

Fishguard Sea Cadets

10km Race 2011

Many thanks to all who took part, and to the Sea Cadet for marshalling



Pos	Time	Family	First	No	Gen	Age	Catgy	Club
1	0:35:23	Ladd	Lee	164	M	22	OM	Carmarthen Harriers
2	0:36:34	Price	Glyn	153	M	43	M40	Sarn Helen
3	0:37:31	Simpson	Richard	157	M	37	OM	
4	0:38:26	Jones	Gethin	140	M	38	OM	Sarn Helen
5	0:38:51	Marks	Richard	152	M	61	M60	Sarn Helen
6	0:40:29	Rees	Eric	165	M	34	OM	Sarn Helen
7	0:40:40	Price	Huw	151	M	48	M40	Sarn Helen
8	0:41:02	Hall	Simon	138	M	31	OM	Sarn Helen
9	0:41:42	Brown	Steve	141	M	47	M40	Pembrokeshire Harriers
10	0:41:43	Orme	Gordon	154	M	68	M60	Cardigan Running Club
11	0:42:40	Sinnett	John	161	M	54	M50	Pembrokeshire Harriers
12	0:44:26	Edwards	Paul	142	M	51	M50	Pembrokeshire Harriers
13	0:44:35	Hayes	Alyson	156	F	40	F35	Les Croupiers
14	0:44:59	Padget	Paul	146	M	55	M50	Ingli Runner
15	0:45:15	Griffiths	Dave	160	M	48	M40	TROT's
16	0:45:40	Wilkins	Jason	158	M	41	M40	Cardigan Running Club
17	0:46:23	Lavis	Peter	168	M	23	OM	
18	0:46:40	Worth	Laurence	163	M	48	M40	Pembrokeshire Harriers
19	0:46:41	Roberts Jones	Sian	139	F	30	OF	Sarn Helen
20	0:46:46	Terry	Michael	137	M	60	M60	TROT's
21	0:46:55	Morris	Gwen	162	F	26	OF	Ingli Runner
22	0:49:12	Sherwood	Roland	135	M	65	M60	

23	0:49:53	Wilkins	Jane	159	F	48	F45	Cardigan Running Club
24	0:50:07	Davies	Aled	167	M	27	OM	
25	0:50:25	Bowen	Darren	147	M	34	OM	Ingli Runner
26	0:51:05	Rees	Lyn	166	M	61	M60	Sarn Helen
27	0:52:24	Lloyd	Sue	144	F	46	F45	Pembrokeshire Harriers
28	0:54:42	Bateman	Eddie	136	M	54	M50	Pembrokeshire Harriers
29	0:55:28	Hodges	Mike	155	M	58	M50	TROT's
30	1:02:45	Charlett	Pauline	148	F	48	F45	Pembrokeshire Harriers
31	1:03:15	Jones	Wendy	149	F	48	F45	Pembrokeshire Harriers
32	1:03:32	Bell	Jan	143	F	65	F45	Pembrokeshire Harriers
33	1:06:05	Griffiths	Alison	150	F	41	F35	Pembrokeshire Harriers
34	1:06:05	Thomas	Barbara	145	M	66	F45	Pembrokeshire Harriers