

T.R.O.T's St Clears

10km Club Race 2004



Course Record:- Richard Gardner, Cardiff A C, 32:01

Pos	No	First	Name	Club	Club	Cat
1	71	RICHARD	GARDNER	CARDIFF AC	00:32:01	OM
2	76	ANDREW	ABBOTT	SARN HELEN	00:35:38	OM
3	46	TIM	O'CONNOR	SWANSEA HARRIERS	00:35:49	OM
4	3	CLIVE	THOMAS	TROTS	00:36:35	M40
5	8	RICHARD	BARRETT	BRECON	00:37:02	OM
6	68	DAVID	ASTINS	PEMBS TRI	00:37:26	OM
7	87	RICHARD	MARKS	SARN HELEN	00:37:46	M50
8	57	PETE	GRIFFITH	TROTS	00:38:42	OM
9	1	STUART	KEEN	NORTHBROOK AC	00:39:17	OM
10	20	ROGER	COOMBS	TROTS	00:39:37	OM
11	35	DALLAS	WISEMAN	SARN HELEN	00:40:26	OM
12	51	OWEN	DERRICK	PEMBS HARRIERS	00:40:37	OM
13	82	MALCOLM	ADAMS	TROTS	00:40:42	M40
14	37	TONY	HALL	SARN HELEN	00:40:59	M40
15	50	DEWI	JONES	TROTS	00:41:11	M50
16	19	ANN	THOMAS	TROTS	00:41:13	F35
17	66	RICHARD	BROWN	PEMBS TRI CLUB	00:42:22	OM
18	33	SIMON	HALL	SARN HELEN	00:42:24	OM
19	42	RHYS	THOMAS	PEMBS TRI CLUB	00:42:39	OM
20	22	CYRIL	WALTERS	TROTS	00:42:48	M50
21	23	IAN	MORRIS	TROTS	00:43:04	M40

22	85	LYN	REES	SARN HELEN	00:43:18 M50
23	24	G	WILLIAMS	NONE	00:43:30 OM
24	74	JOHN	SMENING	SWANSEA HARRIERS	00:43:33 M50
25	31	MARTIN	DYDE	PEMBS HARRIERS	00:43:49 M40
26	62	BILL	WATSON	NONE	00:44:09 OM
27	70	KEVIN	REES	NONE	00:44:16 M40
28	18	PETER	WALTERS	TROTS	00:44:18 M40
29	13	NICK	BROWN	NONE	00:44:27 OM
30	84	GARETH	JONES	SARN HELEN	00:44:40 OM
31	53	STEPHEN	BENDLE	3M'S GORSEINON	00:44:44 M40
32	59	ALASOIR	HUNTER	IBM HURSLEY RUNNERS	00:44:47 OM
33	27	PHILIP	HOSKINS	NONE	00:45:10 M40
34	55	PAUL	LEWIS	3M'S GORSEINON	00:45:27 OM
35	45	JOHN	ELLIOTT	NORTHBROOK AC	00:45:38 OM
36	36	BRIAN	HEALEY	CARDIGAN RC	00:45:51 M50
37	88	GLYN	SANSOM	NONE	00:46:00 M40
38	52	DAVID	THOMAS	SARN HELEN	00:46:09 M40
39	67	ELLIE	JONES	PEMBS TRI CLUB	00:46:12 OF
40	65	VAL	BROWN	PEMBS TRI CLUB	00:46:23 F35
41	49	NIGEL	DAVIES	NONE	00:47:00 M40
42	78	SHAN	CUTHBERT	CARDIGAN RC	00:47:24 F35
43	64	JANE	BUCK	CARDIGAN	00:47:26 F35
44	41	SIAN	WILLIAMS	PEMBS TRI CLUB	00:47:31 OF
45	11	COLIN	DRYDEN	SOUTHPORT WATERLOO	00:47:34 M40
46	81	MARK	BLEASDALE	NONE	00:47:51 OM
47	69	MARK	DAVIES	PEMBS TRI	00:47:54 OM
48	44	HELEN	MCNAMARA	PEMBS HARRIERS	00:47:59 F45
49	73	MARTIN	PHILLIPS	LLANDOVERY ROADENTS	00:48:05 M50
50	43	ANDREW	ELLIOTT	PHOENIX ATHLETICS	00:48:08 OM
51	80	C	BLEASDALE	NONE	00:48:19 F35
52	75	RICHARD	EDWARDS	LLANDOVERY ROADENTS	00:48:32 OM
53	60	MIKE	CARLING	ROAD RUNNERS CLUB	00:48:39 M40

54	40	LUCY	ELCOMB	PEMBS TRI CLUB	00:48:54	OF
55	48	RON	MORGAN	TROTS	00:49:16	M50
56	54	KEV	KNIGHT	3M'S GORSEINON	00:49:21	OM
57	61	JOHN	EDWARDS	NONE	00:49:32	M50
58	29	JILL	COLMAN	PEMBS HARRIERS	00:49:47	F35
59	77	MIKE	HODGES	TROTS	00:49:49	M50
60	83	JAN	JONES	SARN HELEN	00:50:22	F35
61	38	DAVID	HOWELLS	PEMBS TRI CLUB	00:50:26	M50
62	28	PAUL	GILLARD	NONE	00:50:54	M40
63	14	TANIS	HAND	TROTS	00:51:10	F45
64	47	KEITH	LOWTHER	SAN DOMENICO CARDIFF	00:51:22	M40
65	9	SUSIE	FLECHER	NONE	00:51:34	F35
66	6	DAVID	NICHOLL	NONE	00:51:37	OM
67	12	JANNEKE	RODENBURGH	NONE	00:51:52	OF
68	86	JULIA	HILL	PEMBS TRI CLUB	00:52:16	OF
69	10	DAVID	PHILLIPS	PEMBS HARRIERS	00:52:23	M50
70	56	LON	MORGAN	TROTS	00:53:01	F45
71	15	PAULINE	THOMAS	TROTS	00:53:11	F45
72	58	MICHAEL	PEARCE	PEMBS HARRIERS	00:53:26	M50
73	25	COLIN	GARDNER	NONE	00:54:26	M50
74	21	PHIL	RATCLIFFE	NONE	00:55:12	OM
75	63	RICHARD	DONNE	3M'S ROAD RUNNERS	00:55:23	M40
76	79	NIGEL	JONES	NONE	00:55:50	M50
77	16	BRIAN	WILLIAMS	TROTS	00:56:12	M50
78	39	SUSAN	JENKINS	SARN HELEN	00:56:50	F45
79	72	B	HARDING	THRIFT GREEN TROTTERS	00:57:18	M50
80	32	JAN	YOUNGER	PEMBS HARRIERS	00:57:22	F45
81	34	RUTH	HALL	SARN HELEN	00:57:27	OF
82	30	PAULINE	CHARLETT	PEMBS HARRIERS	00:59:27	F35
83	2	DIANE	KEEN	NORTHBROOK AC	01:08:00	F35
84	26	ALLEN	WATTS	SARN HELEN	01:08:00	M50
9999	4	LISA	JONES	NONE		OF
9999	5	D G	BORDERS	NONE		F35
9999	7	ANDREW	GORDON	HAYES AND HARLINGTON		OM
9999	17	ADRIAN	VARNEY	TROTS		M40

