

# Tenby 10k 2011

Num	First name	Last name	Catg	Club	Pos	Cat Pos	Finish Time
282	Dewi	Griffiths	OM	SWANSEA HARRIERS	1	1	00:30:56
344	Andrew	Hunt	OM		2	2	00:32:04
199	Jon	Barnes	OM	Wye Valley Runners	3	3	00:34:29
333	Stuart	Crees	OM	Les Croupiers	4	4	00:34:34
270	Alan	Davies	M50		5	1	00:36:07
312	John	Morris	OM	AMMAN VALLEY	6	5	00:36:39
162	Daryl	John	OM		7	6	00:36:49
306	Anthony	Powell	M40	PORTHCAWL RUNNERS LIFE	8	1	00:36:57
285	Gareth	Jackson	OM		9	7	00:37:18
242	David	Macabe	OM	TRAWDEN AC	10	8	00:37:39
177	Scott	Patrick	OM	PEMBS TRI	11	9	00:37:56
358	Johannes	Bruenink	M40		12	2	00:37:57
284	Alaw	Beynon Thomas	OF	SWANSEA HARRIERS	13	1	00:38:11
48	Ian	Giles	M40	Cheltenham Harriers	14	3	00:38:22
211	Chris	Greenall	OM		15	10	00:38:26
61	Gareth	Elliott	OM	Pembrokeshire Harriers	16	11	00:38:27
292	Jonathan	Jones	M40	Carmarthen Harriers	17	4	00:38:32
64	James	O'Callaghan	M40		18	5	00:38:34
260	Raul	Reisman	OM	LC COBRAS	19	12	00:38:43
340	Peter	Hammond	M40		20	6	00:38:49
122	John	Morgan	M40	Brackla Harriers	21	7	00:38:59
288	Jason	Davies	M40		22	8	00:39:03
337	Batty	Owen	OM	EMLYN	23	13	00:39:30
114	Robert	Daines	OM	Pembrokeshire Harriers	24	14	00:39:36
277	Kevin	Brennen	M40	ST HELENS STRIDERS	25	9	00:39:39
60	Ed	Ashley	OM		26	15	00:39:41
79	Oliver	Booth	OM		27	16	00:39:45
91	David	Rees	OM		28	17	00:39:49
286	Shan	Roberts	F35		29	1	00:39:55
154	Keith	Powell	M50		30	2	00:40:04
111	Timothy	Griffiths	OM	Pembrokeshire Harriers	31	18	00:40:24
246	Neil	Davies	M50	CORNELLY STRIDERS	32	3	00:40:51
66	David	Blackwell	OM		33	19	00:40:53
209	Stephen	Thomas	M50		34	4	00:40:57
345	Jonathan	Hancock	M40	TROT	35	10	00:41:09
138	John	Diffey	M40	San Domenico	36	11	00:41:10
42	Clara	Evans	OF	Hereford&County AC	37	2	00:41:12
237	Gabriella	Maine	OF	PORTHCAWL RUNNERS LIFE	38	3	00:41:15
117	Brian	James	M50	Watford Joggers	39	5	00:41:19
103	Michael	Lawrence	M50	Pembrokeshire Harriers	40	6	00:41:28
173	Kevin	Pugh	M40		41	12	00:41:28
5	Simon	Smith	OM		42	20	00:41:29
266	Michael	Oneil	OM		43	21	00:41:30
339	Mark	Terry	M40	TROT	44	13	00:41:40
349	Jason	Griffiths	M40	TATA MULTISPORT	45	14	00:41:52
50	Emil	Chwistek	OM		46	22	00:41:59

29	Gareth	Davey	OM		47	23	00:42:04
201	Andrew	Miles	M50		48	7	00:42:08
329	Richard	James	M40	EMLYN	49	15	00:42:10
152	Darren	Stevenson	M40		50	16	00:42:17
267	Steve	Brown	M40	Pembrokeshire Harriers	51	17	00:42:20
304	Paul	Webb	M40		52	18	00:42:22
360	Peter	Walters	M50	TROT	53	8	00:42:29
