57:16	OF	21
87	57	TRACEY	GRIFFITHS	DALE ROWING CLUB	1:57:22	F45	45
88	31	KARL	DAVIES	ROYAL NAVY	1:58:03	OM	31
89	85	ADELE	MOSS	ALCHESTER RC	1:59:37	OF	34
90	50	JOHN	GARDNER		2:00:06	M50	52
91	63	MIKE	HODGES	TROTS	2:01:07	M50	56
92	64	MICHAEL	HONEY		2:02:29	OM	37
93	39	GREG	DOW		2:02:57	OM	37
94	96	DAVID	PHILLIPS	PEMBROKESHIRE HARRIERS	2:03:19	M50	65
95	44	RACHEL	EVANS		2:03:23	OF	33
96	71	JON	KIFF		2:04:29	M40	44
97	155	JANET	JONES	SARN HELEN	2:05:12	F35	44
98	80	ROBERT	MASON		2:06:57	M40	43
99	21	KEITH	BROWN	ROAD RUNNERS CLUB	2:08:17	M50	67
100	102	ANTHONY	PUHLHOFER		2:08:25	OM	25
101	98	COLIN	PICTON		2:09:05	OM	34
102	101	ARANKA	PRATT		2:09:16	F45	61
103	104	KARL	REES		2:10:26	OM	34
104	30	DOUGLAS	DALWOOD		2:10:30	M50	60

105	145	NIGEL	WILLIAMS		2:10:39	M40	48
106	49	COLIN	GARDINER		2:10:40	M50	60
107	15	DALMA	BERECZKI		2:10:41	OF	24
108	146	JANINE	WILLIAMS		2:11:01	F45	55
109	56	RAYMOND	GREENWOOD		2:11:52	M50	52
110	128	MARK	WARREN		2:12:31	M40	47
111	19	KATE	BROOKS		2:12:56	F35	39
112	91	ANDREW	OWEN		2:13:43	M40	42
113	82	DAVID	MORGAN	ROAD RUNNERS CLUB	2:16:47	M50	74
114	77	CHRISTIAN	LOADER		2:18:52	OM	35
115	70	TARA	KELLY		2:21:06	OF	28
116	115	PATRICK	SMITH	SPIRIT OF MONMOUTH	2:26:11	M50	52
117	55	MICHAEL	GREEN		2:26:11	M50	52
118	1	LEON	MARSHALL	HMS ALBION	2:34:10	OM	
119	5	A	CANNON	HMS ALBION	2:34:10	OM	
120	2	A	ALLEN	HMS ALBION	2:34:10	OM	
121	4	A	BRITTON	HMS ALBION	2:34:10	OM	
122	3	A	BEST	HMS ALBION	2:34:10	OM	
123	8	A	HAMILTON	HMS ALBION	2:34:10	OM	
124	112	IONA	SHERWOOD		2:35:54	OF	22
125	100	MARK	PLANT		2:44:36	M50	52
126	131	ALLEN	WATTS	SARN HELEN	3:04:20	M50	80
9999	135	OLIVER	WHITBY			OM	22
9999	142	SANDRA	WILLIAMS	MERIONNYDD RC		F35	41
9999	147	DAVID	WILLIAMS			M40	47
9999	9	A	HOWLING	HMS ALBION		OM	
9999	105	JOHN	REYNOLDS			M50	56
9999	7	A	FORSYTH	HMS ALBION		OM	

9999	6A	CUNNINGHAM	HMS ALBION	OM	
9999	10A	PERRIDGE	HMS ALBION	OM	
9999	38LEE	DIANA		OM	31
9999	69KEV	JOYCE	PEMBROKESHIRE HARRIERS	M40	44
9999	62ERICA	HICKS		OF	26
9999	60DAVID	HANNAFORD		OM	29
9999	92RACHEL	OWEN		F35	43
9999	53MARK	GOODHAND	S E RUNNERS	M50	52
9999	52DELYTH	GOODHAND	S E RUNNERS	F45	47
9999	51AMY	GILLINGHAM		OF	25
9999	109TOBY	ROGERS	INGLI RUNNERS	OM	31
9999	99NIGEL	PITT	3M GORSEINON RR	M40	49
9999	134NANCY	WHEELDON		OF	26
9999	72CAROLINE	KOVACHEV		F35	42
9999	108KRISTINE	RITCHIE		OF	27
9999	111OWEN	SHEPHERD		OM	28
9999	33STEVE	DAVIES	SWANSEA HARRIERS	OM	25
9999	119MICHAEL	TERRY		M50	59
9999	127MICHAEL	WARNER		M50	64
9999	130HELEN	WATTS	BLACK PEAR JOGGERS	OF	28
9999	97CLARE	PHILLIPS	SWANSEA HARRIERS	F35	40

9999 Did not Finish or Run