

# CARDIGAN RUNNING CLUB

## Mayors 10km Race & Fun Run 2008



Pos	No	First	Name	Club	Time	Cat	Age
1	384	CARWYN	THOMAS	SARN HELEN	00:35:21	OM	20
2	354	MICHAEL	KALLENBERG	INGLI RUNNERS	00:35:54	OM	17
3	369	LEE	LADD	CARMARTHEN HARRIERS	00:36:22	OM	20
4	363	GLYN	PRICE	SARN HELEN	00:36:29	M40	41
5	364	MICHAEL	DAVIES	SARN HELEN	00:36:55	OM	37
6	375	ANDREW	ABBOTT	SARN HELEN	00:37:14	OM	37
7	372	LES	HEWITSON	INGLI RUNNERS	00:38:04	M40	44
8	366	GARETH	ELLIOTT	PEMBS HARRIERS	00:39:14	OM	26
9	351	ROGER	COOMBS	TROTS	00:40:01	M40	42
10	380	STEVEN	BRIDGES	ABERDARE	00:40:17	M40	43
11	376	ANN	THOMAS	TROTS	00:40:30	F35	41
12	359	MARK	DUNSCOMBE	SARN HELEN	00:40:57	M40	46
13	357	RHYS	HARRIES	NONE	00:41:23	OM	21
14	353	TIM	JAMES	INGLI RUNNERS	00:42:45	OM	30
15	377	MARY	BOWEN-REES	TROTS	00:43:02	F45	46
16	362	HUW	PRICE	SARN HELEN	00:43:09	M40	45
17	361	ANDREW	NICHOLAS	CRYMYCH TRI CLUB	00:43:14	M40	41
18	365	DAVE	GRIFFITHS	TROTS	00:43:44	M40	45
19	373	LYNN	GREEN	INGLI RUNNERS	00:45:16	F45	50
20	382	ANDREW	EDGELL	SARN HELEN	00:47:14	OM	31
21	350	ROLAND	SHERWOOD	AMMAN VALLEY	00:47:41	M50	63
22	370	MARK	DAVIES	PEMBS TRI	00:50:51	OM	39
23	378	RON	ANTHONY	TROTS	00:50:58	M50	56
24	352	ROLAND	STOCKHAM	NONE	00:51:29	M50	53
25	355	STEFFAN	HARWOOD	NONE	00:52:12	OM	19
26	358	EDDIE	BATEMAN	PEMBS HARRIERS	00:52:16	M50	51
27	374	MIKE	HODGES	TROTS	00:52:29	M50	55
28	383	TOM	FURNESS	TROTS	00:52:52	M50	60
29	371	DAVE	HOWELLS	PEMBS HARRIERS	00:53:14	M50	54
30	381	PAULINE	THOMAS	TROTS	00:54:39	F45	65

31	368	ABI	B-HINTON	NONE	00:56:33	OF	33
32	367	JULIE	CLARK	NONE	00:57:10	F35	38
33	360	DAVID	PHILLIPS	PEMBS HARRIERS	00:57:49	M50	64
34	356	MATTHEW	HARWOOD	NONE	00:58:20	OM	17
35	379	LON	MORGAN	TROTS	00:58:53	F45	51