

TROT's Tenby 10km Race & Fun Run 2008

Kindly Sponsored by **Coastal Cottages**



Pos	Num	First	Name	Club	Time	Cat	Age
1	167	JUSTIN	CHASTON	BELGRAVE	00:32:36	OM	39
2	232	MATT	CHASTON	UIBAN ATHLETES	00:34:47	M40	41
3	107	WAYNE	THOMAS	SWANSEA HARRIERS	00:35:06	M40	40
4	202	LEE	LADD	CARMARTHEN HARRIERS	00:35:53	OM	20
5	158	ALAN	DAVIES	NONE	00:35:56	M50	55
6	194	CARL	ELLIS	PORT TALBOT HARRIERS	00:36:06	OM	33
7	228	EDWARD	TAKATA	CARDIFF AAC	00:36:38	OM	23
8	271	PAUL	BOWEN	SOSPAN	00:36:50	OM	36
9	143	MIKE	EVANS	TROTS	00:36:55	OM	33
10	32	NEIL	JONES	SOUTH CHESHIRE HARRIERS	00:37:19	M40	40
11	184	PAUL	GROGAN	SOUTHWELL	00:37:24	M40	45
12	152	CHRIS	PARKER	SWANSEA HARRIERS	00:37:27	M40	42
13	81	GARETH	ELLIOTT	PEMBS HARRIERS	00:37:41	OM	26
14	149	GARY	IRVING	SWANSEA HARRIERS	00:37:47	M40	48
15	77	KEVIN	GRIFFITHS	TROTS	00:37:49	M40	44
16	195	JEROME	EVANS	PORT TALBOT HARRIERS	00:37:50	OM	18
17	183	MICHAEL	TUNE	SWINDON HARRIERS	00:38:53	M40	41
18	40	DOMINIC	KIRBY	SHREWSBURY A C	00:37:57	OM	32
19	114	RON	JENKINS	NONE	00:38:02	M50	51
20	174	STACEY	CHASTON	NONE	00:38:44	F35	38
21	19	NEIL	MORGAN	NONE	00:38:56	OM	38
22	255	PATRICK	MARTIN	PEMBS TRI	00:39:13	OM	25
23	84	MYSHOLA	KIRKHAM	COVENTRY GODIVA HARRIERS	00:39:25	OF	29
24	54	ROGER	COOMBS	TROTS	00:39:29	M40	42
25	188	IAN	GILES	CHELTENHAM HARRIERS	00:39:39	M40	41
26	263	PAUL	SIACK	NONE	00:39:40	M40	40
27	87	NEIL	DAVIES	CORNELLY STRIDERS	00:39:46	M40	49
28	94	ANN	THOMAS	TROTS	00:39:58	F35	41
29	76	MARTIN	DAVIES	TROTS	00:39:58	OM	26
30	86	KEVIN	POWELL	CORNELLY STRIDERS	00:40:18	M50	55
31	224	DARRYN	MCATLEE	NEWPORT HARRIERS	00:40:26	M40	47
32	134	ROB	WILLIAMS	INGLI RUNNERS	00:40:30	M40	42

