

TROT's

St Clears 10km 2009



Pos	No	First	Name	Club	Time	Cat	Age
	1	167	IAN WILLIAMS	TROTS	00:34:12	OM	24
	2	143	GLYN PRICE	SARN HELEN	00:35:22	M40	42
	3	144	MICHAEL DAVIES	SARN HELEN	00:36:28	M40	40
	4	119	KEVIN GRIFFITHS	TROTS	00:37:47	M40	45
	5	162	SAMUEL JACOBS	NONE	00:38:04	OM	24
	6	168	LUKE GUNN	DERBY AC	00:38:05	OM	24
	7	166	NICOLA SYKES	TROTS	00:38:06	OF	22
	8	121	RICHARD BARRETT	B.ARMY ORIENTEERING CLUB	00:38:26	OM	39
	9	189	GARETH ELLIOTT	PEMBS HARRIERS	00:38:43	OM	27
	10	165	STEVE OUSELEY	INGLI RUNNERS	00:38:50	OM	35
	11	163	CLAIRE HOLME	IPSWICH HARRIERS	00:38:58	OF	24
	12	106	STAFFORD REES	RHAYADER RUNNING CLUB	00:39:17	OM	39
	13	129	ANDREW DAWE	PEMBS HARRIERS	00:39:41	M40	42
	14	160	ALUN EVANS	NONE	00:39:50	M40	44
	15	108	ROGER COOMBS	TROTS	00:40:49	M40	43
	16	113	ROGER WILLIAM-CAMP	STROUD ATHLETICS	00:40:58	M40	47
	17	153	ANN THOMAS	TROTS	00:41:03	F35	42
	18	142	HUW PRICE	SARN HELEN	00:41:08	M40	46
	19	188	BENJAMIN PERKINS	TROTS	00:41:40	OM	28
	20	118	JONATHAN HANCOCK	TROTS	00:41:45	OM	39
	21	140	SIMON HALL	SARN HELEN	00:41:52	OM	29
	22	139	TONY HALL	SARN HELEN	00:41:55	M50	54
	23	192	CONRAD REES	NONE	00:42:05	OM	34
	24	151	DAVID ROBERTS	PEMBS HARRIERS	00:42:12	OM	39
	25	109	MARTIN DAVIES	TROTS	00:42:14	OM	27
	26	150	ANNA LYNCH	PEMBS HARRIERS	00:42:15	F35	36
	27	170	MARK DUNSCOMBE	SARN HELEN	00:42:17	M40	47
	28	169	KEV JOYCE	PEMBS HARRIERS	00:42:28	M40	44

