

CARDIGAN RUNNING CLUB

Mayors 10km Race & Fun Run 2009

Pos	No	First	Name	Club	Time	Cat	Age
1	229	LEE	LADD	CARMARTHEN HARRIERS	00:34:27	OM	21
2	216	MICHAEL	KALLENBERG	CARMARTHEN HARRIERS	00:34:53	OM	18
3	219	MATTHEW	ROBERTS	ERYRI	00:35:47	OM	29
4	221	GLYN	PRICE	SARN HELEN	00:35:59	M40	42
5	246	ALEC	WILLIAMS	INGLI RUNNERS	00:39:26	M40	42
6	201	ANDREW	DAWE	PEMBS HARRIERS	00:39:27	M40	42
7	210	ANN	THOMAS	TROTS	00:40:24	F35	42
8	244	SCOTT	PATRICK	PEMBS TRI	00:40:26	OM	36
9	204	MARK	DUNSCOMBE	SARN HELEN	00:40:30	M40	47
10	208	GARETH	ELLIOTT	PEMBS HARRIERS	00:40:41	OM	27
11	225	MARTIN	DAVIES	TROTS	00:40:46	OM	27
12	254	DAFYDD	THOMAS	NONE	00:40:55	OM	
13	220	HUW	PRICE	SARN HELEN	00:41:06	M40	46
14	240	CARYS	DAVIES	SARN HELEN	00:41:22	OF	19
15	206	ROGER	COOMBS	TROTS	00:42:12	M40	43
16	245	GORDON	ORME	CARDIGAN RUNNING CLUB	00:42:27	M50	66
17	243	SIMON	HALL	SARN HELEN	00:42:36	OM	29
18	242	TONY	HALL	SARN HELEN	00:42:49	M50	54
19	230	PETER	WALTERS	TROTS	00:42:51	M40	48
20	202	ANA	LYNCH	PEMBS HARRIERS	00:43:20	F35	36
21	203	DAVID	ROBERTS	PEMBS HARRIERS	00:44:19	OM	39
22	253	DAVE	GRIFFITHS	TROTS	00:44:34	M40	46
23	241	DEE	JOLLY	SARN HELEN	00:45:29	OF	22
24	217	CLAIRE	CLEATHERO	TROTS	00:45:42	F35	35
25	232	HELEN	WILLIAMS	TROTS	00:47:18	F45	48
26	250	REBECCA	LEE	NONE	00:47:30	F35	36
27	207	PENNY	REES	TROTS	00:48:01	F35	35
28	212	ROLAND	SHERWOOD	AMMAN VALLEY HARRIERS	00:48:28	M50	64
29	252	GARETH	JONES	SARN HELEN	00:48:38	M40	43
30	236	SARAH	GIBBY	EMLYN RUNNERS	00:48:39	OF	23
31	231	RICHARD	JAMES	EMLYN RUNNERS	00:48:46	M40	46
32	205	EDDIE	BATEMAN	PEMBS HARRIERS	00:51:09	M50	52
33	227	CARYL	DAVIES	SARN HELEN	00:51:35	OF	21
34	213	MIKE	HODGES	TROTS	00:52:29	M50	56
35	239	BRYAN	REES	EMLYN RUNNERS	00:53:53	M50	59
36	249	DANNY	KNIGHT	MARKET DEEPING	00:55:31	OM	33
37	251	JANET	JONES	SARN HELEN	00:55:49	F35	44
38	237	GARETH	RENSHAW	CARDIGAN RUNNING CLUB	00:56:40	M40	49
39	224	NIGEL	JONES	LLANELLI STROLLERS	00:57:23	M50	54
40	247	DAVID	PHILLIPS	PEMBS HARRIERS	00:58:03	M50	65
41	248	EIFION	WILLIAMS	NONE	00:59:25	M50	57
42	209	BOB	ELLIOTT	PEMBS HARRIERS	00:59:48	M50	56
43	238	CLAIRE	THOMAS	TROTS	01:00:23	OF	27
44	218	LON	MORGAN	TROTS	01:00:55	F45	52

45 222PAULINE THOMAS TROTS

01:00:55 F45 66