33	63	BEN	PARRIS	NONE	00:40:35	OM	33
34	163	STEVE	BARRETT	BUNGAY BLACK DODS	00:40:37	M40	45
35	125	ROBERT	SANDLES	3M'S GORSEINON	00:40:38	M40	42
36	82	JOHN	SINNETT	PEMBS HARRIERS	00:40:41	M50	51
37	37	JOHN	DUFFEY	LES CROUPIERS	00:40:45	M40	44
38	269	ALAN	JONES	NONE	00:40:50	M40	42
39	166	RHYS	HARRIES	NONE	00:40:51	OM	21
40	151	DAVID	THOMAS	3M'S GORSEINON	00:40:54	OM	36
41	25	JEREMY	DACK	DEAL TRI	00:41:01	OM	36
42	95	MEL	WATSON	TROTS	00:41:04	F35	43
43	49	MICHAEL	LAWRENCE	NONE	00:41:26	M50	51
44	227	CHARLES	WALSH	PORT TALBOT HARRIERS	00:41:28	OM	33
45	112	CHRIS	LEWIS	NONE	00:41:43	OM	27
46	262	GARETH	GRIFFITHS	NONR	00:41:50	OM	39
48	85	PETER	TURNER	CORNELLY STRIDERS	00:41:57	M50	57
49	241	KAT	DRIVER	PEMBS HARRIERS	00:41:58	OF	31
50	165	NEIL	HOPKINSON	WIMBORNE AC	00:42:03	M40	48
51	115	GORDON	ORME	CARDIGAN RUNNING CLUB	00:42:03	M60	65
52	153	RUTH	TYLERS	LES CROUPIERS	00:42:16	OF	23
53	33	CHRIS	ROWLANDS	NONE	00:42:27	OM	20
54	182	MICHAEL	HALSALL	LLANELLI AAC	00:42:28	OM	35
55	89	HUW	BEATTY	CORNELLY STRIDERS	00:42:43	M40	43
56	93	ANDREW	BIRCH	TROTS	00:42:45	OM	20
57	238	STEVE	THOMAS	3M'S GORSEINON	00:42:51	OM	32
58	83	DAVE	GRIFFITHS	TROTS	00:42:55	M40	45
59	244	RICK	MORGAN	NONE	00:43:01	OM	27
60	126	DAVID	PROUD	LES CROUPIERS	00:43:03	M40	41
61	38	MATTHEW	HERBERT	CORNELLY STRIDERS	00:43:07	OM	32
62	175	CLAIRE	CLEATHERO	TROTS	00:43:10	OF	34
63	248	GARETH	JEHU	TAFF ELY TRI	00:43:12	OM	39
64	70	DAVID	OAK	PORT TALBOT HARRIERS	00:43:23	M60	63
65	160	ANDREW	NICHOLAS	CRYMYCH TRI	00:43:25	M40	41
66	187	NEIL	SPENCER	NONE	00:43:27	M40	43
67	209	STEVE	BROWN	PEMBS HARRIERS	00:43:27	M40	44
68	258	MARJ	MCBLAIN	NONE	00:43:30	M40	45
69	230	ALEC	WILLIAMS	NONE	00:43:33	M40	41
70	146	BRIAN	CONERITY	PEMBS TRI	00:43:37	M40	40
71	268	GLYN	SANSOM	SAN DOMENICO	00:43:38	M40	46
72	211	PAUL	MORRIS	NONE	00:43:39	M40	40
73	102	DAVID	MCCABE	TRAWDEN AC	00:43:39	OM	34
74	133	ERIC	DAVEY	LLANELLI AAC	00:43:43	M50	58
75	44	DAVID	THOMAS	NONE	00:43:43	M40	43
76	53	JEFF	ASTON	LES CROUPIERS	00:43:46	M60	61
77	168	BRIAN	RUSSELL	CARDIGAN RUNNING CLUB	00:43:50	M40	49
78	109	KEV	JOYCE	PEMBS HARRIERS	00:43:57	M40	43
79	105	AMANDA	EVANS	3M'S GORSEINON	00:43:58	F35	39
81	23	STEVEN	JONES	NONE	00:44:17	OM	37
82	60	JON	LEAR	NONE	00:44:26	M40	44
83	257	PAUL	COWPER	NONE	00:44:27	M50	55
84	11	STEHEN	JONES	NONE	00:44:28	M40	45
85	103	SIMEI	SNYMAN	BEDFORD AND COUNTY	00:44:30	OF	17
86	123	GAZ	LOVERIDGE	NONE	00:44:31	OM	26

