

TROT's Tenby 10km Race & Fun Run 2007

Kindly Sponsored by **Coastal Cottages**

Pos	No	First	Name	Club	Time	Cat	Age
1	130	GARETH	JONES	3MS GORSEINON RRC	00:34:13	OM	30
2	186	NICK	FROST	PONTYPRIDD RODENTS	00:35:19	M40	47
3	116	ALAN	DAVIES	NONE	00:35:31	M50	54
4	136	CARL	ELLIS	PORT TALBOT HARRIERS	00:36:00	OM	32
5	41	KEVIN	GRIFFITHS	TROTS	00:36:24	M40	43
6	103	MARTIN	WEBBORN	SWANSEA HARRIERS	00:36:40	M40	45
7	104	RICHARD	JONES	SWANSEA HARRIERS	00:37:35	M40	49
8	83	NEIL	MORGAN	NONE	00:37:54	OM	37
9	21	CHARLES	WALSH	PORT TALBOT HARRIERS	00:38:05	OM	32
10	28	NEIL	DAVIES	CORNELLY STRIDERS	00:38:36	M40	48
11	42	PHIL	MEYLER	PONTYPRIDD RODENTS	00:38:41	M50	51
12	69	ROGER	COOMBS	TROTS	00:38:51	M40	41
13	132	MATTHEW	BONNAUD	NONE	00:39:03	OM	20
14	57	KEITH	POWELL	CORNELLY STRIDERS	00:39:17	M50	54
15	183	JAMES	MACKAM	NONE	00:39:35	OM	24
16	139	GARETH	ELLIOTT	PEMBS HARRIERS	00:39:49	OM	25
17	110	DAVID	DAVIES	NEATH HARRIERS	00:39:57	M50	59
18	87	MELISSA	WATSON	TROTS	00:40:11	F35	42
19	140	ADRIAN	WEAVER	PORT TALBOT HARRIERS	00:40:15	OM	29
20	143	TIM	JAMES	INGLI RUNNERS	00:40:17	OM	29
21	117	MARK	DAVIES	WYE VALLEY RUNNERS	00:40:19	OM	31

22	204	PAUL	SLACK	NONE	00:40:21	OM	39
23	48	GARETH	JEHU	NONE	00:40:30	OM	38
24	4	LEE	MORRIS	NONE	00:40:37	OM	26
25	108	ROB	WILLIAMS	INGLI RUNNERS	00:40:42	M40	41
26	141	JOHN	SINNETT	PEMBS HARRIERS	00:40:45	M50	50
27	72	CLAIRE	CLEATHERO	TROTS	00:40:55	OF	33
28	163	HOWARD	PUGH	NONE	00:40:56	OM	36
29	20	JOHN	DUFFEY	LES CROUPIERS	00:41:01	M40	43
30	78	MERVYN	DAVIES	NONE	00:41:12	OM	32
31	189	ANTHONY	WATSON	NONE	00:41:20	OM	31
32	70	MARY	BOWEN REES	TROTS	00:41:30	F45	45
33	122	MICHAEL	HALSALL	LLANELLI AAC	00:41:34	OM	34
34	148	IAN	GILES	CHELTENHAM HARRIERS	00:41:38	M40	40
35	8	STEPHEN	POWELL	PORT TALBOT HARRIERS	00:41:39	M40	43
36	207	KAT	DRIVER	PEMBS HARRIERS	00:41:43	OF	30
37	161	DAVE	GRIFFITHS	TROTS	00:41:46	M40	44
38	181	GLYN	SANSOM	SAN DOMENICO	00:41:49	M40	45
39	160	MICHAEL	BUNSTON	ISLWYN	00:41:55	OM	39
40	59	HUW	BEATTY	CORNELLY STRIDERS	00:42:19	M40	42
41	134	NEIL	SPENCER	NONE	00:42:32	M40	42
42	96	MARK	STIELER	ABERYSTWYTH AC	00:42:41	M40	46
43	68	GARY	ASH	ROAD RUNNERS CLUB	00:42:42	M40	41
44	176	PETER	BURNE	MDC	00:42:56	OM	33
45	212	MIKE	LIDDALL	TWICKENHAM CYCLE CLUB	00:42:58	M40	43
46	63	STEFFAN	JONES	NONE	00:43:03	OM	22
47	109	GARRY	HEESOM	NONE	00:43:07	M40	40
48	53	TERRY	BROWN	NONE	00:43:12	M40	46
49	121	RACHEL	BYERS	WINCHESTER AND DISTRICT	00:43:19	F35	39
50	169	RHYS	THOMAS	COASTAL COTTAGES	00:43:28	OM	19
51	135	MICHAEL	HODGES	RHAYDER	00:43:33	M50	52
52	86	LINDY	EYNON	TROTS	00:43:52	F45	46
53	92	DAVID	THOMAS	NONE	00:43:57	M40	42