322	Mark	Dunscombe	M40	Sarn Helen	54	19	00:42:34
124	Adam	Clapperton	OM		55	24	00:42:37
291	Neil	Spencer	M40	CARDIFF CIAC'S	56	20	00:42:48
78	Matthew	Hudson	OM		57	25	00:42:51
141	Nick	Mackay	OM		58	26	00:42:51
198	Tom	Richards	OM		59	27	00:42:52
168	Mary	Bowen Rees	F45	TROT	60	1	00:42:53
259	David	Greaves	OM	SOUTH WALES POLICE	61	28	00:43:06
235	Julian	Maine	M50	PORTHCAWL RUNNERS LIFE	62	9	00:43:08
271	Gordon	Brough	M40		63	21	00:43:10
181	Malcolm	Edwards	OM	Wye Valley Runners	64	29	00:43:15
204	Thomas	Stokes	OM	HEREFORD AND COUNTY AC	65	30	00:43:15
116	Graeme	Kay	M50	South Devon AC	66	10	00:43:18
104	David	Thomas	M40		67	22	00:43:20
12	Rhys	Thomas	OM	Tenby Lifeboat Runners	68	31	00:43:21
196	Daniel	Williams	OM		69	32	00:43:28
192	Benjamin	Griffiths	OM		70	33	00:43:31
247	P	Thomas	M40	Brackla Harriers	71	23	00:43:39
363	Dave	Griffith	M40	TROT	72	24	00:43:39
167	Iwan	Bowen Rees	OM		73	34	00:43:41
361	Simon	Rees	OM		74	35	00:43:47
3	Rachel	Haggar	F45		75	2	00:43:49
80	Michael	Grant	M50	Road Runners Club	76	11	00:43:51
109	Allan	Jones	M50	Brackla Harriers	77	12	00:43:52
118	Dylan	Jones	OM		78	36	00:43:52
55	Michael	Bryant	M50		79	13	00:44:04
221	Peter	Hopsson	M40		80	25	00:44:07
146	Phillip	Bevan	OM		81	37	00:44:21
200	Pete	Courtney	M50		82	14	00:44:27
178	Stephen	Biscomb	M50	CLAYTON HARRIERS	83	15	00:44:37
93	Gafin	Griffiths	OM	Les Croupiers	84	38	00:44:45
190	Kyle	Wallis	OM		85	39	00:44:47
73	Steven	Jones	M40		86	26	00:44:48
366	James	White	OM		87	40	00:44:50
290	Phil	Huwson	M40	STEEL CITY STRIDERS	88	27	00:44:59
248	David	Breen	M50	PORTHCAWL RUNNERS LIFE	89	16	00:45:02
172	Darren	Picton	OM		90	41	00:45:03
231	Mark	Hill	OM		91	42	00:45:04
45	Pip	Welton	F35		92	2	00:45:05
311	Kelvn	Davies	M40		93	28	00:45:06
43	David	Welton	M40		94	29	00:45:07
63	Michelle	Cole	OF	3m Gorseinon	95	4	00:45:09
83	Kevin	Barnes	M40	Hereford Couriers	96	30	00:45:11
351	Richard	Reed	OM		97	43	00:45:16

72	Helen	Jones	F35		98	3	00:45:19
255	Charlotte	Johns	F35	Brackla Harriers	99	4	00:45:20
37	Robert	Galpin	M50	Wye Valley Runners	100	17	00:45:21
232	Robert	Ford	M50	Pontypridd Roadents	101	18	00:45:23
51	Luke	Burton	OM		102	44	00:45:25
216	Hans	Peterios	OM		103	45	00:45:29
194	Mark	Thomson	M40		104	31	00:45:31
30	David	Needham	M50	Penistone Footpath Runners	105	19	00:45:39
289	Gareth	Thomas	OM	Pembrokeshire Harriers	106	46	00:45:43
239	Uku	Kumari	M50	SWANSEA HARRIERS	107	20	00:45:48
28	Craig	Renshaw	OM		108	47	00:45:51
