

Fishguard Sea Cadets

10km Race 2010

| Pos | Time | Family | First | No | Gen | Age | Cat | Club | Splits |
|-----|---------|-----------|---------|-----|-----|-----|-----|----------------|---------|
| 1 | 0:36:07 | Davies | Michael | 149 | M | 41 | M40 | Sarn Helen | 0:05:50 |
| 2 | 0:37:02 | Hayes | Paul | 144 | M | 53 | M50 | TROTS | 0:05:58 |
| 3 | 0:37:23 | Foss | Mark | 157 | M | 41 | M40 | None | 0:06:02 |
| 4 | 0:37:30 | Griffiths | Barrie | 151 | M | 46 | M40 | Pembs Harriers | 0:06:03 |
| 5 | 0:39:16 | Thomas | Stephen | 137 | M | 48 | M40 | None | 0:06:20 |
| 6 | 0:39:33 | Hall | Simon | 147 | M | 30 | OM | Sarn Helen | 0:06:23 |
| 7 | 0:40:27 | Elliott | Gareth | 158 | M | 27 | OM | Pembs Harriers | 0:06:31 |
| 8 | 0:40:30 | Hall | Tony | 146 | M | 54 | M50 | Sarn Helen | 0:06:32 |
| 9 | 0:41:59 | Rose | Paul | 132 | M | 45 | M40 | Aberystwyth AC | 0:06:46 |
| 10 | 0:42:21 | Brown | Steve | 134 | M | 46 | M40 | Pembs Harriers | 0:06:50 |
| 11 | 0:42:28 | Jolly | Dee | 148 | F | 23 | OF | Sarn Helen | 0:06:51 |
| 12 | 0:42:29 | Edwards | Paul | 135 | M | 50 | M50 | Pembs Harriers | 0:06:51 |
| 13 | 0:42:41 | Williams | Rob | 142 | M | 44 | M40 | Ingli Runners | 0:06:53 |
| 14 | 0:43:11 | Joyce | Kev | 150 | M | 44 | M40 | Pembs Harriers | 0:06:58 |
| 15 | 0:43:14 | Griffiths | Barry | 159 | M | 35 | OM | Emlyn Runners | 0:06:58 |
| 16 | 0:43:57 | Griffiths | Dave | 160 | M | 47 | M40 | TROTS | 0:07:05 |
| 17 | 0:43:57 | Wilkins | Jason | 139 | M | 40 | M40 | Cardigan RC | 0:07:05 |
| 18 | 0:44:32 | Kenwright | Dawn | 138 | F | 54 | F45 | Sarn Helen | 0:07:11 |
| 19 | 0:44:42 | Paget | Paul | 155 | M | 57 | M50 | Ingli Runners | 0:07:13 |
| 20 | 0:44:51 | Cleathero | Claire | 163 | F | 36 | F35 | TROTS | 0:07:14 |
| 21 | 0:45:06 | Ouseley | Bethan | 154 | F | 33 | OF | Ingli Runners | 0:07:16 |
| 22 | 0:45:08 | Hayes | Alyson | 141 | F | 39 | F35 | None | 0:07:17 |
| 23 | 0:45:18 | Moffett | Brian | 136 | M | 60 | M50 | TROTS | 0:07:18 |
| 24 | 0:47:23 | Williams | Alan | 143 | M | 40 | M40 | Ingli Runners | 0:07:39 |
| 25 | 0:47:59 | Jones | Gareth | 153 | M | 44 | M40 | Sarn Helen | 0:07:44 |
| 26 | 0:48:32 | Morris | Gwen | 145 | F | 25 | OF | None | 0:07:50 |
| 27 | 0:48:41 | Sherwood | Roland | 131 | M | 64 | M50 | None | 0:07:51 |
| 28 | 0:49:57 | Wilkins | Jane | 140 | F | 47 | F45 | Cardigan RC | 0:08:03 |
| 29 | 0:51:16 | Hodges | Mike | 156 | M | 57 | M50 | TROTS | 0:08:16 |
| 30 | 0:52:56 | Light | Andrew | 162 | M | 48 | M40 | None | 0:08:32 |
| 31 | 0:56:22 | Mc Carthy | Hilary | 161 | F | 43 | F35 | Cardigan R C | 0:09:05 |
| 32 | 0:56:22 | Jones | Jan | 152 | F | 44 | F35 | Sarn Helen | 0:09:05 |
| 33 | 1:09:59 | Bateman | Eddie | 133 | M | 53 | M50 | Pembs Harriers | 0:11:17 |
| 34 | 1:25:02 | Watts | Allen | 130 | M | 81 | M50 | Sarn Helen | 0:13:43 |