87	199	JONATHAN	LLOYD	NONE	00:44:35	OM	19
88	233	MARTIN	JONES	NONE	00:44:36	OM	25
89	193	DAVID	ROBERTS	INGLI RUNNERS	00:44:37	M40	38
89	240	ANDREW	OWEN	NONE	00:44:37	M40	45
91	118	PAUL	EDWARDS	PEMBS HARRIERS	00:44:40	M40	48
92	124	PAUL	NEWMAN	NONE	00:44:46	OM	38
93	217	ALIX	CRITCHLEY	NORTHBROOK AC	00:44:50	OF	28
94	50	JONATHAN	KERSTING	SWANSEA HARRIERS	00:44:51	M60	70
95	113	ALEX	LEWIS	NONE	00:44:57	OM	28
96	36	KELUNU	PORTELLI	LES CROUPIERS	00:44:58	M40	43
97	7	LOIS	REED	NONE	00:44:59	OF	27
98	106	JOHN	COLLINS	SWANSEA HARRIERS	00:45:04	M60	70
99	252	RHYS	THOMAS	NONE	00:45:06	OM	20
100	122	LEE	PARRY	NONE	00:45:09	OM	22
101	243	ALUN	MORGAN	NONE	00:45:14	OM	33
102	16	MICK	GRANT	ROAD RUNNERS CLUB	00:45:18	M50	51
103	22	HELEN	JONES	NONE	00:45:25	F35	39
104	237	RICHARD	ROSSITER	NONE	00:45:35	OM	28
105	3	NICHOLAS	D'ARCY	NONE	00:45:42	OM	27
106	144	STEVE	THOMAS	3M'S GORSEINON	00:45:54	OM	39
107	66	RICHARD	REED	NONE	00:46:03	OM	30
108	218	LISA	THOMAS	AMMAN VALLEY HARRIERS	00:46:07	OF	31
109	68	DAVID	NEEDHAM	HALLAMSHIRE HARRIERS	00:46:09	M60	61
110	190	CYRIL	WALTERS	TROTS	00:46:12	M60	61
111	51	HELEN	THOMAS	NONE	00:46:16	OF	27
112	58	GRAHAM	MORGAN	NONE	00:46:17	M40	42
113	192	GARY	ASH	ROAD RUNNERS CLUB	00:46:24	M40	42
114	239	MARIO	RABAIOTTI	PORT TALBOT HARRIERDS	00:46:27	M40	45
115	30	PETER	CLARKE	NONE	00:46:29	M40	41
116	92	CHRIS	BIRCH	TROTS	00:46:40	M40	49
117	266	COLIN	FISH	NONE	00:46:46	OM	39
118	139	GEOFF	WHITE	3M'S GORSEINON	00:46:48	M50	54
119	264	ANDREA	MAGUAN	CHESTER TRI	00:46:50	F45	42
120	59	ADRIAN	MULREADY	NONE	00:46:54	M40	48
121	90	JAMES	MARKS	CORNELLY STRIDERS	00:47:20	M50	51
122	265	DYLAN	DAVIES	NONE	00:47:29	OM	23
123	259	ANDREW	PHILLIPS	NONE	00:47:41	M40	45
124	27	RICHARD	OTTEN	NONE	00:47:54	M40	43
125	132	MARCUS	EYRE	3M'S GORSEINON	00:47:58	M40	49
126	98	ROLAND	SHERWOOD	AMMAN VALLEY HARRIERS	00:47:59	M60	62
127	31	RICHARD	PHILLIPS	NONE	00:48:00	OM	32
128	138	GERAINT	JENKINS	AMMAN VALLEY HARRIERS	00:48:06	M40	41
129	137	DAVID	SELWYN	NONE	00:48:22	OM	35
130	210	ANDREW	EDGELL	SARN HELEN	00:48:30	OM	31
131	110	ANNE MARI	EVANS	TREDEGAR	00:48:32	F35	37
132	250	RICHARD	HOLMES	NONE	00:48:36	OM	21
133	154	MICHAEL	BAILEY	PEMBS HARRIERS	00:48:37	M40	40
134	14	ANDREW	JONES	NONE	00:48:44	OM	31
135	267	MATT	BROADHURST	TENBY RFC	00:48:54	OM	36
136	226	ANDREW	WILLIAMS	NONE	00:48:56	OM	35
137	207	DEREK	EDMONDS	NONE	00:48:58	M60	61
138	61	VIV	JOHN	NONE	00:49:02	M50	50