236	Jason	Protheroe	M40		109	32	00:45:54
164	Steven	Amos	M40		110	33	00:45:56
287	Andrew	Dunscombe	M40	Pontypridd Roadents	111	34	00:45:58
294	Nigel	Evans	M40	TROT	112	35	00:46:01
180	Elin	Haf Jones	OF		113	5	00:46:07
296	Gavin	Evans	OM		114	48	00:46:10
218	William	Jonker	OM		115	49	00:46:25
301	Aled	Davies	OM	CARDIGAN RUNNING CLUB	116	50	00:46:26
347	Gwen	Morris	OF	INGLI RUNNERS	117	6	00:46:35
75	Zannis	Mavrosordato	OM		118	51	00:46:37
186	Jason	Gill	OM		119	52	00:46:41
149	Paul	Bigmore	M50	Brackla Harriers	120	21	00:46:45
197	Daniel	Davies	OM		121	53	00:46:51
365	William	Allan	OM		122	54	00:47:00
245	Alex	Ford	M50	Brackla Harriers	123	22	00:47:10
36	Ian	Quigley	M50	Stainland Lions	124	23	00:47:14
113	Alex	Watt	OM		125	55	00:47:15
130	Patrick	Wing	M50		126	24	00:47:17
317	Catherine	Bleasdale	F35	TROT	127	5	00:47:20
279	John	Bourke	M40		128	36	00:47:25
82	Philip	Westbury	OM		129	56	00:47:27
205	Tracy	Watkins	OF		130	7	00:47:29
76	David	Field	OM		131	57	00:47:32
308	Tim	Williams	OM		132	58	00:47:41
230	Nicola	Thomas	F35	PORTHCAWL RUNNERS LIFE	134	6	00:47:49
336	Kate	Scourfield	OF		133	8	00:47:49
281	David	Chrystie-Lowe	M50	STOCKPORT HARRIERS	135	25	00:47:55
346	Aled	Howell	OM		136	59	00:47:56
108	Roger	Caygill	M40	St Dogmaels Dads	137	37	00:47:58
362	Martin	Bett	M40		138	38	00:48:01
252	Andrea	Stallit	F35	Brackla Harriers	139	7	00:48:05
273	Raymond	Davis	M40		140	39	00:48:05
364	Peter	Clarke	M40		141	40	00:48:10
202	Susannah	Brownhill	OF		142	9	00:48:12
318	Adam	Brown	OM		143	60	00:48:12
187	Hannah	Jones	OF		144	10	00:48:19
356	Andrew	Thomas	M40		145	41	00:48:22
272	Libby	Lavis	F45	Brackla Harriers	146	3	00:48:23
126	Daniel	Cale	OM	Black Pear Joggers	147	61	00:48:36
139	Tony	Burton	M50	Brackla Harriers	148	26	00:48:36

26	Nathan	Orford	OM		149	62	00:48:40
84	David	Taylor	M50	Congleton Harriers	150	27	00:48:40
251	Andrew	Lloyd	OM		151	63	00:48:50
129	Paul	Smith	OM		152	64	00:48:55
115	Lee	Duke	OM		153	65	00:49:01
257	Jonathan	Beynon	OM	LC COBRAS	154	66	00:49:02
101	Richard	Davies	M40		155	42	00:49:05
249	Alun	Yeend	M50		156	28	00:49:10
222	Jo	Greenhill	OM		157	67	00:49:12
217	Marie	Tooman	OF		158	11	00:49:18
99	Tom	Simpson	OM		159	68	00:49:22
316	Mark	Bleasdale	M40	DYFED POWYS POLICE	160	43	00:49:22
120	Robert	Bowen	M40		161	44	00:49:26
179	Francis	King	OM		162	69	00:49:27
295	Raymond	James	M50	PORT TALBOT HARRIERS	163	29	00:49:28
240	Claire	Pugh	F35	S7TRI	164	8	00:49:29
98	Tammy	Raz-Nick	F35	Brackla Harriers	165	9	00:49:32
