

Pos	No	First	Name	Club	Time	Cat	Age
1	44	RICHARD	GARDINER	CARDIFF AC	00:32:14	OM	33
2	33	ANDREW	ABBOTT	SARN HELEN	00:35:35	OM	35
3	50	CARWYN	THOMAS	SARN HELEN	00:36:15	OM	18
4	18	JACK	DAVEY	CARMARTHEN HARRIERS	00:36:19	OM	18
5	21	LES	HEWITSON	INGLI RUNNERS	00:37:01	M40	42
6	34	KEVIN	GRIFFITHS	TROTS	00:37:23	M40	42
7	10	ROGER	COOMBS	TROTS	00:37:30	M40	40
8	30	GLYN	PRICE	SARN HELEN	00:37:40	OM	39
9	12	RICHARD	MARKS	SARN HELEN	00:38:30	M50	57
10	26	CLIFFORD	EVANS	ABERYSTWYTH UNIVERSITY	00:38:42	M40	48
11	24	MICHAEL	KALLENBERG	CARDIGAN RUNNING CLUB	00:38:46	YTH	15
12	31	HUW	PRICE	SARN HELEN	00:39:24	M40	43
13	45	PHIL	ADAMS	NEATH HARRIERS	00:39:27	M40	44
14	9	GORDON	ORME	CARDIGAN RUNNING CLUB	00:39:48	M50	63
15	20	MARTIN	DAVIES	TROTS	00:39:55	OM	24
16	5	ANN	THOMAS	TROTS	00:39:56	F35	39
17	36	GARETH	ELLIOT	PEMBROKESHIRE HARRIERS	00:39:39	OM	24
18	27	NEIL	WILKINSON	CARDIGAN RUNNING CLUB	00:40:18	M40	42
19	38	JOHN	SINNETT	PEMBROKESHIRE HARRIERS	00:40:24	M40	49
20	23	MARK	DUNSCOMBE	SARN HELEN	00:41:04	M40	44
21	35	DAVE	GRIFFITHS	TROTS	00:41:12	M40	43
22	41	SARAH	TAGG	CARDIGAN RUNNING CLUB	00:41:36	OF	33
23	4	MARY	BOWEN-REES	TROTS	00:41:37	F35	44
24	17	TIM	JAMES	NONE	00:41:45	OM	28
25	15	TASHA	SEXTON	INGLI RUNNERS	00:42:12	OF	32
26	42	ANTAL	SANDOR	ABERYSTWYTH HARRIERS	00:42:57	OM	37
27	22	LYNN	GREEN	INGLI RUNNERS	00:43:06	F45	48
28	51	JAMES	THOMAS	SARN HELEN	00:43:16	OM	24
29	11	PAUL	COLMAN	PEMBROKESHIRE HARRIERS	00:44:26	M40	45
30	2	JASON	WILKINSON	CARDIGAN RUNNING CLUB	00:44:44	OM	36
31	43	RAY	DAVIES	PONTYPRIDD	00:44:53	M40	47
32	25	TONY	GEORGE	CARDIGAN RUNNING CLUB	00:45:46	M40	48
33	47	GARETH	JONES	SARN HELEN	00:46:13	M40	40
34	1	MARTIN	DYDE	PEMBROKESHIRE HARRIERS	00:46:24	M40	48
35	3	MICHAEL	BAILEY	PEMBROKESHIRE HARRIERS	00:46:26	OM	38
36	19	CHARLES	LARSSON	NEWCASTLE AC	00:46:54	OM	39
37	29	MIKE	ALLEN	NONE	00:47:19	OM	37
38	39	HOWARD	WILLIAMS	PEMBS TRI	00:47:50	M40	44
39	46	HILARY	MCCARTHY	CARDIGAN RUNNING CLUB	00:48:13	F35	39
40	16	CHRIS	SEXTON	INGLI RUNNERS	00:48:37	M40	42
41	28	JANE	WILLIAMS	CARDIGAN RUNNING CLUB	00:49:04	OF	27

42	8	ANN	ROWELL	TROTS	00:49:25	F45	51
43	13	ALAN	JOHNSTONE	INGLI RUNNERS	00:50:28	M50	58
44	48	JAN	JONES	SARN HELEN	00:50:47	F35	41
45	49	REBECCA	EDWARDS	NONE	00:52:21	OF	29
46	37	DAVID	PHILLIPS	PEMBROKESHIRE HARRIERS	00:52:58	M50	62
47	14	WENDY	HADDOCK	NONE	00:53:40	F45	56
48	7	DAVE	MANZE	EDMONTON RC	00:54:48	M50	60
49	32	PAUL	FELLOWS	NONE	00:58:54	OM	35
50	6	MARILYN	MANZE	EDMONTON RC	00:59:15	F45	52
51	40	ANNE	COOGAN	MOSLEY PARK DUBLIN	01:13:14	F45	66

CARDIGAN RUNNING CLUB

Mayors 10km 2006