

## Pembrokeshire 10K Results 2010

Pos	Time	Family	First	No	Cat	Club
1	0:36:14	Watson	Jake	208	OM	Pembs Tri
2	0:37:27	Haines	Benjamin	153	OM	
3	0:39:02	Morgan	Neil	178	M40	
4	0:39:52	Matchett	Alex	214	OM	Pembs Tri
5	0:40:04	Sutton	Ben	202	OM	
6	0:40:33	Howarth	Laurie	224	OM	Pembs Harriers
7	0:40:40	Hall	Simon	154	OM	Sarn Helen
8	0:40:51	Oughton	Paul	184	M40	
9	0:40:55	Daines	Robert	131	OM	
10	0:41:47	Jones	Martin David	165	OM	
11	0:41:55	Watson	Todd	210	OM	Pembs Tri
12	0:41:58	Cox	Adrian	130	M40	Pembs Tri
13	0:42:05	Barker	Rob	117	OM	
14	0:42:10	Watson	Les	209	M40	Pembs Tri
15	0:42:20	Davies	Jason	215	M40	
16	0:42:40	Davey	Eric	133	M60	Llanelli A C
17	0:44:13	Thomas	Gary	221	M40	Emlyn Runners
18	0:44:48	Davies	Karine	140	F35	Pembs Tri
19	0:45:37	Murphy	Adam	182	OM	
20	0:45:37	Nicholas	Dez	183	M50	
21	0:46:08	Thomas	Andrew	205	OM	
22	0:47:11	Sherwood	Roland	193	M60	
23	0:47:21	Brace	Gerald	122	M40	
24	0:47:32	Morris	Gwen	180	OF	Ingli Runners
25	0:47:36	Wing	Patrick	213	M50	
26	0:47:51	Vaughan	Adrian	207	OM	Pembs Tri
27	0:47:54	Munn	Karen	181	F45	Pembs Tri
28	0:48:12	Edwards	Paul	145	M50	Pembs Harriers
29	0:48:14	Eksteen	Jean Marie	146	OF	
30	0:48:14	Eksteen	Johan	147	OM	
31	0:48:34	Barrington	Scott	118	M40	
32	0:48:44	Thomas	John	204	OM	
33	0:48:52	Richards	Jane	187	F45	
34	0:49:10	Anthony	Chris	116	OM	
35	0:50:18	Davies	Mark	136	M40	
36	0:50:27	Sutton	Karl	203	M40	Pembs Tri
37	0:50:36	Davies	John	138	M60	Port Talbot Harriers
38	0:50:40	Stacy	Richard	200	M40	
39	0:50:58	Haworth	Adrian	156	M40	
40	0:50:12	Davies	Christopher	137	OM	
41	0:50:16	Smith	Alun	199	M50	
42	0:50:27	Smith	Rachel	198	OF	
43	0:51:33	Pierce	Dora	185	F45	
44	0:51:57	Jones	Gareth	163	OM	
45	0:52:04	Barker	Simon	223	OM	
46	0:52:08	Millington	Simon	173	M40	
47	0:52:14	Thomas	Sue	220	F35	
48	0:53:01	Cook	Alison	129	F35	Penarth & Dinas Runners
49	0:53:03	Griffiths	Della	151	F45	Pembs Harriers

50	0:53:20	Howells	Dave	159	M50	Pemb Harriers
51	0:53:22	Mills	Nicola	174	F35	Pembs Tri
52	0:53:29	Heys	Ian	158	M40	Dale Yacht Club
53	0:53:32	Dunn	Chris	143	M40	
54	0:53:34	Rees	Dafydd	186	OM	
55	0:53:37	Francis	Sarah Louise	149	OF	
56	0:54:27	Sidney	Juliet	196	F35	
57	0:54:47	Sidney	Ian	194	OM	
58	0:55:01	Davies	Tom	134	OM	
59	0:55:29	Davies	Hayley	135	F35	
60	0:56:11	Mills	Gethin	175	OM	Pembs Tri
61	0:56:11	Riggs	Robbie	190	M40	
62	0:56:25	Riggs	Chris	189	OM	
63	0:56:56	Jones	Jan	164	F45	Sarn Helen
64	0:57:35	Deacon	Claire	141	F35	Pembs Tri
65	0:57:36	Conolly	Jack	128	OM	
66	0:58:07	Knight	David	166	M40	
67	0:58:14	Carlile	Claire	125	F35	
68	0:58:23	Wheeler	Sarah	211	F35	
69	0:58:30	Dyde	Lorraine	144	F45	Pembs Harriers
70	0:58:35	Michaelsen	Axel	171	M40	
71	0:58:56	Evans	Linda	148	OF	
72	0:59:13	Davies	Llinos	139	OF	
73	0:59:13	Morgans	Rachel	179	OF	
74	0:59:24	Owen	Chris	127	OM	
75	0:59:45	Bland	Madeleine	121	F55	Pembs Harriers
76	1:00:38	Morgan	Katherine	177	OF	
77	1:01:13	Sidney	Neil	195	OM	
78	1:01:50	Hah	Dak Thoog	152	OM	
79	1:04:10	Robinson	Sue	191	F55	Stubbington Green Runners
80	1:04:25	Burnett	Sandra	123	F45	
81	1:04:45	Mason	Jessie	168	OF	
82	1:05:08	Charlett	Pauline	126	F45	Pembs Harriers
83	1:06:08	Haworth	Damian	155	M40	
84	1:06:08	Haworth	Jennifer	157	F55	
85	1:06:14	Mason Davies	Lynette	170	F35	
86	1:09:59	Mason	Debra	169	F45	
87	1:12:14	Bentley	Lucy	119	OF	