280	Mark	Vines	OM	Pembrokeshire Harriers	166	70	00:49:37
143	Ceri	Stone	M40		167	45	00:49:41
71	Gerald	Gobey	M50	Wye Valley Runners	168	30	00:49:43
90	Roland	Sherwood	M50	Carmarthen Harriers	169	31	00:49:49
330	Graham	Slate	M40		170	46	00:49:52
119	Andrew	Rhys Jones	OM		171	71	00:49:54
265	Gavin	Rees	OM		172	72	00:49:55
355	Geoff	Marsh	OM		173	73	00:49:59
8	Antony	Allen	OM		174	74	00:50:00
185	Andrew	Rutter	M40		175	47	00:50:07
210	Michael	Smith	M50	Tenby Aces	176	32	00:50:17
188	Sasha	Macken	F35	Les Croupiers	177	10	00:50:20
233	Romana	Maine	F45	PORTHCAWL RUNNERS LIFE	178	4	00:50:20
338	Cyril	Walters	M50	TROT	179	33	00:50:45
6	Caroline	Cumberlin	F35		180	11	00:50:47
264	Don	Wilkes	M40	Pembrokeshire Harriers	181	48	00:50:48
163	Lori	Amos	OF		182	12	00:50:57
253	Matthew	Tebbutt	OM		183	75	00:50:57
275	Ian	Hoskins	M40		184	49	00:51:15
207	Kisrty	Morgan	F35		185	12	00:51:20
127	Emma	Parsons	F35		186	13	00:51:22
343	Richard	Wintle	M40		187	50	00:51:22
62	Gordon	Stafford	M40		188	51	00:51:25
21	Judith	Stevenson	F35		189	14	00:51:26
262	Hefin	X	OM		190	76	00:51:30
193	Stewart	Pearce	OM		191	77	00:51:33
166	Julie	Jones	F35		192	15	00:51:37
33	Alun	Nelson	OM		193	78	00:51:38
353	Nick	Garrod	OM		194	79	00:51:38
354	Richard	Graham	M40		195	52	00:51:40
310	Nathan	Lowe	OM		196	80	00:51:41
67	Kate	Blackwell	F35		197	16	00:51:42
212	Ben	Jones	OM		198	81	00:51:44
9	Jason	Rossiter	OM	Tenby Lifeboat Runners	199	82	00:51:47

223	Phillip	Blandell	OM		200	83	00:51:48
357	David	Thomas	OM		201	84	00:51:54
147	Rhys	Evans	OM		202	85	00:51:59
148	Anna	Irvine	OF		203	13	00:51:59
132	Jo	McHugh	OF		204	14	00:52:13
94	Stuart	Barnes	M50		205	34	00:52:18
278	Geraint	Hulbert	OM		206	86	00:52:23
110	Patricia	Jones	F45	Brackla Harriers	207	5	00:52:32
1	Matthew	Broadhurst	OM	Tenby Lifeboat Runners	208	87	00:52:37
305	Clare	Stansfield	OF		209	15	00:52:37
328	Heulwen	James	M40	EMLYN	210	53	00:52:58
41	Sheryl	Evans	F35	Hereford&County AC	211	17	00:53:09
165	Amy	Wadge	F35		212	18	00:53:11
226	Matthew	Jones	OM		213	88	00:53:11
35	Karen	Greening	OF		214	16	00:53:18
100	Katharine	Penswick	F35		215	19	00:53:19
263	Nathan	Spiller	OM	ROYAL NAVY RUNNERS	216	89	00:53:20
228	Peter	Jones	M40		217	54	00:53:23
128	Mark	Power	M40		218	55	00:53:25
34	Lisa	Milton	OF	AVSTRI	219	17	00:53:27
142	Paul	Stone	M40		220	56	00:53:33
140	Keith	Treharne	M50	Brackla Harriers	221	35	00:53:40
123	Brian	Symon	M50	Wye Valley Runners	222	36	00:53:42
