

# TROT's DAMBUSTER's

## Llys yr Fran 2008

Pos	No	First	Name	Club	Time	Cat	Age
1	252	MICHAEL	KALLENBERG	INGLI RUNNERS	00:32:22	OM	17
2	216	MIKE	EVANS	TROTS	00:33:14	OM	33
3	248	GLYN	PRICE	SARN HELEN	00:33:24	M40	41
4	224	LEE	LADD	NONE	00:33:58	OM	19
5	242	LES	HEWITSON	INGLI RUNNERS	00:34:16	M40	44
6	192	CARL	ELLIS	PORT TALBOT HARRIERS	00:34:34	OM	33
7	220	PAUL	HAYES	TROTS	00:35:03	M50	51
8	277	KEVIN	GRIFFITHS	TROTS	00:35:34	M40	44
9	214	SCOTT	EVANS	SOSPAN ROAD RUNNERS	00:35:42	OM	31
10	247	DAVID	ASTINS	PEMBS TRI	00:35:47	OM	38
11	262	GARETH	ELLIOTT	PEMBS HARRIERS	00:36:21	OM	25
12	202	HYWEL	JONES	AMMAN VALLEY	00:36:36	M40	46
13	197	ANDREW	THOMAS	SOSPAN ROAD RUNNERS	00:37:07	M40	42
14	254	MARK	DUNSCOMBE	SARN HELEN	00:37:13	M40	46
15	217	ROB	WILLIAMS	INGLI RUNNERS	00:37:46	M40	42
16	219	TASHA	SEXTON	INGLI RUNNERS	00:37:57	OF	34
17	232	MARK	TERRY	TROTS	00:38:03	M50	51
18	272	SHAN	ROBERTS	INGLI RUNNERS	00:38:38	F35	40
19	184	LEIGHTON	ANTHONY	NONE	00:38:41	M40	46
20	261	JOHN	SINNETT	PEMBS HARRIERS	00:39:22	M50	51
21	282	ROGER	COOMBS	TROTS	00:39:27	M40	42
22	249	JASON	WILKINS	CARDIGAN RC	00:39:44	OM	38
23	244	HUW	PRICE	SARN HELEN	00:39:52	M40	45
24	186	MARTIN	DAVIES	TROTS	00:39:55	OM	26
25	245	SHARON	LEECH	AMMAN VALLEY	00:39:59	F35	38
26	264	ALEC	WILLIAMS	NONE	00:40:34	M40	41
27	227	LES	CHAPMAN	AMMAN VALLEY	00:40:46	M50	59
28	266	KAT	DRIVER	PEMBS HARRIERS	00:40:52	OF	31
29	196	KIERAN	MACKINTOSH	PORT TALBOT HARRIERS	00:40:54	OM	18
30	251	ALEX	ILYAT	PEMBS TRI	00:40:57	OM	27
31	246	ELLIE	JONES	PEMBS TRI	00:40:57	OF	27
32	209	MARTIN	HOOPER	SOSPAN ROAD RUNNERS	00:41:06	M40	47
33	271	RICHARD	BROWN	PEMBS TRI	00:41:18	M40	40
34	268	CALVIN	WILLIAMS	SARN HELEN	00:41:21	M40	47
35	276	DAVE	GRIFFITHS	TROTS	00:41:24	M40	45
36	195	CHARLES	WALSH	PORT TALBOT HARRIERS	00:41:33	OM	33
37	226	ROBERT	FOWLER	AMMAN VALLEY	00:41:39	M50	62
38	215	BRIAN	RUSSELL	CARDIGAN RC	00:41:44	M40	49
39	281	HAYDN	LLOYD	SARN HELEN	00:41:45	OM	36
40	274	CELIA	BOOTHMAN	PEMBS HARRIERS	00:41:46	OF	32
41	222	STEVE	BROWN	PEMBS HARRIERS	00:42:12	M40	44
42	193	STEVE	DAVIES	PORT TALBOT HARRIERS	00:42:12	M40	41

