

# Fishguard Sea Cadets

## *Fishguard & Goodwick 10km 2005*

Pos	No	First	Name	Club	Time	Cat
1	6	MIKE	EVANS	TROTS	00:35:33	OM
2	15	LES	HEWITSTON	INGLI RUNNERS	00:35:39	M40
3	32	MALCOLM	ADAMS	TROTS	00:37:38	M40
4	19	GRAHAM	JEFFERIES	NONE	00:38:44	M40
5	30	MARK	DUNSCOMBE	SARN HELEN	00:39:24	M40
6	11	HYWEL	JONES	AMMAN VALLEY HARRIERS	00:39:34	M40
7	24	HUW	PRICE	SARN HELEN	00:39:41	M40
8	27	MICHAEL	REES	CARDIGAN	00:39:49	OM
9	4	DORIAN	JONES	NONE	00:40:13	OM
10	31	DAVE	GRIFFITHS	TROTS	00:41:06	M40
11	34	LYN	REES	SARN HELEN	00:41:22	M50
12	3	LEE	JAMIESON	INGLI RUNNERS	00:41:23	OM
13	12	CYRIL	WALTERS	TROTS	00:41:48	M50
14	14	ROB	WILLIAMS	INGLI RUNNERS	00:42:05	OM
15	8	DORIAN	REES	NONE	00:43:03	OM
16	25	SHAN	CUTHBERT	INGLI RUNNERS	00:43:27	F35
17	17	LYN	GREEN	INGLI RUNNERS	00:44:25	F45
18	20	JANE	BUCK	CARDIGAN	00:44:29	F35
19	21	BRIAN	HEALEY	CARDIGAN	00:44:46	M50
20	33	ALAN	WILLIAMS	NONE	00:48:38	OM
21	2	MARIA	NEWTON	NONE	00:49:04	OF
22	10	ALAN	JOHNSTONE	INGLI RUNNERS	00:49:20	M50
23	23	HELEN	WILLIAMS	TROTS	00:49:51	F35
24	18	CHRIS	JENNINGS	CARDIGAN	00:51:45	F35
25	9	HILARY	MCCARTHY	CARDIGAN	00:54:18	F35
26	35	PENELOPE	MACLEOD		01:00:52	F35
27	36	CATRIONA	BUCHERT		01:00:52	F35
28	5	ALLEN	WATTS	SARN HELEN	01:03:08	M50
29	1	ERIC	MATHIAS	TROTS	01:05:08	M50

