



## Narberth Nobbler | Half Marathon

# 2024

#	Runner	Club	Cat	Band	Time
1	Jonathon Smith		M18	587	01:53:38
2	Oliver Williams	NBLRs	M18	530	02:01:32
3	Rhys Harries	RHFC	M18	556	02:06:15
4	Kitty Robinson	NBLRs	F18	555	02:07:18
5	Henry Drake	Amman Valley Harriers	M40	567	02:11:52
6	Jac Palmer		M18	552	02:12:12
7	Michael Monroe	NBLRs	M18	517	02:12:56
8	Seth Davies	Cardigan Running Club	M18	565	02:15:03
9	Alistair Bowen	Cardigan Running Club	M50	609	02:15:20
10	Clodagh Llewellyn		F40	590	02:16:10
11	Darren McCool		M40	591	02:16:10
12	Alex Lewis		M40	511	02:16:40
13	Estelle Williams	Pembs tri club	F40	602	02:17:22
14	Alun James		M18	601	02:18:08
15	Timothy Mills	NBLRs	M18	516	02:18:54
16	Robert De Schoolmeester	TROTS	M40	559	02:19:45
17	James Barton	Pembrokeshire Triathlon	M18	561	02:20:13
18	James Morris		M18	562	02:20:17
19	Matt Badger	NBLRs	M40	528	02:22:30
20	Kevin Davies	NBLRs	M50	597	02:24:29
21	Mark Ashton	Running Punks	M50	553	02:26:40
22	Clara Davies	Amman Valley Harriers	F40	566	02:27:15
23	Steve Noyce	TROTS	M40	608	02:30:10
24	Berwyn Warlow		M18	604	02:30:57
25	Jon Williams		M18	564	02:32:00
26	Christian Prynn	Builth and District	M50	501	02:33:16
27	Ali Hardaway	Builth and District	M60	500	02:33:23
28	David Sangster		M50	577	02:33:52
29	Billy Goodrick	LWT	M18	502	02:34:05
30	Richard Barry	Monday Movers	M40	527	02:34:56
31	Owain Hughes		M18	588	02:36:52
32	Mark Sibbald		M50	535	02:37:02
33	Chris Handley		M40	572	02:37:21
34	Chris Martin		M18	574	02:37:50
35	Alison Griffiths	Pembrokeshire harriers	F50	520	02:39:18
36	Jack Loveday		M18	589	02:40:13
37	Martin Harris	Pembrokeshire Harriers	M50	521	02:40:24
38	Rik Sellwood	Cardigan Running Club	M50	568	02:40:41
39	Mark Underhill	Cardigan Running Club	M60	513	02:40:46
40	Luke James		M18	573	02:41:24
41	Mark Robinson		M40	586	02:45:42
42	Christopher Davies		M18	582	02:45:52
43	Kieran Head	NBLRs	M40	533	02:46:42
44	Ailnor Evans	Clwb Rhedeg Aberteifi	F50	514	02:46:54
45	Nathan Jones		M40	578	02:48:19
46	Julian Lewis	TROTS	M40	525	02:48:59
47	Lucie Ratcliffe		F18	612	02:51:14
48	Carys Ratcliffe		F18	613	02:51:14
49	Luke Baines	Growlers	M40	518	02:53:26
50	Guto Evans	Amman Valley Harriers	M60	592	02:53:39
51	Fraser Mcmillan		M50	550	02:53:59
52	Kayleigh Bagshaw	TROTS	F18	508	02:54:00
53	Andrew Webb		M50	554	02:56:19
54	Vincent Bailey	TROTS	M50	507	02:57:03
55	Kristy White	Cardigan Running Club	F18	549	02:59:40
56	Janine Owen	TROTS	F40	538	03:02:06
57	Paul Flint	Amman Valley Harriers	M40	570	03:03:08
58	Kara Ellard	NBLRs	F40	503	03:03:08
59	Sam Done		F18	711	03:03:08
60	Jack Paull		M18	540	03:03:18
61	Cai Batchelor		M40	560	03:03:43
62	Joe Howell	NBLRs	M18	531	03:04:03
63	Mark Ellis-Jones		M50	600	03:04:29
64	Gethin Jones	Running Punks	M18	512	03:04:48
65	Anthony Dew	TROTS	M40	537	03:05:59
66	Daniel Edmonds	Manorbier and District Athletic	M40	575	03:06:05
67	Katharine Green	Pembrokeshire Harriers	F40	505	03:06:16
68	Matt Jones		M18	710	03:06:39
69	Daniel Butler		M18	605	03:06:53
70	Scott Tudge		M18	534	03:07:07
71	Christopher Sexton	Pembrokeshire Harriers	M60	515	03:08:42
72	Christine Roberts	Pembrokeshire harriers	F40	509	03:08:46
73	Becky Foley		F18	548	03:08:52
74	Jamie Lee		M18	603	03:09:42
75	Pete Jones		M60	510	03:09:52
76	Kiri Day	NBLRs	F18	532	03:12:05
77	Jon Davies		M40	580	03:12:08
78	Glyn Drake		M40	563	03:14:03
79	Rob Hillier	NBLRs	M50	595	03:14:14
80	Steve Pryke	Pembrokeshire Triathlon Club	M60	551	03:15:47
81	Alana Pranskunas		F18	583	03:16:58
82	Thomas Dietrich		M40	584	03:16:59
83	Bugsy Young		M40	585	03:18:42
84	Lon Morgan	TROTS	F60	526	03:18:46
85	Dan Allerton		M18	569	03:21:45
86	Michelle Gill		F50	607	03:23:20
87	Lucy Murdoch		F18	606	03:23:20
88	Kevin Rawlins		M50	539	03:25:20
89	Simon Lindley	Pembrokeshire Triathlon Club	M50	506	03:25:30
90	Lesley Mainwaring	Port Talbot Harriers	F50	579	03:27:45
91	Debra Clarke	Run4all	F50	581	03:27:45
92	Amy Lewis	NBLRs	F18	529	03:29:05
93	Jon Phillips	Waterfront Runners	M60	541	03:29:36
94	Claire Oldfield		F18	558	03:29:36
95	Georgina Walters		F40	519	03:32:15
96	Sali Daniels	Vegan Runners	F40	610	03:39:26
97	Neil Jones		M40	593	03:41:37
98	Lianne Lusty		F18	594	03:41:37
99	Jon Colledge		M40	546	03:41:40
100	Katherine Colledge		F40	547	03:41:40
101	Rebecca Strydom		F40	576	03:43:22
102	Amy Ellis		F18	544	03:45:49
103	Will Ellis		M18	545	03:47:29
104	Arwyn Williams	NBLRs	M40	598	03:48:06
105	Melanie Miles	Pembrokeshire Triathlon Club	F40	599	03:49:16
106	Emma Barrett		F50	542	03:50:00
107	Stephen Thomas	Aberystwyth AC	M40	543	04:03:16
108	Raymond Hasler		M60	611	04:03:16
109	Kelly Fowler	Monday Movers	F18	524	04:15:19
110	Hannah Hammersley	Monday Movers	F18	523	04:15:19
111	Rupert Milton		M18	522	04:15:20
112	Dave Weaving		M40	557	04:25:55
113	Lucie Waring		F18	571	05:10:05