



Narberth Nobbler | 10k

2024

#	Runner	Club	Cat	Band	Time
1	Callum Davies		M18	468	00:50:54
2	Ollie Minton	NBLRs	M18	363	00:54:52
3	Rory Fairhurst		M18	183	00:57:06
4	Alex Poole		M18	251	00:58:12
5	Dafydd Owen		M18	72	00:58:56
6	Andy Mccall		M18	337	00:59:23
7	Tom Jones		M18	433	01:01:47
8	Henry Bourton	RHFC	M18	160	01:02:21
9	Robin Jackson	SWYD Tri Club	M40	204	01:03:58
10	Kevin Jones	Sarn Helen	M50	442	01:04:00
11	Steffan Jones		M18	308	01:05:44
12	Ceri Hooper	Les Croupiers	F50	458	01:06:35
13	Dickon Young		M40	451	01:08:05
14	Glen Davies	Cardigan Running Club	M60	297	01:09:10
15	Charles Reynolds		M18	104	01:09:42
16	Paul Morris		M50	267	01:10:59
17	Alex Rhodes		M18	171	01:11:13
18	Scott Robinson		M18	495	01:11:33
19	Colin Glover		M50	407	01:11:49
20	Matthew Evans		M18	712	01:11:50
21	Tom Evans		M18	402	01:12:51
22	Steve Thomas	Running punks	M50	186	01:13:02
23	Lindy Geyer	TROTS	F60	431	01:13:14
24	Angela Evans	Cardigan Running Club	F18	195	01:13:50
25	Anna Strzelecki	TROTS	F40	335	01:14:19
26	Nick Jones		M18	234	01:14:57
27	Brian Saxby	Vegan Runners	M60	132	01:15:05
28	Dylan Jones	RHFC	M40	481	01:15:13
29	Robin Williams		M18	241	01:15:16
30	Jo Rogers	The Green Runners	M40	333	01:15:28
31	Cameron Harries		M18	446	01:15:32
32	Geraint Harries		M18	289	01:15:40
33	Aaran Griffiths		M18	443	01:16:57
34	Elizabeth Harries		F18	93	01:17:01
35	Aubrey Young	NBLRs	M50	392	01:17:51
36	Ellie Shevlin		F18	214	01:18:41
37	Alice Walker		F40	67	01:18:54
38	Judith Oakley	Vegan Runners	F50	454	01:19:03
39	Craig Stranger		M18	155	01:19:09
40	Gareth Thomas		M50	3	01:19:31
41	Tom Davies		M18	482	01:19:37
42	Pip Ross		F18	489	01:19:39
43	Nicolas Schwarz		M18	263	01:19:56
44	Robert Sharratt	Cardigan Running Club	M60	140	01:20:31
45	Dave Martin		M50	291	01:20:47
46	Andy Dawe	TROTS	M60	187	01:21:02
47	Andrew Wright		M40	287	01:21:07
48	Ian Walton		M60	254	01:21:11
49	Bethan Hughes		F50	92	01:21:15
50	Sarah Roberts		F40	98	01:21:20
51	Jon Harraway	Clwb Badminton Aberteifi	M40	76	01:21:24
52	Clare Campbell		F50	179	01:22:09
53	George Parfitt		M18	382	01:22:19
54	John Evans		M50	253	01:22:37
55	Heather Fitzgerald		F40	367	01:22:40
56	Matthew Jordan		M18	170	01:22:55
57	Mark Saunders	DURSLEY RUNNING CLUB	M40	201	01:23:05
58	Rachel Hooper		F50	441	01:24:18
59	Rhidian Edwards		M40	110	01:24:20
60	Matt Williams		M18	25	01:24:41
61	Sarah Puetz	Sarn Helen	F18	329	01:25:31
62	Michael Karpaty	Saundersfoot Runners	M60	107	01:25:36
63	Oliver James		M18	168	01:25:40
64	Louis Shirt		M40	209	01:25:55
65	Tim Yallope		M18	459	01:25:58
66	Benedict O'Leary	Cardigan Running Club	M50	457	01:26:02
