

## Dale Half Marathon 2011

Pos	Time	Family	First	Num	Gen	Age	Cat	Club	M/Split	
1	1:19:47	Simon	Oliver	412	M	31	OM	Pembrokeshire Tri	0:06:05	
2	1:21:33	Price	Glyn	401	M	44	M40	Sarn Helen	0:06:14	
3	1:23:58	Griffiths	Kevin	344	M	48	M40	TROT's	0:06:25	
4	1:24:20	Griffiths	Timothy	345	M	31	OM	Pembrokeshire Harriers	0:06:26	
5	1:24:29	Williams	Alex	429	M	43	M40	Port Talbot Harriers	0:06:27	
6	1:25:19	Phillips	Clare	398	F	42	F35	Port Talbot Harriers	0:06:31	
7	1:25:44	Elliott	Gareth	335	M	29	OM	Pembrokeshire Harriers	0:06:33	
8	1:29:56	Rees	Eric	403	M	39	OM	Sarn Helen	0:06:52	
9	1:30:50	Nankivell	Matthew	384	M	28	OM	Aberystwyth AC	0:06:56	
10	1:30:57	Chapman	Janie	325	F	44	F35	Bournemouth A.C.	0:06:57	
11	1:31:00	Thomas	Stephen	421	M	50	M50		0:06:57	
12	1:32:03	O'Neill	David	390	M	41	M40	Pembrokeshire Harriers	0:07:02	
13	1:32:25	James	Richard	365	M	48	M40	Rhedwyr Emlyn	0:07:03	
14	1:33:11	Herman	Matthew	353	M	25	OM		0:07:07	
15	1:33:29	Owen	Barry	393	M	36	OM	Rhedwyr Emlyn	0:07:08	
16	1:35:54	Stokes	Tom	416	M	51	M50	Frome Running Club	0:07:19	
17	1:36:38	Turner	Phillip	423	M	43	M40	Sospan Road Runners	0:07:23	
18	1:36:43	Quinn	Nicola	402	F	43	F35	Rhedwyr Emlyn	0:07:23	
19	1:37:07	Taylor	Mike	418	M	46	M40		0:07:25	
20	1:37:16	Wright	Tom	439	M	50	M50	Sospan Road Runners	0:07:25	
21	1:37:29	Goodwin-jones	Elizabeth	341	F	33	OF	TROT's	0:07:26	
22	1:38:41	Whitby	Mark	428	M	40	M40	Pembrokeshire Harriers	0:07:32	
23	1:38:49	Boon	Richard	321	M	52	M50	Les Croupiers	0:07:33	
24	1:39:02	Surrell	Simon	410	M	31	OM	TROT's	0:07:34	
25	1:39:44	Evans	Heddwyn	336	M	33	OM		0:07:37	
26	1:40:44	Noble	James	386	M	28	OM		0:07:41	

27	1:41:06	Langford	David	375	M	52	M50	Pembrokeshire Tri	0:07:43	
28	1:41:15	Rowland	Marc	409	M	37	OM		0:07:44	
29	1:41:19	Jinkerson	Ken	368	M	58	M50		0:07:44	
30	1:41:20	Evans	Nigel	337	M	41	M40	TROT's	0:07:44	
31	1:41:26	Eynon	Lindy	338	F	50	F45	TROT's	0:07:45	
32	1:42:10	Bridle	Richard	323	M	41	M40		0:07:48	
33	1:42:37	Marks	Catherine	380	F	28	OF		0:07:50	
34	1:42:58	Worth	Laurence	438	M	48	M40	Pembrokeshire Harriers	0:07:52	
35	1:43:21	Bleasdale	Catharine	320	F	42	F35	TROT's	0:07:53	
36	1:44:30	Howe	Richard	361	M	42	M40		0:07:59	
37	1:44:54	Orr	Barry	392	M	29	OM		0:08:00	
38	1:45:20	Ford	Robert	339	M	58	M50	Pontypridd Roadents	0:08:02	
39	1:45:29	Kenwright	Dawn	373	F	56	F55	Sarn Helen	0:08:03	
40	1:46:19	Watkins	Carl	426	M	28	OM		0:08:07	
41	1:46:51	Corp	Ainsley	328	M	37	OM	224 Pembs Yeo Sqn	0:08:09	
42	1:47:21	North	Nicholas	387	M	49	M40	Cardigan RC	0:08:12	
43	1:47:36	Morris	Gwen	383	F	26	OF	Ingli Runners	0:08:13	
44	1:48:49	Toft	Andrew	422	M	47	M40		0:08:18	
45	1:48:50	Nettleship	Tom	385	M	32	OM		0:08:18	
46	1:50:11	Walker	Helen	424	F	55	F55	Ingli Runners	0:08:25	
47	1:50:21	Low	Martin	379	M	63	M60		0:08:25	
48	1:50:36	Griffiths	Della	343	F	46	F45	Pembrokeshire Harriers	0:08:27	
49	1:51:07	O'Connell	James	388	M	27	OM		0:08:29	
50	1:51:37	Smith	Robert	413	M	50	M50	Pembrokeshire Harriers	0:08:31	
51	1:51:54	Terry	Michael	419	M	61	M60	TROT's	0:08:33	
52	1:51:57	Jones	Gareth	370	M	45	M40	Sarn Helen	0:08:33	
53	1:52:24	King	Greg	374	M	43	M40	Sospan Road Runners	0:08:35	
54	1:52:24	Williams	Clive	431	M	55	F55	Aberystwyth AC	0:08:35	
55	1:52:35	Springett	Richard	414	M	47	M40		0:08:36	
56	1:53:28	Perrett	David	396	M	52	M50		0:08:40	

