



The Nobbler 10k - Live Results

The race started at 9:04:44 am

#	Runner	Club	Age	Band	Time
1	Rob Davies	Amman Valley Harriers	M18 🏆	412	0:47:35
2	Gareth Payne	Sarn Helen	M50 🏆	62	0:50:04
3	Ollie Minton	NBLRs	M18	243	0:51:47
4	Robert DeSchoolmeester		M50	246	0:56:01
5	Joanna Callan	Swansea harriers	F18 🏆	24	0:56:16
6	Mike George		M18	340	0:56:24
7	Stephen Williams	Cardigan Running Club	M18	136	0:56:43
8	Stuart Penny	Cardigan Running Club	M60 🏆	25	0:56:54
9	Oliver Williams		M18	413	0:57:21
10	Philip England	Amman Valley Harriers	M60	425	0:58:01
11	Matt Badger	NBLRs	M40 🏆	166	0:58:07
12	Richard Cheney	AspirationsOA	M18	293	0:58:33
13	Liam Phillips	Preseli runners	M18	159	0:58:59
14	Clara Davies	Amman Valley Harriers	F40 🏆	399	0:59:13
15	Robin Jackson	SWYD Tri Club	M40	187	0:59:21
16	Steven Plumb	NBLRs / Wellfield Warriors	M40	332	1:00:09
17	Jon Davies		M40	219	1:02:45
18	Jonny Williams		M18	85	1:03:40
19	Rik Sellwood	Cardigan	M40	205	1:04:20
20	Nathan Miles	Pembrokeshire Triathlon Club	M50	272	1:04:57
21	John Griffiths	Tenby Penguins	M18	175	1:04:59
22	Mark Sibbald		M50	383	1:05:04
23	Kayleigh Bagshaw	TROTS	F18	144	1:05:12
24	James Shuttleworth		M18	490	1:05:15
25	Vincent Bailey	TROTS	M50	29	1:05:19
26	Jonathan Gostling		M18	363	1:05:37
27	Ian Cooper	Lavender Heights	M18	213	1:05:40
28	Ben	Cardigan Running Club	M40	146	1:05:52
29	Sophie Prichard	Lavender Heights	F40	133	1:05:57
30	Jonathan Gravell	Sosban	M50	368	1:06:02
31	Cheryl Tanner	Run4all	F40	269	1:06:10
32	Martin Harris	Pembrokeshire Harriers	M50	132	1:06:15
33	Jimmy Walker		M18	416	1:07:15
34	Owain Hughes		M18	81	1:08:15
35	Meg Swift		M40	47	1:08:59
36	Paul Lettington	Cardigan	M50	401	1:09:30
37	Andrew Francis		M50	89	1:1:1:17
38	Steve Noyce	TROTS	M40	83	1:1:1:41
39	Lowri Harris	NBLRs	F18	372	1:12:37
40	Daniel Edmonds	Manorbier and District Athletic	F40	351	1:13:59
41	Corran Defis		M16 🏆	268	1:14:03
42	David Sangster		M50	233	1:14:09
43	Luke Smith		M50	3	1:14:13
44	Stuart Wilson		M18	76	1:14:43
45	Kate Daly	Eton Manor	F40	370	1:14:47
46	Charlie Reynolds		M18	239	1:14:54
47	David Elvy		M50	435	1:15:18
48	Richard Brown		M50	343	1:15:39
49	Steve Pryke	Pembrokeshire Triathlon Club	M60	107	1:17:14
50	Matthew Evans	Preseli Runners	M18	461	1:17:18
51	Sarah Roberts		F40	237	1:18:08
52	Wayne Haycocks		M50	20	1:18:1:1
53	Sian Evans	Amman Valley Harriers	F18	51	1:18:22
54	Carl Keane	Dockers	M50	394	1:18:33
55	Alex Major	Dockers	F40	497	1:18:36
56	Sarah Doughty		F18	417	1:18:53
57	Rachel Holland	TROTS	F50 🏆	30	1:19:08