158	Virginia	Ellen Moore	F45		223	6	00:53:43
184	Aled	Evan	OM		224	90	00:53:47
191	Beverley	Harlow	F45	FAIRLANDS VALLEY SPARTANS	225	7	00:54:00
327	Shane	Lewis	OM		226	91	00:54:09
56	Ben	Hunter	OM		227	92	00:54:11
298	Daniel	Edmonds	OM		228	93	00:54:13
107	Edward	Bateman	M50	Pembrokeshire Harriers	229	37	00:54:22
203	Jack	Richards	OM		230	94	00:54:26
325	Elaine	Brall	OF		231	18	00:54:28
241	Martyn	Sayce	M40		232	57	00:54:42
314	Lon	Morgan	F45	EMLYN	233	8	00:54:49
87	Dawn	Goulbourne	F35		234	20	00:55:07
244	Neil	Exman	OM		235	95	00:55:08
74	John	Vine	M50		236	38	00:55:09
22	Helen	Lutley	F45	Emlyn Runners	237	9	00:55:10
238	Richard	Pearton	M40	Brackla Harriers	238	58	00:55:16
136	Carwyn	Edwards	OM		239	96	00:55:17
106	Anna	Bolton	F35		240	21	00:55:25
293	Nigel	Jones	M50	LLANELLI STROLLERS	241	39	00:55:33
326	Beth	Murphy	F35		242	22	00:55:37
208	Phill	Braddon	M50		243	40	00:55:42
261	Nicola	Tinsley	F35		244	23	00:55:42
25	Kimberley	Orford	OF		245	19	00:55:43
7	Cheryl	Davies	F35		246	24	00:55:50
250	Anna	Williams	F35		247	25	00:55:51
49	Kate	Giles	F35	Almost Athletes	248	26	00:55:56
331	Brian	Slate	M50		249	41	00:56:01

169	Fneil	Griffiths	M50		250	42	00:56:03
175	Simon	Griffiths	M40		251	59	00:56:04
44	Nicola	Williams	F35		252	27	00:56:06
47	Martin	Jones	OM		253	97	00:56:06
332	Mick	Warner	M50	TRA 1877	254	43	00:56:13
206	David	Woodhall	M40	PENNYLANE STRIDERS	255	60	00:56:21
176	Gareth	Goldings	M40		256	61	00:56:22
254	Rebecca	Williams	OF		257	20	00:56:24
215	Joost	Geertman	OM		258	98	00:56:36
134	Nicola	Coates	F45	Tenby Aces	259	10	00:56:42
135	Non	Gwilym	OF		260	21	00:56:43
160	Ian	Macallum	M40		261	62	00:56:45
171	Billy	Conner	OM		262	99	00:56:57
32	Helen	Marsay	F35	Saracens (Coventry)	263	28	00:57:02
309	Michael	Davies	M40		264	63	00:57:09
315	Claire	Thomas	OF	TROT	265	22	00:57:23
220	Shelagh	Hopson	F35		266	29	00:57:25
234	Merrilee	Phillips	F35		267	30	00:57:30
258	Matthew	Jones	OM	LC COBRAS	268	100	00:57:30
46	Rachel	Ruff	F35		269	31	00:57:32
183	Kim	Whyld	OF		270	23	00:57:34
95	Tracey	Ford	F45		271	11	00:57:40
96	Rowena	Ford	OF		272	24	00:57:40
225	Harry	Wood	OM		273	101	00:57:46
229	Debbie	Jones	F45		274	12	00:57:57
174	Emma	Griffiths	OF		275	25	00:58:03
268	Alison	Griffiths	F35	Pembrokeshire Harriers	276	32	00:58:04
213	Anne	Caldecott	F45	WESTGATE LEISURE	278	13	00:58:08
214	Richard	Lake	M50	WESTGATE LEISURE	277	44	00:58:08
153	Catherine	Llewellyn	F45		279	14	00:58:09
38	Julie	Brooks	F45		280	15	00:58:19