139	128	BRIAN	GRIFFITHS	NONE	00:49:06	M60	62
140	141	JULIE	THOMAS	3M'S GORSEINON	00:49:12	F45	46
141	96	IAN	MORRIS	TROTS	00:49:21	M40	47
141	99	GARETH	JOHN	LES CROUPIERS	00:49:21	M50	54
142	97	HELLEN	WILLIAMS	TROTS	00:49:27	F45	47
143	34	GERALD	BRACE	NONE	00:49:34	OM	38
144	104	PIET	SNYMAN	BEDFORD AND COUNTY	00:49:50	M40	45
145	116	GLYN	WILLIAMS	3M'S GORSEINON	00:50:05	M60	62
146	108	JOYLON	CRAIG	NONE	00:50:06	OM	33
147	236	SIMON	ROSSITER	NONE	00:50:12	OM	39
148	147	TERRY	GOVER	PEMBS TRI	00:50:15	M60	60
149	162	GILLI	DAVIES	NONE	00:50:23	F35	44
150	47	EDDIE	BATEMAN	PEMBS HARRIERS	00:50:34	M50	51
151	231	MARK	GLEASDALE	NONE	00:50:54	M40	40
152	256	JILL	WILLCOX	INGLI RUNNERS	00:51:00	F35	36
153	117	BARRIE	CULL	PEMBS HARRIERS	00:51:09	M60	61
154	181	L	GRIFFITHS	NONE	00:51:16	OM	35
155	48	KATHANNA	MEERPHOL	UNI WUPPERTAL	00:51:35	OF	26
156	42	I	DOBBY	NONE	00:51:39	M50	59
157	206	DANIEL	EDMONDS	NONE	00:51:39	OM	30
158	213	STUART	ASMAN	PEMBS HARRIERS	00:51:41	M50	61
159	204	CLIVE	LAY	NONE	00:51:43	M50	51
160	234	PHILIP	HOSKING	NONE	00:51:59	M40	40
161	71	COLIN	ANTHONY	PORT TALBOT HARRIERS	00:52:03	M60	63
163	261	RAY	JAMES	PORT TALBOT HARRIERS	00:52:08	M40	47
164	46	NEIL	BALL	NONE	00:52:20	OM	31
165	136	DAVE	BREEN	NONE	00:52:21	M50	54
166	78	PATRICK	JENKINS	NONE	00:52:36	M50	58
167	88	RAYMOND	BOYCE	CORNELLY STRIDERS	00:52:38	M40	46
168	260	MARTIN	COUSINS	NONE	00:52:57	OM	34
169	67	CARLA	BROMHEAD	NONE	00:52:59	OF	21
170	140	ALAN	WILLIAMS	INGLI RUNNERS	00:53:05	OM	38
171	222	ED	DAVIEES	NONE	00:53:11	OM	29
172	186	CLIVE	JAMES	MIDLAND MASTERS AC	00:53:12	M60	61
173	65	STEPHEN	JOB	NONE	00:53:40	M40	40
174	111	LORRAINE	COOPEY	NONE	00:53:45	F35	44
175	15	MARTIN	LAWRENCE	NONE	00:53:46	OM	32
176	247	GRAHAM	SLATE	NONE	00:54:00	M40	41
177	73	JAKE	MARSH	NONE	00:54:02	OM	17
178	178	SUSAN	ENGSTRAND	MORAYFIRTH TRI	00:54:04	F35	39
179	145	KIRSTY	MORGAN	NONE	00:54:08	F35	39
180	173	JASMINE	CLEATHERO	NONE	00:54:28	F35	38
181	161	MIKE	DAVIES	NONE	00:54:43	M40	48
182	26	NIGEL	BEST	NONE	00:54:53	M50	50
183	101	GERARD	MCCABE	TRAWDEN AC	00:54:55	M60	60
184	157	ALAN	HODGKISS	TELFORD HARRIERS	00:55:16	M60	63
185	270	MICHAEL	PARRISH	NONE	00:55:15	M40	47
186	196	TERESA	HANKLLIN	NONE	00:55:29	F35	41
187	69	TARA	REES	NONE	00:55:38	F35	36
188	246	BRIAN	SLATE	NONE	00:55:38	M60	62
189	249	ALISON	LLULY	NONE	00:55:39	F35	38
190	219	SID	EVANS	NONE	00:55:40	M60	61

