

# CARDIGAN RUNNING CLUB

## Mayors 10km Race & Fun Run 2007

Pos	No	First	Name	Club	Time	cat	Age
1	320	IAN	WILLIAMS	TROTS	00:33:13	OM	22
2	303	MATT	GILES	STOURBRIDGE RC	00:35:01	OM	30
3	342	CARWYN	JONES	CARDIFF AAC	00:35:43	OM	27
4	343	ANDREW	ABBOTT	SARN HELEN	00:36:12	OM	36
5	337	LES	HEWITSON	INGLI RUNNERS	00:36:15	M40	43
6	354	CARWYN	THOMAS	SARN HELEN	00:37:03	OM	19
7	352	MICHAEL	DAVIES	UWA HARRIERS	00:37:05	OM	38
8	306	GLYN	PRICE	SARN HELEN	00:37:15	M40	40
9	355	MICHAEL	KALLENBERG	INGLI RUNNERS	00:37:28	YTM	16
10	357	PATRICK	MARTIN	PEMBS TRI	00:37:46	OM	24
11	346	DAVE	ASTINS	PEMBS TRI	00:38:33	OM	38
12	315	RICHARD	MARKS	SARN HELEN	00:38:50	M50	57
13	350	HAYDN	LLOYD	SARN HELEN	00:39:04	OM	35
14	313	CHRIS	GOULDSMITH	INGLI RUNNERS	00:39:05	OM	20
15	310	CLIFFORD	EVANS	ABERYSTWYTH UNIVERSITY	00:39:09	M40	49
16	353	STEVEN	BRIDGES	NONE	00:39:45	M40	42
17	308	ROGER	COOMBS	TROTS	00:39:50	M40	41
18	326	GORDON	ORME	CARDIGAN RUNNING CLUB	00:40:13	M50	64
19	345	DARREN	EVANS	PEMBS TRI	00:40:27	OM	23
20	311	TIM	JAMES	INGLI RUNNERS	00:40:35	OM	29
21	305	HUW	PRICE	SARN HELEN	00:40:40	M40	44
22	307	MARK	DUNSCOMBE	SARN HELEN	00:41:09	M40	45
23	347	ELLIE	JONES	PEMBS TRI	00:41:18	OF	26
24	312	TASHA	SEXTON	INGLI RUNNERS	00:41:44	OF	33
25	322	ROB	WILLIAMS	INGLI RUNNERS	00:42:12	M40	41
26	351	DAVE	GRIFFITHS	TROTS	00:42:34	M40	44
27	335	MARY	BOWEN-REES	TROTS	00:42:35	F45	45
28	336	LYNN	GREEN	INGLI RUNNERS	00:44:10	F45	49
29	314	CHRIS	SEXTON	INGLI RUNNERS	00:44:23	M40	43
30	309	LINDY	EYNON	TROTS	00:44:33	F45	46
31	324	MARK	JENKINS	SOSPAN ROAD RUNNERS	00:44:41	OM	23
32	339	STEPHEN	JONES	NONE	00:44:58	M40	44
33	325	NERYS	JONES	NONE	00:45:08	OF	22
34	321	GWYON	JENKINS	SOSPAN ROAD RUNNERS	00:46:09	M40	48
35	317	STEVE	NEW	100 MARATHON CLUB	00:46:37	M40	41

36 302	ANDREW	RUSSELL	LES CROUPIERS RC	00:46:59	OM	31
37 338	PATRICK	WING	NONE	00:47:48	M50	55
38 331	MARK	GOODHAND	SE RUNNERS W.AUSTRALIA	00:48:15	M50	50
39 301	ROLAND	SHERWOOD	AMMAN VALLEY HARRIERS	00:48:16	M50	62
40 356	MIKE	ALLEN	NONE	00:49:22	OM	38
41 316	TERRY	GOVER	PEMBS TRI CLUB	00:49:28	M50	59
42 328	TOBY	ROGERS	INGLI RUNNERS	00:49:51	OM	28
43 329	FRANCES	COOKE	INGLI RUNNERS	00:54:11	OF	24
44 340	MIKE	HODGES	TROTS	00:54:12	M50	54
45 327	CARYL	DAVIES	SARN HELEN	00:54:36	OF	19
46 344	NIGEL	JONES	LLANELLI STROLLERS	00:54:38	M50	52
47 330	DELYTH	GOODHAND	SE RUNNERS W. AUSTRALIA	00:54:50	F45	45
48 304	CATHERINE	GILES	STOURBRIDGE RC	00:55:13	OF	30
49 348	STEPHEN	REYNOLDS	NONE	00:56:52	M50	50
50 318	COLIN	GARDNER	NONE	00:57:39	M50	58
51 341	DAVID	PHILLIPS	PEMBS HARRIERS	00:58:15	M50	63
52 319	GUDRUN	JONES	SARN HELEN	01:02:09	F45	49
53 349	HELEN	DAVIES	CARDIGAN RUNNING CLUB	01:06:47	F35	37
54 332	TONY	BOTT	CARDIGAN RUNNING CLUB	01:06:47	M40	44
55 323	AMY	JACKSON	SOSPAN ROAD RUNNERS	01:10:01	OF	24
56 333	TOM	FURNESS	TROTS	01:13:01	M50	57
57 334	VIC	KNOTT	NONE	01:13:01	M50	64