57	1:53:31	Reynolds	Paul	404	M	34	OM		0:08:40
58	1:54:00	Reynolds	Simon	405	M	50	M50		0:08:42
59	1:54:31	Williams	Joanne	440	F	44	F35		0:08:45
60	1:54:35	James	Heulwen	364	F	44	F35	Rhedwyr Emlyn	0:08:45
61	1:55:02	Williams	Helen	432	F	49	F45	Aberystwyth AC	0:08:47
62	1:55:02	Cox	Simon	329	M	48	M40		0:08:47
63	1:56:14	Orford	Nathan	391	M	39	OM		0:08:52
64	1:57:22	Hall	Owen	347	M	33	OM		0:08:58
65	1:57:52	Junia	Wendell	371	M	37	OM	Aberystwyth AC	0:09:00
66	1:59:21	Jones	Anwen	369	F	26	OF	TROTs	0:09:07
67	1:59:23	Millington	Simon	382	M	42	M40		0:09:07
68	2:00:04	Higgin	Louise	355	F	29	OF		0:09:10
69	2:01:26	Shanklin	Teresa	411	F	47	F45		0:09:16
70	2:02:46	Clarke	Russell	326	M	31	OM	224 Pembs Yeo Sqn	0:09:22
71	2:04:16	Abbott	Dave	317	M	35	OM	224 Pembs Yeo Sqn	0:09:29
72	2:04:36	Delaney	Nial	333	M	32	OM		0:09:31
73	2:05:41	Halsey	Chris	348	M	34	OM		0:09:36
74	2:05:47	Hooper	Stephen	359	M	45	M40		0:09:36
75	2:06:20	Hay	Jonny	351	M	21	OM		0:09:39
76	2:07:25	Warren	Mark	425	M	49	M40		0:09:44
77	2:08:33	Wilson	Finola	437	F	42	F35	Mumbles Milers	0:09:49
78	2:08:56	Hughes	Martin	363	M	44	M40		0:09:51
79	2:10:37	Hodges	Mike	357	M	58	M50	TROTs	0:09:58
80	2:11:38	Baldwin	Dionne	319	F	33	OF		0:10:03
81	2:11:49	Adams	Rhiannon	318	F	36	F35		0:10:04
82	2:14:50	Robson	Steve	406	M	41	M40		0:10:18
83	2:16:46	Harding	Peter	349	M	71	M60	TROTs	0:10:26
84	2:19:41	Hicks	Stephen	354	M	52	M50		0:10:40
85	2:22:09	Brooks	Kate	324	F	41	F35		0:10:51
86	2:22:46	Jenkins	Georgina	367	F	43	F35		0:10:54

87	2:30:20	Hay	Mark	352	M	30	OM		0:11:29	
88	2:33:20	Meredith	Rhian	381	F	40	F35		0:11:42	
89	2:34:39	Willmont	Jennifer	435	F	25	OF		0:11:48	
90	2:34:42	Hodgetts	Lynne	358	F	57	F55	Womens Running Club (Wales)	0:11:49	
91	2:40:15	Hill	Rochelle	356	F	40	F35		0:12:14	
92	2:46:00	Howe	Helen	360	F	41	F35	Womens Running Club (Wales)	0:12:40	
93	2:46:00	Comisini	Dawn	327	F	47	F35	Womens Running Club (Wales)	0:12:40	