58	Tim Yallope		M18	141	1:19:10
59	Hannah Griffiths		F40	294	1:19:13
60	Clare Cambell		F50	274	1:19:16
61	Andrew Salmon	TROTS	M50	34	1:19:20
62	Emma Wade		F18	131	1:19:24
63	Jo Bowes	TROTS	F50	102	1:19:32
64	Louis Shirt		M40	183	1:19:35
65	Matthew Jordan	Jm running	M18	139	1:19:44
66	Christine Roberts		F40	137	1:20:07
67	Rob Williams		M18	307	1:20:1:1
68	Clive Davis	Pembrokeshire Harriers	M60	290	1:20:42
69	Ffion Randell	Sospan Road Runners	F18	379	1:20:58
70	Kieran Head		M40	356	1:21:07
71	Tom Dietrich		M40	209	1:21:39
72	Alana Pranskunas		F18	110	1:21:41
73	Estelle Williams		F40	255	1:21:45
74	Heather Fitzgerald		F18	407	1:21:56
75	Elizabeth Harries	Running Punks	F50	113	1:22:16
76	Kat Green	Pembrokeshire Harriers	F40	26	1:22:27
77	Jonathan Davies	Amman valley Harriers	M40	329	1:22:37
78	Emma Richards	TROTS	F40	36	1:22:47
79	Sophie Burke		F18	304	1:22:52
80	David Williams		M50	433	1:23:12
81	Jez Broughton	Cardigan RC	M50	287	1:23:21
82	James Milne		M40	484	1:23:32
83	Michael Karpaty	Saundersfoot Runners	M60	13	1:23:51
84	Laura Winter	Cardigan Running Club	F40	263	1:25:05
85	Jade Gaitely	Aberystwyth acc	F40	19	1:26:06
86	Teresa Mctear		F40	440	1:26:09
87	Dave Humphreys		M50	480	1:26:13
88	Amanda Lettington	Cardigan	F50	406	1:26:15
89	Sophia Lightfoot		F18	91	1:26:20
90	Cole Stuart		M16	206	1:26:27
91	Jennie Welton		M40	152	1:26:36
92	Rhys Jones	Pembrokeshire Harriers	M18	439	1:26:47
93	Menna Hughes		F18	257	1:29:07
94	Geraint Hughes	Narberth Dynamos	M50	122	1:29:12
95	James Dobson	Cardigan running club	M18	482	1:29:36
96	Aaron Buckingham	NBLRs	F18	120	1:30:03
97	Katie Ridge		F18	434	1:30:06
98	Karl Davies	Pembrokeshire Tri Club	M40	492	1:31:24
99	Nigel Phillips	Carmarthen triathlon club	M40	423	1:32:01
100	Anna Shiels		F40	111	1:32:21
101	Anna Taylor		F40	241	1:32:24
102	Kyle Benson		M18	96	1:32:32
103	Dyfan Evans		M50	477	1:32:36
104	Andrew Wright		M40	376	1:32:43
105	Rowena Ford		F18	267	1:32:47
106	Tracey Ford		F60 🏆	61	1:32:50
107	Dave Wilkinson		M40	252	1:32:57
108	Esther Davies	Cardigan Running Club	F18	338	1:33:44
109	Beth Howell		F18	303	1:33:46
110	Kristina Hall		F18	352	1:33:52
111	Sally Sellwood	Cardigan	F50	266	1:33:58
112	Kaan Tasan		F18	79	1:34:27
113	Arwyn Williams		M40	249	1:35:36
114	Owen Good		M18	382	1:36:53
115	Rob Buy		M40	333	1:37:00
116	Heather Shadbolt	Cardigan Running Club	F18	360	1:37:23
117	Simon Poole	Ogmore Phoenix	M40	12	1:37:29
118	John Shuttleworth		M60	2	1:38:14
119	Phil Kite		M50	301	1:38:56
120	Rhian Hill		F40	471	1:39:08
121	Lauren Garner		F18	398	1:40:16