54	138	PAUL	EDWARDES	PEMBS HARRIERS	00:44:17	M40	47
55	105	PAULA	HAM	LES CROUPIERS	00:44:18	F35	35
56	120	ROBERT	FORD	PONTYPRIDD RODENTS	00:44:20	M50	54
57	14	STEPHEN	JONES	NONE	00:44:21	M40	43
58	82	PAUL	COWPER	NONE	00:44:22	M50	54
59	203	BILLY	CONNOR	NONE	00:44:28	OM	17
60	149	JASON	WILKINS	CARDIGAN RC	00:44:37	OM	37
61	158	LISA	THOMAS	AMMAN VALLEY HARRIERS	00:44:41	OF	30
62	188	CARLTON	COATES	NONE	00:44:48	M40	44
63	6	JASON	WOODRUFF	NONE	00:44:52	OM	39
64	95	BILL	O'KEEFFE	EAST CORK	00:44:56	M40	42
65	64	MIKE	BAILEY	PEMBS HARRIERS	00:44:57	OM	39
66	118	PAUL	MORRIS	NONE	00:44:58	OM	39
67	58	DAVID	HESKETH	CORNELLY STRIDERS	00:45:05	M40	43
68	11	LOIS	REED	NONE	00:45:12	OF	26
69	191	E	MOREN	NONE	00:45:22	M40	41
70	76	DAFYDD	JOHN	NONE	00:45:23	OM	33
71	173	HAM	ACE	PEMBS TRI	00:45:33	OF	26
72	174	RHIANNON	ACE	PEMBS TRI	00:45:34	OF	28
73	24	KEITH	THICKETT	KILLAMARCH KESTRELS RC	00:45:35	M40	44
74	30	HELEN	JONES	NONE	00:45:37	F35	38
75	162	RICHARD	ROSSITER	NONE	00:45:45	OM	27
76	154	STEVE	MARTIN	NONE	00:45:54	M40	44
77	193	ANDREW	PHILLIPS	NONE	00:46:09	M40	44
78	52	DAVID	NEEDHAM	HALLAMSHIRE	00:46:11	M50	60
79	177	LANA	BRACE	NONE	00:46:13	F35	36
80	142	DAVID	ROBERTS	NONE	00:46:19	OM	37
81	156	PAUL	PADGET	INGLI RUNNERS	00:46:22	M50	52
82	97	ELIZABETH	STIELER	ABERYSTWYTH AC	00:46:25	OF	33
83	65	MICHAEL	SMITH	WEYMOUTH HARRIERS	00:46:27	M40	45
84	167	STEPHEN	JONES	NONE	00:46:29	OM	38
85	85	IAN	MORRIS	TROTS	00:46:30	M40	46
86	184	MATT	BROADHURST	NONE	00:46:30	OM	35

