

# TROT's

## St Clears 10km 2011



Pos	Time	Family	First	Num	Gen	Age	Cat	Club	K/Split
1	0:36:43	Lewis	Geraint	10	M	34	OM	Porthcawl Runners	0:03:40
2	0:37:05	Shepherd	Mark	67	M	40	M40	Team Kennet	0:03:42
3	0:37:17	Jones	David	4	M	35	OM	Poole Runners	0:03:44
4	0:37:27	Morris	John	43	M	30	OM	Amman Valley Harriers	0:03:45
5	0:38:11	Thomas	Carwyn	93	M	25	OM	Sarn Helen	0:03:49
6	0:38:21	Griffiths	Tim	58	M	31	OM	Pembrokeshire Harriers	0:03:50
7	0:38:30	Morris	Lee	16	M	30	OM	Gorseinon 3ms	0:03:51
8	0:38:50	Griffiths	Kevin	86	M	47	M40	TROT's	0:03:53
9	0:38:51	Reismann	Raul	23	M	38	OM	LC Cobras	0:03:53
10	0:38:56	Simpson	Richard	69	M	38	OM	Pembrokeshire Harriers	0:03:54
11	0:39:41	Lloyd	Llewelyn	44	M	19	OM	Sarn Helen	0:03:58
12	0:40:06	Elliott	Gareth	68	M	29	OM	Pembrokeshire Harriers	0:04:01
13	0:40:56	O'Neill	David	45	M	41	M40	Pembrokeshire Harriers	0:04:06
14	0:41:03	Roberts	Shan	60	F	44	F35		0:04:06
15	0:41:10	Rees	Eric	85	M	39	OM	Sarn Helen	0:04:07
16	0:41:12	Lewis	Chris	46	M	30	OM		0:04:07
17	0:41:13	Evans	Alun	78	M	46	M40		0:04:07
18	0:41:15	Owen	Barry	51	M	36	OM	Emlyn Runners	0:04:07
19	0:41:29	Smith	Simon	76	M	28	OM		0:04:09
20	0:41:33	Morris	Stephen	41	M	45	M40		0:04:09
21	0:41:54	Crumplin	Adam	88	M	32	OM		0:04:11
22	0:42:22	Hall	Simon	27	M	31	OM	Sarn Helen	0:04:14
23	0:42:37	Thomas	Stephen	19	M	50	M50		0:04:16
24	0:42:38	Watson	Melissa	13	F	46	F45	TROT's	0:04:16
25	0:42:42	John	Tim	66	M	38	OM	TROT's	0:04:16

26	0:43:08	Hall	Tony	28 M	56 M50	Sarn Helen	0:04:19
27	0:43:12	Bowen	Chris	73 M	29 OM		0:04:19
28	0:43:19	Murray	Kirsty	62 F	38 F35	TROT's	0:04:20
29	0:43:39	Davey	Gareth	49 M	35 OM	Llanelli AC	0:04:22
30	0:43:45	Phillips	Richard	14 M	35 OM	TROT's	0:04:23
31	0:43:48	Langford	David	54 M	52 M50	Pembrokeshire Tri	0:04:23
32	0:44:03	Sinnett	John	83 M	54 M50	Pembrokeshire Harriers	0:04:24
33	0:44:23	Davies	Martin	94 M	29 OM	TROT's	0:04:26
34	0:44:33	Brown	Steve	37 M	48 M40	Pembrokeshire Harriers	0:04:27
35	0:44:40	Lewis	Alex	47 M	31 OM		0:04:28
36	0:44:45	Bowen-Rees	Mary	71 F	49 F45	TROT's	0:04:29
37	0:44:50	Griffiths	Dave	77 M	48 M40	TROT's	0:04:30
38	0:45:19	Price	Martin	75 M	26 OM		0:04:32
39	0:46:15	Jones	Dylan	59 M	28 OM		0:04:37
40	0:46:26	Jones	Steffan	33 M	21 OM	Sarn Helen	0:04:39
41	0:46:26	Worth	Laurence	72 M	48 M40	Pembrokeshire Harriers	0:04:39
42	0:46:49	Jones	Caroline	79 F	51 F45	TROT's	0:04:41
43	0:46:50	Eynon	Lindy	12 F	50 F45	TROT's	0:04:41
44	0:46:55	Hawkins	David	39 M	30 OM		0:04:41
45	0:47:10	Ouseley	Bethan	63 F	34 OF	Ingli Runner	0:04:43
46	0:47:20	Jenkins	Ceiron	36 M	21 OM	Sarn Helen	0:04:44
47	0:47:31	Evans	Nigel	65 M	41 M40	TROT's	0:04:45
48	0:47:46	Bleasdale	Catharine	57 F	42 F35	TROT's	0:04:47
49	0:48:04	Duncombe	Andrew	24 M	46 M40	Pontypridd Roadents	0:04:48
50	0:48:07	Ranger	Liz	38 F	32 OF		0:04:49
51	0:48:08	Smith	Robert	32 M	50 M50	Pembrokeshire Harriers	0:04:49

