

TROT's St Clears 10km 2010



Pos	Time	Family	First	No	Gen	Age	Cat	Club	K/Split
1	0:37:20	Roberts	Adam	116	M	21	OM	TROTS	0:05:58
2	0:37:29	Giansiracusa	Jeffrey	87	M	29	OM	Swansea Harriers	0:06:00
3	0:37:32	Evans	Mike	102	M	35	OM	TROTS	0:06:00
4	0:38:06	Jones	David	74	M	34	OM	Poole AC	0:06:06
5	0:38:40	Barrett	Richard	148	M	40	M40	TROTS	0:06:11
6	0:39:07	Osborne	Peter	120	M	50	M50	Swansea Harriers	0:06:16
7	0:39:28	Irving	Gary	85	M	50	M50	Swansea Harriers	0:06:19
8	0:40:12	Dawe	Andrew	95	M	43	M40	Pembs Harriers	0:06:26
9	0:40:16	Jones	Gethin	109	M	37	OM	Sarn Helen	0:06:27
10	0:40:28	Ouseley	Steve	100	M	36	OM	Ingli Runners	0:06:28
11	0:41:18	Elliott	Gareth	131	M	28	OM	Pembs Harriers	0:06:36
12	0:41:19	Griffiths	Jason	151	M	41	M40		0:06:37
13	0:41:20	John	Tim	144	M	37	OM	TROTS	0:06:37
14	0:41:29	Lewis	Paul	96	M	45	M40	Gorseinon 3M's	0:06:38
15	0:41:32	Morris	Stephen	101	M	44	M40		0:06:39
16	0:41:37	Lynch	Ana	122	F	37	F35	Pembs Harriers	0:06:40
17	0:41:39	O'Neill	David	121	M	40	M40	Pembs Harriers	0:06:40
18	0:41:44	Crumplin	Adam	153	M	31	OM		0:06:41
19	0:42:09	Joyce	Kev	98	M	45	M40	Pembs Harriers	0:06:45
20	0:42:14	Davies	Martin	135	M	27	OM	TROTS	0:06:45
21	0:42:42	Sinnett	John	139	M	53	M50	Pembs Harriers	0:06:50
22	0:42:47	Bowen-Rees	Mary	80	F	48	F45	TROTS	0:06:51
23	0:43:07	Rees	Conrad	150	M	35	OM		0:06:54
24	0:43:27	Langford	David	126	M	51	M50	Pembs Tri	0:06:57
25	0:43:30	Corcoran	Kevin	88	M	48	M40	Swansea Harriers	0:06:58

26	0:43:37	George	Tony	118M	52M50	Cardigan RC	0:06:59
27	0:43:41	Surrell	Simon	130M	30OM		0:06:59
28	0:43:45	Webb	Paul	72M	48M40		0:07:00
29	0:44:13	Speed	Ian	97M	44M40		0:07:04
30	0:44:17	Davies	Stuart	112M	34OM		0:07:05
31	0:44:23	Hayes	Alyson	99F	40F35	Cardigan RC	0:07:06
32	0:44:29	Cleathero	Claire	140F	36F35	TROTS	0:07:07
33	0:44:47	Shields	Dominic	106M	45M40	San Dominico	0:07:10
34	0:44:55	Bendle	Stephen	84M	46M40	Swansea Harriers	0:07:11
35	0:45:04	Jones	Mark	123M	52M50	Llanelli Tri	0:07:13
36	0:45:06	Holliday	Andy	147M	37OM		0:07:13
37	0:45:20	Jones	Caroline	149F	50F45	TROTS	0:07:15
38	0:45:27	Dyde	Martin	92M	52M50	Pembs Harriers	0:07:16
39	0:45:34	Thomas	David	138M	47M40	Sarn Helen	0:07:17
40	0:45:36	Walters	Cyril	78M	62M60	TROTS	0:07:18
41	0:45:51	Griffiths	Dave	133M	48M40	TROTS	0:07:20
42	0:45:54	Phillips	Richard	129M	34OM	TROTS	0:07:21
43	0:45:57	Eynon	Lindy	79F	49F45	TROTS	0:07:21
44	0:46:22	Kumari	Uku	90M	58M50	Swansea Harriers	0:07:25
45	0:46:41	Jones	Neil	114M	34OM		0:07:28
46	0:47:50	Melbourne	Rowena	110F	30OF	TROTS	0:07:39
47	0:48:22	Worth	Laurence	142M	47M40	Pembs Harriers	0:07:44
48	0:48:35	Birch	Chris	103M	51M50	TROTS	0:07:46
49	0:48:39	Roberts-Jones	Sian	108F	30OF	Sarn Helen	0:07:47
50	0:48:56	Showell	Justin	111M	40M40	Purple Patch Runners	0:07:50
51	0:49:14	Barrington	Scott	146M	34OM		0:07:53

52	0:49:33	Attwell	Mark	77M	47M40		0:07:56
53	0:49:45	James	Michael	137M	25OM		0:07:58
54	0:49:50	Sherwood	Roland	89M	65M60		0:07:58
55	0:49:59	James	Dyfed	134M	36OM		0:08:00
56	0:50:07	Davies	Caryl	119F	22OF	Sarn Helen	0:08:01
57	0:50:32	Lloyd	Sue	104F	46F45	Pembs Harriers	0:08:05
58	0:51:19	Smith	Robert	91M	49M40	Pembs Harriers	0:08:13
59	0:52:33	Davies	Helen	141F	28OF		0:08:24
60	0:52:34	Sutton	Karl	127M	41M40	Pembs Tri	0:08:25
61	0:52:38	Job	Stephen	76M	43M40		0:08:25
62	0:53:02	Lewis	Tony	115M	37OM		0:08:29
63	0:53:58	Evans	Wendy	107F	36F35		0:08:38
64	0:54:52	Holliday	Richard	152M	41M40		0:08:47
65	0:55:27	James	Dylan	73M	38OM		0:08:52
66	0:55:29	Bateman	Eddie	117M	53M50	Pembs Harriers	0:08:53
67	0:55:43	Brabrook	Andrea	124F	38F35	Emlyn Runners	0:08:55
68	0:55:52	Job	Andrew	94M	43M40		0:08:56
69	0:56:07	Lewis	Sara	132F	24OF	TROTS	0:08:59
70	0:56:44	Donne	Richard	128M	48M40	Gorseinon 3M's	0:09:05
71	0:57:33	Phillips	David	113M	66M60	Pembs Harriers	0:09:12
72	0:57:34	Wing	Patrick	125M	58M50		0:09:13
73	0:57:54	Warner	Mick	81M	65M60	TRA	0:09:16
74	0:58:01	Lane	Jason	75M	38OM		0:09:17
75	0:58:52	Rees	Carol	136F	36F35		0:09:25
76	0:59:59	Boyett	Vanessa	145F	35F35	TROTS	0:09:36
77	1:01:18	O'Connor	Graham	143M	40M40		0:09:48

78	1:03:00	Bell	Jan	93F	65F55	Pembs Harriers	0:10:05
79	1:03:50	Gardner	Colin	83M	61M60		0:10:13
80	1:05:16	Thomas	Barbara	105F	66F55	Pembs Harriers	0:10:27
81	1:09:55	Hudd	Simon	82M	44M40		0:11:11
82	1:28:15	Watts	Allen	86M	81M60	Sarn Helen	0:14:07