86	208	ALUN	MORGAN	NONE	00:46:30	OM	32
87	99	PATRICK	WING	NONE	00:46:35	M50	55
88	150	JOE	ALKINS	WIRRAL AC	00:46:47	OM	16
89	73	MATTHEW	EVANS	COASTAL COTTAGES	00:46:47	OM	34
90	75	STEPHEN	ROGERS	COASTAL COTTAGES	00:46:50	OM	35
92	29	CLIVE	LAY	NONE	00:47:03	M50	50
93	153	JANE	BUCK	CARDIGAN RC	00:47:05	F35	44
94	49	GAVIN	SCOTCHER	NONE	00:47:09	OM	39
95	90	CRAIG	HURST	TROTS	00:47:10	OM	28
96	89	SAM	PALMER	TROTS	00:47:22	OM	28
97	180	ALEX	HOLLAND	NONE	00:47:28	M40	40
98	131	KEV	JOYCE	NONE	00:47:33	M40	42
99	91	MARTIN	LAWRENCE	NONE	00:47:38	OM	31
100	46	ANDY	JONES	NONE	00:47:42	OM	30
101	155	MARIO	RABAIOTTI	NONE	00:47:51	M40	44
102	27	RICHARD	PHILLIPS	NONE	00:48:01	OM	31
103	171	TERRY	GOVER	PEMBS TRI	00:48:08	M50	59
104	190	ANTHONY	JONES	NONE	00:48:12	M40	41
105	9	GERALD	BRACE	NONE	00:48:14	OM	37
106	185	JOHN	DAVIES	NONE	00:48:23	M50	57
107	47	PAUL	SURRIDGE	NONE	00:48:25	OM	39
108	137	ANDREW	EDGELL	SARN HELEN	00:48:26	OM	30
109	164	CLAIRE	PUGH	NONE	00:48:27	F35	36
110	146	GARETH	RENSHAW	CARDIGAN RC	00:48:32	M40	47
111	166	MICHAEL	WILSON	NONE	00:48:46	OM	26
112	106	CLIVE	JAMES	MIDLAND MASTERS	00:48:42	M50	60
113	114	SIMON	REYNOLDS	NONE	00:48:46	M40	46
114	113	DAVID	THOMAS	SARN HELEN	00:48:51	M40	44
115	179	ALAN	JOHNSTONE	INGLI RUNNERS	00:48:56	M50	59
116	71	PENNY	REES	TROTS	00:48:57	OF	33
117	61	RAYMOND	BOTCE	CORNELLY STRIDERS	00:49:02	M40	45
118	62	ADRIAN	EDWARDS	NONE	00:49:06	PM	23
119	13	IAN	FARMER	NONE	00:49:14	M40	42
121	209	LYN	EVANS	NONE	00:49:24	M50	62
122	126	JONATHAN	THOMAS	AMMAN VALLEY	00:49:38	M40	40

HARRIERS

123	213	PERRY	BROADHURST	NONE	00:49:53	OM	20
124	194	MIKE	JENNINGS	NONE	00:50:02	M50	50
125	182	PHILAPPA	DODD	NONE	00:50:24	F35	36
126	170	VAL	BROWN	PEMBS TRI	00:50:30	F35	41
127	187	ALAN	MAQUIRE	CARDIGAN RC	00:50:38	OM	33
128	81	JEFFREY	HARVEY	NONE	00:50:40	M50	59
129	102	MIKE	ALLEN	NONE	00:50:57	OM	38
130	45	TRACEY	SCOTCHER	NONE	00:51:07	F35	36
131	100	TRACEY	SHARRATT	TROTS	00:51:40	OF	34
132	157	BARBARA	MESQUITA	TENBY FC	00:51:41	OM	25
133	79	EMMA	GETHIN	NONE	00:51:44	OF	26
134	51	PATRICK	JENKINS	NONE	00:51:52	M50	57
135	178	CHRIS	BRACE	NONE	00:51:52	OM	38
136	206	SIMON	ROSSITER	NONE	00:52:02	OM	38
137	192	GERARD	MCCABLE	TRAWDEN AC	00:52:04	M50	59
138	165	CLAIRE	BRITTEN	NONE	00:52:07	OF	26
139	195	ED	DAVIES	NONE	00:52:19	OM	28
140	210	M	PARRIDL	NONE	00:52:48	M40	47
141	67	MICHELLE	PHILLIPS	AMMAN VALLEY HARRIERS	00:53:01	OF	34
142	88	TOM	FURNESS	TROTS	00:53:32	M50	59
143	10	CHRIS	LLOYD	NONE	00:53:46	OM	39
144	34	DAVID	DAVIES	NONE	00:54:39	OM	39
145	40	MIKE	HODGES	TROTS	00:54:44	M50	54
146	147	KATE	ALCRILL	ALMOST ATHELETES	00:54:54	F35	35
147	172	JUDE	ROBERTS	NONE	00:54:58	F35	35
148	124	LON	MORGAN	TROTS	00:55:09	F45	50
149	129	ROGER	BERRY6	NONE	00:55:29	OM	26
150	35	LINDI	LLOYD	NONE	00:55:37	F35	38
151	115	PAULA	JAMES	PONTYPRIDD RODENTS	00:56:03	F35	36
152	50	BRIAN	SLATE	NONE	00:56:15	M50	61
153	36	COLIN	GARDNER	NONE	00:56:20	M50	58
154	201	JEREMY	PAGE	NONE	00:56:21	PM	24
155	202	NICK	PAGE	NONE	00:56:36	OM	17
156	107	SIMON	THOMAS	NONE	00:56:46	OM	37