122	Mandy Colbourne		F60	195	1:40:28
123	David Byrne		F18	138	1:40:31
124	Deb Parr	Pembrokeshire Harriers	F60	153	1:40:35
125	David Hawkins		M40	21	1:40:41
126	Debbie Phillips		F50	403	1:40:49
127	Laura Hugman		F40	428	1:40:52
128	Jon Phillips		M60	44	1:40:56
129	Sally Edwards		F50	300	1:41:00
130	Andrew Thomas	Cardigan	F50	244	1:41:03
131	Joshua Byrne		M16	387	1:41:19
132	Rebecca Strydom		F40	10	1:41:26
133	John Byrne		M60	437	1:41:41
134	Nick Johns		M60	173	1:41:45
135	Marian Davis		F40	5	1:41:48
136	Melanie Smith		F40	130	1:41:51
137	Eleanor Power	Pembrokeshire Tri Club	F18	55	1:42:00
138	Lon Morgan		F60	251	1:42:17
139	Callum Hill		M16	276	1:42:21
140	Scott Hill		M40	486	1:42:25
141	Bridget Moseley	TROTS	F60	65	1:42:28
142	Melanie Davies	Aberteifi	F40	419	1:42:31
143	Sarah Candler		F40	253	1:43:04
144	Helen Cain		F50	328	1:43:55
145	Julia Thomas		F18	422	1:45:10
146	Ellie James		F18	354	1:45:12
147	Dawn Hopkins	Ogmore Phoenix Runners	F40	118	1:46:50
148	Sarah Davies	Ogmore Phoenix Runners	F50	472	1:46:53
149	Melanie Thomas	Ogmore Phoenix Runners	F40	95	1:46:56
150	Geraint Prince		M18	191	1:48:28
151	Bethan Fitz-Griffiths	Rich's Bitches	F18	210	1:49:36
152	Jennie Thomas	Rich's Bitches	F18	52	1:49:40
153	Vicky Nicholls	Lonely Goat RC	F40	495	1:49:54
154	Ben Nicholls		M40	123	1:49:57
155	Abigail O'Dell		F40	326	1:51:27
156	Hannah Jones	Llandeilo Soul Runners	F40	410	1:51:37
157	Mathew Bayliss		M18	283	1:51:52
158	Leah Clark		F40	143	1:51:56
159	Gloria Davis	Pembrokeshire Harriers	F50	234	1:54:44
160	Val Brown		F50	37	1:55:12
161	Deborah Clark		F60	201	1:55:20
162	Bethan Furnival		F40	337	1:56:54
163	Jules Martin		F50	98	1:56:58
164	Clare Willey	Saundersfoot/Carew	F50	180	1:58:14
165	Meryl James	Saundersfoot Runners	F50	28	1:59:06
166	Jen Lewis		F40	271	1:59:22
167	Sharon Kite		F40	106	1:59:25
168	Helen Jones		F40	149	2:00:06
169	Lucy Gray		F40	498	2:00:09
170	Amanda Myatt		F50	160	2:00:39
171	Sarah Williams		F18	336	2:01:02
172	Emma Wright		F40	125	2:01:42
173	Carol Byrne		F60	69	2:12:55
174	Barbara Thomas	Pembrokeshire harriers	F60	299	2:12:59
175	Lisa Barnikel		F18	238	2:14:04
176	Aerona Thomas		F50	478	2:14:06
177	Claire Rumary	Pembroke Harriers	F40	295	2:21:1:1
178	Guto Evans	Amman Valley Harriers	M50	397	2:32:41
179	Anita Evans	Amman Valley Harriers	F50	291	2:32:45
180	Paul Burke	Wellfield Warriors	M50	140	2:33:30
181	Carys Thomas	Wellfield Warriors	F18	4	2:33:33
182	Melissa Wilson	Wellfield Warriors	F50	409	2:33:40
183	Wendy Williams	Wellfield Warriors	F40	297	2:33:45