191	197	JONATHAN THOMAS	NONE	00:56:06	M40	41
192	150	GRAHAM BARLOW	3M'S GORSEINON	00:56:06	M50	51
193	4	WENDY D'ARCY	NONE	00:56:19	OF	31
194	180	ANDREW OAKLEY	NONE	00:56:23	M40	42
195	273	S BONOS	NONE	00:56:49	M40	43
196	200	HELEN CLARKE	NONE	00:56:56	OF	24
197	131	COLIN GARDNER	NONE	00:57:01	M50	59
198	148	RICHARD DONNE	3M'S GORSEINON	00:57:10	M40	46
199	172	CHARLIE RATCLIFFE	TROTS	00:57:14	OF	19
200	121	CAROL VYNER	3M'S GORSEINON	00:57:24	F35	38
201	135	REBECCA HAMBROOK	NONE	00:57:31	F45	58
202	242	SIMON THOMAS	NONE	00:57:34	OM	38
203	216	PETER WATERS	NONE	00:57:52	M40	46
204	75	ELIZBETH RICHARDS	TROTS	00:57:53	OF	31
205	205	JUDE ROBERTS	NONE	00:58:03	F35	36
206	41	ROY EVANS	NONE	00:58:12	OM	39
207	191	EMMA POWELL	NONE	00:58:27	F35	37
208	56	DONNA GRIFFITHS	NONE	00:58:38	OF	30
209	18	ANNA SILCOX	NONE	00:58:42	OF	23
210	159	CLAIRE WALFORD	NONE	00:58:51	OF	33
211	155	JOSEPH MULREADY	NONE	00:58:06	OM	16
212	245	BETH MURPHY	NONE	00:58:07	F35	35
213	272	ROGER CAYSILL	NONE	00:59:15	OM	38
214	55	EMMA NELSON JONES	NONE	00:59:20	OF	27
215	142	MURAT MUSSABEKOV	NONE	00:59:44	M40	41
216	176	DASOS ZANGOURAS	PEMBS TRI	01:00:15	M40	47
217	225	DAVE PHELPS	NONE	01:00:17	M40	43
218	164	MICK WARNER	NONE	01:00:18	M60	63
219	177	PHIL OKWEDY	NONE	01:00:28	M40	46
220	127	FAY SHARPE	3M'S GORSEINON	01:00:29	F45	48
221	130	DEL EYRE	EM'S GORSEINON	01:00:29	F35	44
222	129	LINDA REES	3M'S GORSEINON	01:00:29	F45	47
223	120	ASHLEY ----	NONE	01:00:40	OM	26
224	220	STEPHEN KING	NONE	01:01:00	OM	30
225	221	HARRIET KING	NONE	01:01:00	OF	31
226	171	SUZANNE AUSTIN	NONE	01:01:41	OF	31
227	253	ROBERT MCKINLEY	NONE	01:01:52	M40	47
228	64	ALFRYN EASTER	3M'S GORSEINON	01:01:55	M60	60
229	229	RICHARD HUGHES	WESTBURY HARRIERS	01:02:02	M40	47
230	119	HENRY HAYWARD	3M'S GORSEINON	01:02:14	M50	51
231	1	ADRIAN DEMOULPIED	NONE	01:02:16	M40	44
232	201	LISA HEATH	NONE	02:01:26	F35	35
233	214	KATE DE CARKRET-W	NONE	01:02:29	OF	29
234	215	CHRISTIAN SEFTON	NONE	01:02:35	OM	31
235	203	NIA GOODSMARK	NONE	01:03:09	OF	28
236	179	CEIRE MERRISON	NONE	01:04:25	OF	35
237	24	JOSEPH THOMAS	NONE	01:04:39	OM	31
238	235	DEBBIE ROSSITER	NONE	01:04:47	F35	41
239	208	OWEN MORGAN	NONE	01:05:30	M40	41
240	254	GETHIN RAS	NONE	01:05:31	M40	41
241	212	TREVOR ELLIS	HARTSHEAD RC	01:06:31	M60	72
242	185	JILL COLMAN	PEMBS HARRIERS	01:06:42	F35	44

243	189	GARETH	RUSSELL	NONE	01:06:44	OM	23
244	251	TIM	MORRIS	NONE	01:07:00	M40	40
245	29	ELINOR	BENNETT	NONE	01:07:20	F35	37
246	62	EMMA	JOHN	NONE	01:08:21	OF	23
247	12	SARAH	DAVIES	NONE	01:09:35	F35	35
248	156	CYNTHIA	LEWIS	TELFORD HARRIERS	01:09:44	F45	59
249	45	AMANDA	THOMAS	NONE	01:10:10	F35	38
250	2	MARTIN	LEWIS	NONE	01:11:00	M60	65
251	43	L	DOBBY	NONE	01:19:25	F50	70
9999	5	KERRY	BEVAN	NONE		F35	35
9999	6	ANDREW	ORMESHES	CLAPHAM CHASERS RC		M40	43
9999	8	JULIE	FARMER	NONE		F35	40
9999	9	IAN	FARMER	NONE		M40	43
9999	10	MIKE	IVERS	NONE		M40	45
9999	13	SCOTT	GILLESPIE	NONE		OM	35
9999	17	MIKE	CARRINGTON	NONE		M50	56
9999	20	MELONIE	GALVIN	NONE		F35	40
9999	21	JEFFREY	EVANS	NONE		OM	31
9999	28	CAROLINE	BENNETT	NONE		F35	36
9999	35	KAREN	WALKER	NONE		F45	46
9999	39	STEVEN	KEATING	NONE		OM	34
9999	52	LIBBY	O'DUFFY	LES CROUPIERS		F35	40
9999	57	STUART	GRIFFITHS	3M'S GORSEINON		OM	32
9999	72	RICHARD	PEEVOR	NONE		OM	31
9999	74	MICHAEL	BLAKE	NONE		OM	18
9999	79	KAY	DAVIS	NONE		F35	36
9999	80	KYLE	WALLIS	NONE		OM	18
9999	91	STEFFAN	JONES	CORNELLY STRIDERS		OM	23
9999	100	ALLEN	WATTS	SARNN HELEN		M50	9
9999	170	CHRIS	CHASTON	BELGRAV		M60	67
9999	198	RICHARD	LLOYD	NONE		OM	22
9999	223	MICHELLE	KNIGHT	NONE		OF	29

9999 Did not Finish or Run