157	111	ELIZAVETH	HOPKINS	NONE	00:56:49	F35	36
158	101	TONY	HARRIS	NONE	00:56:51	M40	44
159	39	ROY	EVANS	NONE	00:56:59	OM	38
160	12	MIKE	LEWIS	NONE	00:57:09	M40	44
161	152	NEIL	GRIFFITHS	COASTAL COTTAGES	00:57:11	M50	52
162	44	NIA	GODSMARK	NONE	00:57:21	OF	27
163	159	CATH	PRADIC	NONE	00:57:38	OF	34
164	175	ROGER	HOWELL	PENARTH AND DINAS	00:57:43	M50	62
165	211	DELLA	GRIFFITHS	PEMBS HARRIERS	00:57:46	F35	42
166	60	ERIC	OWEN	CORNELLY STRIDERS	00:57:49	M50	67
167	128	RICHARD	LLOYD	NONE	00:57:54	OM	21
168	196	MICHELLE	KNIGHT	NONE	00:59:04	OM	28
169	112	PAULINE	CHARLETT	PEMBS HARRIERS	00:59:05	F45	45
170	198	PAUL	COLMAN	PEMBS HARRIERS	00:59:26	M40	46
171	123	ELEANOR	JONES	NONE	00:59:31	F35	37
172	66	LISA	HEATH	AMMAN VALLEY HARRIERS	00:59:33	OF	34
173	56	MIKE	TODD	AMMAN VALLEY HARRIERS	00:59:47	M50	51
174	199	GEMMA	CLEWER	NONE	01:00:35	OF	27
175	197	J	COLMAN	PEMBS HARRIERS	01:00:36	F35	43
176	145	JAN	BELL	PEMBS HARRIERS	01:00:39	F45	62
177	98	BRIAN	MILLS	100 MARATHON CLUB	01:01:26	M50	51
178	200	SIAN	WERNER	NONE	01:01:30	OF	29
179	119	TREVOR	ELLIS	HATSHEAD RC	01:02:31	M50	71
180	205	DEBBIE	ROSSITER	NONE	01:02:37	F35	40
181	55	BERNITER	DE WET	NONE	01:03:08	F35	39
182	2	TARA	REES	NONE	01:03:12	F35	35
183	1	KAY	DAVIES	NONE	01:03:35	F35	35
184	151	BETH	MURPHY	NONE	01:03:58	OF	34
185	3	PAUL	HINMAN	NONE	01:04:14	M40	40
186	26	MICHAEL	HOWELL	NONE	01:04:44	M40	44
187	144	ALISON	GRIFFITHS	PEMBS HARRIERS	01:04:44	F35	37
188	133	MARTIN	DYDE	PEMBS HARRIERS	01:06:19	M40	49
189	127	LISA	SENDLEY	NONE	01:06:20	F35	39

190	125	SUE	EDWARDS	NONE	01:07:45	F35	43
191	33	YASMIN	FORD	NONE	01:08:01	F35	37
192	37	ANN	WILLIAMS	NONE	01:08:02	F45	51
193	38	CARL	WILLIAMS	NONE	01:08:41	M50	50
194	93	DEBRA	SANDERSON	NONE	01:08:42	F35	42
195	94	MARIA	THOMAS	NONE	01:08:42	OM	33
9999	5	ANTHONY	KAVANAGH	BRACKLA HARRIERS		M50	62
9999	7	TRACY	RAVENSROFT	NONE		F35	36
9999	15	MARTYN	WILLIAMS	NONE		M40	41
9999	16	ELEANOR	WILLIAMS	NONE		F35	40
9999	17	BEN	SEABOURNE	NONE		OM	28
9999	18	CHRIS	HALE	NONE		OM	38
9999	19	BRIAN	JONES	NONE		M40	44
9999	22	RICHARD	JUCHNIEWICZ	NONE		M40	42
9999	23	LISA	MATHIAS	NONE		OF	33
9999	25	ROBERT	EVANS	CARDIFF TRI		OM	25
9999	31	STEVEN	JONES	NONE		OM	36
9999	32	SALLY	MILES	NONE		F35	37
9999	43	P	TURNBULL	NONE		F45	62
9999	54	MELONIE	GALVIN	NONE		F35	39
9999	74	MATHEW	POWELL	COASTAL COTTAGES		OM	33
9999	77	MARK	TERRY	TROTS		M50	50
9999	80	OLIVER	BOOTH	NONE		OM	27
9999	84	ALLEN	WATTS	SARN HELEN		M50	78

9999 Did not Finish or Run