43	228	ERIC	DAVEY	LLANELLI AAC	00:42:33	M50	57
44	210	RAY	MAJER	SOSPAN ROAD RUNNERS	00:42:50	M50	55
45	243	ADRIANO	EVOLA	ABERYSTWYTH	00:43:13	M40	49
46	200	PAUL	COLMAN	PEMBS HARRIERS	00:43:15	M40	47
47	265	PAUL	PADGET	INGLI RUNNERS	00:43:35	M50	53
48	188	IAN	MORRIS	TROTS	00:43:58	M40	47
49	187	CHRIS	BIRCH	TROTS	00:44:19	VM	49
50	259	CYRIL	WALTERS	TROTS	00:44:23	M50	60
51	206	GILLIAN	PHILLIPS	SOSPAN ROAD RUNNERS	00:44:40	F45	49
52	258	BETHAN	OUSLEY	INGLI RUNNERS	00:44:50	OF	31
53	218	CHRIS	SEXTON	INGLI RUNNERS	00:44:56	M40	44
54	269	HELEN	WILLIAMS	TROTS	00:45:09	F45	47
55	223	PAUL	EDWARDS	PEMBS HARRIERS	00:45:31	M40	48
56	231	GARETH	REES	SOSPAN ROAD RUNNERS	00:45:38	OM	32
57	190	ROLAND	SHERWOOD	AMMAN VALLEY	00:45:39	M50	62
58	205	MANDY	PEACE	SOSPAN ROAD RUNNERS	00:45:48	F35	43
59	250	IAN	COOPER	PEMBS TRI	00:45:54	OM	23
60	229	HELEN	WALKER	INGLI RUNNERS	00:45:57	F45	52
61	225	TERRY	GOVER	PEMBS TRI	00:46:02	M50	60
62	241	ANGIE	HUGHES	ABERGELE	00:46:15	F35	41
63	185	LOIS	REED	NONE	00:46:33	OF	27
64	233	SIMON	REYNOLDS	NONE	00:46:37	M40	46
65	279	MARTIN	LOW	NONE	00:46:41	M50	60
66	191	EDDIE	BATEMAN	PEMBS HARRIERS	00:47:05	M50	51
67	240	GARETH	JONES	SARN HELEN	00:47:14	M40	42
68	234	HELEN	THOMAS	PEMBS HARRIERS	00:47:20	OF	27
69	213	BOB	SMITH	NONE	00:47:31	M40	47
70	211	DAVID	HATTO	SOSPAN ROAD RUNNERS	00:47:33	M40	47
71	230	PETER	WALKER	INGLI RUNNERS	00:47:54	M50	52
72	273	RAY	JAMES	PORT TALBOT HARRIERS	00:48:12	M40	47
73	263	STEPHEN	COCKERELL	NONE	00:48:28	OM	36
74	270	VAL	BROWN	PEMBS TRI	00:48:41	F35	42
75	237	MIKE	HODGES	TROTS	00:49:09	M50	55
76	260	BARRIE	CULL	PEMBS HARRIERS	00:49:24	M50	60
77	198	ANN	ROWELL	TROTS	00:49:39	F45	52
78	275	TOM	FURNESS	TROTS	00:50:29	M50	60
79	204	D	THOMAS	PEMBS HARRIERS	00:50:36	OM	36
80	212	PAULINE	THOMAS	TROTS	00:50:43	F45	65
81	255	CARYL	DAVIES	SARN HELEN	00:51:14	OF	20
82	239	JAN	JONES	SARN HELEN	00:51:18	F35	43
83	203	STEPHEN	THOMAS	PEMBS HARRIERS	00:51:22	OM	15
84	267	ARWYN	JONES	NONE	00:51:38	M40	46
85	253	FRANCES	COOK	INGLI RUNNERS	00:54:07	OF	25
86	199	MICK	WARNER	NONE	00:54:16	M50	63
87	207	SUE	COGHILL	SOSPAN ROAD RUNNERS	00:54:27	F45	45
88	221	ALAN	WILLIAMS	INGLI RUNNERS	00:54:39	OM	38
89	208	NICOLA	HUGHES	SOSPAN ROAD RUNNERS	00:54:44	F35	42
90	280	NIGEL	JONES	SEASIDE STROLLERS	00:55:19	M50	53
91	238	PAULINE	CHARLETT	PEMBS HARRIERS	00:57:29	F45	46
92	256	ALISON	TUDOR	NONE	00:58:13	F35	42
93	257	LEEANN	MORGAN	NONE	00:58:13	F35	35
94	236	ALISON	GRIFFITHS	PEMBS HARRIERS	00:58:46	OF	38

95	201 JILL	COLMAN	PEMBS HARRIERS	01:00:16	F35	43
96	235 JAN	BELL	PEMBS HARRIERS	01:01:17	F45	63
97	284 DAVE	PHELPS	NONE	01:01:47	M40	42
98	283 GARETH	BAMSEY	NONE	01:01:47	M40	
99	194 ALLEN	WATTS	SARN HELEN	01:15:39	M50	79
9999	181 MELONIE	GALVIN	NONE		F35	40
9999	182 ANDREA	WHITFIELD	NONE		OF	
9999	183 JASON	WOODRUFF	NONE		M40	40

9999 Did not Finish or Run