67	David Saunders	DURSLEY RUNNING CLUB	M60	467	01:26:28
68	Richard Evans		M50	211	01:26:31
69	Isie Everett		F18	43	01:26:53
70	Emma James		F18	32	01:26:56
71	Debbie Phillips	Waterfront Runners	M50	376	01:28:12
72	Karen Lewis	Pembrokeshire Triathlon Club	F50	345	01:28:14
73	Hannah Thomas	Milford Waterfront Parkrun	F40	166	01:28:20
74	Karl Davies	Pembrokeshire Triathlon Club	M40	469	01:28:23
75	Erika Hole		F40	427	01:28:34
76	Lee Burkin		M50	194	01:28:36
77	Robyn Budge		F40	163	01:28:43
78	Emma Wade		F18	379	01:28:50
79	Ann Phillips		F50	432	01:28:53
80	Sarah Williams	Pembrokeshire Harriers	F50	74	01:28:57
81	Amy Purvin	Croft ambrey	F18	199	01:29:09
82	Elin Jones	Sarn Helen	F18	5	01:29:50
83	Dyfan Evans		M50	117	01:29:56
84	Nicola Thomas	Amman Valley Harriers	M40	425	01:30:01
85	Mair Morgan	TROTS	F50	390	01:30:06
86	Debra Thomas	Gorseinon 3MS	F18	136	01:30:11
87	Rhys Morgan	Cardigan Running Club	M50	292	01:30:34
88	Rachel Probert		F40	54	01:30:35
89	Teresa Mctear		F50	494	01:30:39
90	Sara Belton		F18	205	01:30:57
91	Morfydd Davies	TROTS	F50	109	01:31:07
92	Jonathan Williams		M50	202	01:31:13
93	Jennie Welton		F40	108	01:31:46
94	Heather Shadbolt	Cardigan Running Club	F18	463	01:31:55
95	Michael Harris	Aberystwyth AC	M18	372	01:32:10
96	Jade Gaitely	Aberystwyth AC	F16	428	01:32:24
97	Jules Martin		F50	366	01:32:31
98	Ellen Davies		F18	55	01:32:36
99	Gill Watson		F50	319	01:32:51
100	Phil Kite		M50	33	01:33:46
101	Tracey Ford		F60	411	01:33:54
102	Rowena Ford		F18	139	01:33:55
103	Geraint Hughes	Narberth Dynamos	M50	346	01:34:15
104	Louise Davies		F18	434	01:34:33
105	Julia Thomas		F18	200	01:34:38
106	Marina Smiga		F50	119	01:34:42
107	Melanie Jowitt		F40	12	01:35:03
108	Clare Hewitt		F50	262	01:35:10
109	India Woodruff		F18	496	01:35:42
110	David Byrne		M40	141	01:36:00
111	Billy Backhouse		M18	121	01:36:12
112	Georgia Raymond		F18	137	01:36:27
113	Jessica Owens	Sole Sisters	F18	64	01:36:30
114	Aeron Phillips		M18	47	01:36:34
115	Esther Davies	Cardigan Running Club	F18	103	01:36:41
116	Ellie James		F18	340	01:37:11
117	Stephen Butler		M50	73	01:37:27
118	Sue Purvin	Croft ambrey	F60	217	01:37:59
119	Penny Dewao		F40	113	01:38:04
120	Eve Rees		F40	219	01:38:08
121	Aleksandra King		F18	37	01:38:18
122	Gemma Emile		F50	414	01:38:24
123	Laura Hugman		F40	242	01:38:28
124	Jason Chapman		M40	152	01:38:31
125	Niall King		M18	151	01:38:36
126	Mark Wooding		M50	223	01:38:41
127	Angie Holmes		F40	361	01:38:44
128	Dan Wood		F18	226	01:38:46
129	Jonny Sutton		M40	42	01:39:03
130	George Davies		M18	343	01:39:27
131	Rachel Davies		F18	412	01:39:29