29 115	MARK	PRESTON	NONE	00:42:33	M40	45
30 124	MARK	TERRY	TROTS	00:42:43	M50	52
31 107	CAROLINE	JONES	TROTS	00:43:02	F45	49
32 161	DARREN	STEVENS	NONE	00:43:21	OM	38
33 112	MARY	BOWEN REES	TROTS	00:43:31	F45	47
34 172	TIM	JOHN	NONE	00:43:56	OM	36
35 180	MALCOLM	ADAMS	TROTS	00:44:15	M50	53
36 184	CLAIRE	CLEATHERO	TROTS	00:44:21	F35	35
37 158	JASON	WOODRUFF	NONE	00:44:28	M40	41
38 126	BRIAN	RUSSELL	CARDIGAN RC	00:44:33	M50	50
39 105	ADAM	CRUMPLIN	NONE	00:44:50	OM	30
40 131	PAUL	EDWARDS	PEMBS HARRIERS	00:45:13	M50	50
41 110	CYRIL	WALTERS	TROTS	00:45:22	M60	61
42 164	CHRIS	SEXTON	INGLI RUNNERS	00:45:33	M40	45
43 120	LINDY	EYNON	TROTS	00:45:46	F45	48
44 141	DEE	JOLLY	SARN HELEN	00:45:52	OF	22
45 182	SIMON	SCURRELL	NONE	00:46:02	OM	29
46 186	RHYS	HARRIES	CARDIGAN RC	00:46:06	OM	22
47 133	ANDREW	DUNSCOMBE	PONTYPRIDD ROADENTS	00:46:57	M40	44
48 191	LAURENCE	WORTH	PEMBS HARRIERS	00:47:05	M40	46
49 173	NICOLA	QUINN	EMLYN RUNNERS	00:47:19	F35	41
50 130	BARRIE	CULL	PEMBS HARRIERS	00:47:40	M60	62
51 177	STEPHEN	THOMAS	PEMBS HARRIERS	00:47:46	OM	17
52 149	ROBERT	FORD	PONTYPRIDD ROADENTS	00:47:47	M50	56
53 176	DAVID	THOMAS	PEMBS HARRIERS	00:48:14	OM	38
54 148	HELEN	WILLIAMS	TROTS	00:48:18	F45	48
55 127	ROLAND	SHERWOOD	AMMAN VALLEY HARRIERS	00:48:30	M60	64
56 128	CERI	JONES	PEMBS TRI CLUB	00:48:32	M40	44
57 135	GARETH	JONES	SARN HELEN	00:49:04	M40	43
58 132	ROBERT	SMITH	PEMBS HARRIERS	00:50:41	M40	48
59 125	EDDIE	BATEMAN	PEMBS HARRIERS	00:51:43	M50	52
60 138	HYWEL	THOMAS	NONE	00:51:56	OM	38
61 178	MATTHEW	DAVIES	NONE	00:52:17	OM	21
62 152	CARYL	DAVIES	SARN HELEN	00:52:35	OF	21
63 185	JASMINE	CLEATHERO	NONE	00:52:39	F35	39
64 146	LORRAINE	COOPEY	NONE	00:52:45	F45	45
65 179	DANIEL	THOMAS	NONE	00:53:05	OM	15
66 171	ELIZABETH	WILLIAMS	NONE	00:55:25	F35	38
67 136	JAN	JONES	SARN HELEN	00:55:41	F35	44
68 111	CLAIRE	THOMAS	TROTS	00:55:48	OF	27
69 116	ANWEN	JONES	NONE	00:55:59	OF	23
70 190	RUTH	DAVIES	NONE	00:56:52	F35	43
71 117	NIA	REES	NONE	00:57:03	OF	23
72 154	DAVID	PHILLIPS	PEMBS HARRIERS	00:57:16	M50	65
73 187	MARTIN	DYDE	PEMBS HARRIERS	00:58:08	M50	51
74 181	ALISON	GRIFFITHS	PEMBS HARRIERS	00:58:08	F35	40
75 147	COLIN	GARDENER	NONE	00:58:28	M60	60
76 123	SIMON	HUDD	NONE	00:59:03	M40	42
77 183	NIGEL	EVANS	NONE	00:59:06	OM	39
78 159	CATHERINE	LLEWELLYN	NONE	00:59:25	F45	45
79 174	ANDREA	BRABROOK	EMLYN RUNNERS	00:59:44	F35	37

80 145	PAULINE	CHARLETT	PEMBS HARRIERS	01:00:14	F45	47
81 157	GARETH	ROWE	NONE	01:01:47	OM	36
82 137	JAN	BELL	PEMBS HARRIERS	01:02:30	F55	64
83 155	SIRIOL	DAVIES	NONE	01:02:35	OF	31
84 156	SARA	LEWIS	NONE	01:02:35	OF	23
85 134	BARBARA	THOMAS	PEMBS HARRIERS	01:06:37	F55	65
86 122	ALLEN	WATTS	SARN HELEN	01:21:00	M60	80
9999 104	NICK	BAYLISS	NONE		OM	35
9999 114	MARTIN	JONES	NONE		OM	26
9999 175	ABI	B-HINTON	EMLYN RUNNERS		OF	34

9999 Did not Finish or Run