52	0:48:24	Scourfield	Kate	21 F	25 OF	Pembrokeshire Harriers	0:04:50
53	0:48:56	Smith	Paul	26 M	23 OM	LC Cobras	0:04:54
54	0:49:13	Job	Stephen	56 M	44 M40		0:04:55
55	0:49:13	Jones	Hannah	55 F	31 OF		0:04:55
56	0:49:18	Birch	Chris	11 M	52 M50	TROT's	0:04:56
57	0:49:27	Wing	Patrick	53 M	59 M50	Pembrokeshire Harriers	0:04:57
58	0:49:30	Brace	Gerald	20 M	41 M40		0:04:57
59	0:49:31	Beynon	Jonathan	22 M	37 OM	LC Cobras	0:04:57
60	0:49:35	Showell	Justin	42 M	41 M40	Purple Patch Runners	0:04:58
61	0:50:45	Jenkins	Kevin	74 M	49 M40		0:05:05
62	0:50:50	Williams	Helen	90 F	50 F45	TROT's	0:05:05
63	0:51:46	Powell	Keith	82 M	55 M50	TROT's	0:05:11
64	0:51:52	Halsall	Michael	40 M	38 OM	Llanelli AC	0:05:11
65	0:52:44	Rowell	Ann	48 F	56 F55	TROT's	0:05:16
66	0:53:06	Male	Les	6 M	43 M40		0:05:19
67	0:53:28	Sutton	Karl	89 M	42 M40	Pembrokeshire Tri	0:05:21
68	0:53:58	Orford	Nathan	9 M	38 OM		0:05:24
69	0:54:56	Ralfs	Ian	34 M	64 M60		0:05:30
70	0:56:00	Boyett	Vanessa	87 F	36 F35	TROT's	0:05:36
71	0:56:11	Austin	Hannah	30 F	15 OF	Pembrokeshire Harriers	0:05:37
72	0:56:11	Dyde	Martin	31 M	53 M50	Pembrokeshire Harriers	0:05:37
73	0:56:27	Holley	Corina	7 F	45 F45		0:05:39
74	0:56:43	Walters	Cyril	80 M	63 M60	TROT's	0:05:40
75	0:56:59	Russell	Andrew	15 M	40 M40	TROT's	0:05:42
76	0:57:22	Griffiths	Alison	29 F	42 F35	Pembrokeshire Harriers	0:05:44
77	0:57:45	Brabrook	Andrea	64 F	39 F35	TROT's	0:05:47

78	0:57:45	Foley	Karen	61 F	34 OF		0:05:47
79	0:57:48	Orford	Kimberley	8 F	34 OF		0:05:47
80	0:57:57	Leighton-Jones	Nigel	91 M	57 M50	Llanelli Strollers	0:05:48
81	0:58:24	Turner	Eleanor	2 F	27 OF		0:05:50
82	0:59:24	Roberts	Tom	1 M	25 OM		0:05:56
83	0:58:51	Thomas	Claire	70 F	29 OF	TROT's	0:05:53
84	0:59:15	Phillips	David	50 M	67 M60	Pembrokeshire Harriers	0:05:55
85	0:59:39	Jones	Matthew	25 M	34 OM	LC Cobras	0:05:58
86	1:00:36	Bowen	Marc	92 M	19 OM		0:06:04
87	1:00:55	Cole	Tim	35 M	41 M40		0:06:05
88	1:04:06	Richardson	Keith	52 M	67 M60		0:06:25
89	1:10:44	Powell	Margaret	81 F	53 F45		0:07:04
90	1:21:36	Watts	Allen	17 M	82 M60	Sarn Helen	0:08:10