77	Graham	Singer	M50		281	45	00:58:20
189	Amanda	Coulson	F45		282	16	00:58:30
313	Sandra	Stevens	F45		283	17	00:58:36
39	David	Kempton	M50		284	46	00:58:37
359	Vicky	Narth	F35	EMLYN	285	33	00:59:03
69	Carole	White	F45		286	18	00:59:13
105	Corina	Holley	F35		287	34	00:59:17
224	Pam	Wood	F45		288	19	00:59:22
227	Adam	Tyler	OM		289	102	00:59:29
58	Rachel	Youlton	OF		290	26	00:59:30
151	Ben	Diment	OM		291	103	00:59:42
323	Martin	Dyde	M50		292	47	00:59:42
131	Katherine	lewis	OF		293	27	01:00:02
133	Carly	Christopher	OF		294	28	01:00:02
159	James	Parkin	OM		295	104	01:00:17
348	Charles	Ravencroft	M50		296	48	01:00:41
81	Tegryn	Jones	M40		297	64	01:00:48
195	Paul	Riley	M50	CORNWALL AC	298	49	01:00:48
4	Jude	Quigley	F45		299	20	01:00:49
2	Martin	Woodfield	M50		300	50	01:00:50

256	Hannah	Thomas	OF		301	29	01:00:57
341	Simon	Thomas	M40		302	65	01:01:22
352	Anna	Felton	OF		303	30	01:01:22
320	Sarah	Vesey	F35	Pembrokeshire Harriers	304	35	01:01:51
112	Jessica	Rowe	OF		305	31	01:02:14
121	Michelle	Jackson	F35	Tenby Lifeboat Runners	306	36	01:02:17
155	Jo	Furnival Doran	F45		307	21	01:02:26
324	Andrew	Vesey	M40		308	66	01:02:27
350	Jim	Bromhead	OM		309	105	01:02:41
65	Emma	Wilson	F35		310	37	01:03:45
243	Gina	Macabe	F35	TRAWDEN AC	311	38	01:04:12
97	Elaine	Evans	F35		312	39	01:04:35
157	Felicity	Evans	F35		313	40	01:04:47
269	Janet	Bell	F45	Pembrokeshire Harriers	314	22	01:05:15
92	Wendy	Diment	F35		315	41	01:05:22
276	Michelle	Avery	F35	BEDFORD AC	316	42	01:05:22
144	Sarah	Tagg	F35		317	43	01:05:25
319	Pauline	Charlett	F45	Pembrokeshire Harriers	318	23	01:05:51
31	Keith	Richardson	M50		319	51	01:06:17
321	Samantha	Stronach	OF		320	32	01:06:29
23	Mervyn	Weightman-Bent	M50		321	52	01:06:57
24	Nicola	Smith	F35		322	44	01:06:57
182	Sarah	Mann	F45		323	24	01:07:25
40	Joel	Williams	M40		324	67	01:07:39
86	Louise	Pooley	F35		325	45	01:08:09
219	Sarah	James	F35		326	46	01:08:45
170	Annemarie	Graf	OF		327	33	01:09:28
70	Joanne	Morgan	F45		328	25	01:11:03
334	Barbara	Thomas	F45	Pembrokeshire Harriers	330	27	01:11:11
335	Helen	Charlett	F45	Pembrokeshire Harriers	329	26	01:11:11
150	Lesley	Bigmore	F45	Brackla Harriers	331	28	01:13:55
303	Gareth	Thomas	M40		333	68	01:18:06
307	Nikita	Thomas	OF		332	34	01:18:06
300	Cara	Stewart	OF		335	36	01:23:43
302	Siabhon	Cokke	OF		334	35	01:23:43
299	Billy	Stewart	OM		336	106	01:29:49
297	Nichola	Broadhurst	F35		337	47	01:30:25
161	Allen	Watts		Sarn Helen	338		01:35:32