132	Marian Davies		M40	9	01:39:33
133	Stuart Lee		M18	4	01:39:37
134	Darrell Morgan		M18	331	01:39:45
135	Abbie Jones		F18	265	01:39:51
136	Helen Phillips		F18	490	01:39:54
137	Nia Hodgkinson		F18	182	01:40:41
138	Phoebe Davies	Sole sisters	F18	50	01:40:51
139	Aldo Picck		M50	220	01:41:18
140	Charlotte Hancock		F18	358	01:42:18
141	Taya Sellers		F18	312	01:42:26
142	Garry Block		M40	387	01:43:34
143	Isaac Clark		M16	165	01:45:33
144	Leah Clark		F40	398	01:45:37
145	Mathew Bayliss		M40	320	01:45:39
146	Rebecca Ali	Cardigan Running Club	F40	339	01:45:58
147	Rachel Holt	Cardigan Running Club	F18	28	01:46:02
148	Alison Belton	Sole Sisters	M60	294	01:46:31
149	Karen Dobson	Cardigan Running Club	F60	129	01:47:20
150	James Dobson	Cardigan Running Club	M18	112	01:47:22
151	Debbbers Clark		F60	400	01:49:33
152	Alice Walls	Sole Sisters	F18	252	01:49:42
153	Wendy Sibbald		F50	416	01:49:46
154	Rachel Mansell		F18	222	01:49:56
155	Aedin Heron		F18	383	01:50:00
156	Aaron O'connell	Pembrokeshire harriers	M18	352	01:50:05
157	Natalie Sutton		F40	396	01:50:19
158	Michelle Hitches		F40	305	01:50:23
159	Lee Harries		M40	18	01:50:27
160	Rhian Hill	Cardigan Running Club	F40	124	01:50:51
161	Katie Hill		F40	296	01:50:56
162	Claire Wellington	Tri Hard Harriers	F50	388	01:52:16
163	Nicci Southard-Stuart	Tri Hard Harriers	F50	338	01:52:19
164	Tiffany Roach		F18	317	01:53:09
165	Lotti Russell		F18	6	01:53:16
166	Jakita Roach		F18	247	01:53:19
167	Amy James		F18	243	01:53:24
168	Hannah Garnie		F40	159	01:53:29
169	Ian Bellingham		M18	299	01:53:40
170	Sharon Kite		F50	70	01:53:52
171	John Byrne		M60	114	01:53:56
172	June Warren-Jones	TROTS	F60	81	01:53:59
173	Elina Granta		F40	26	01:55:04
174	Steve Hewitt		M50	175	01:55:34
175	Caron Mckee-Hands	TROTS	F50	439	01:55:50
176	Roisin Thomas-Hands		F18	406	01:55:52
177	Amanda-Jane Myatt		F50	7	01:55:55
178	Carol Byrne		F60	13	01:55:57
179	Craig Randell		M18	423	01:56:25
180	Sarah Williams		F18	278	01:56:40
181	Lindsey Roberts	Cardigan Running Club	F60	460	01:56:45
182	Emma Wright		F40	62	01:57:25
183	Mel Pallas		F50	245	01:57:27
184	Jenny Loveday		F18	19	01:57:30
185	Helen Jones		F40	224	01:57:38
186	Lucy Gray		F40	69	01:57:40
187	Kaylie Lane		F18	325	01:59:47
188	Jennie Thomas	Aberystwyth AC	F18	260	02:01:05
189	Bethan Fitz-Griffiths		F18	75	02:01:09
190	Ceri Worcester		M18	99	02:03:16
191	Adam Jenkins		M18	66	02:06:31
192	Tyler Jenkins		F18	83	02:06:34
193	Angela Beyon		F50	370	02:13:50
194	Janina Evans		F50	362	02:13:52
195	Jeannie Bell	Cardigan Running Club	F60	17	02:22:21

Race timing by [Realtime\\_Racing](#)