

Fishguard Sea Cadets

10km Race 2016

Many, Many Thanks to all who raced today in very windy conditions, big thanks to the Sea Cadets for the marshalling, and to Ocean Lab for the venue.

Pos	Time	Family	First	Num	Gen	Age	Cat	
1	0:36:46	Harris	Rhys	242	M	29	OM	West Coast
2	0:37:40	Latter	Alan	235	M	38	OM	Team Cem
3	0:39:11	Capps	Damian	230	M	46	M40	Team Cem
4	0:39:53	Lewis	Chris	248	M	34	OM	
5	0:41:40	Marks	Catherine	279	F	33	OF	Team Cem
6	0:41:53	Rowley	Tony	283	M	56	M50	Pembrokes
7	0:42:05	Morgan	Dan	292	M	37	OM	Team Cem
8	0:42:16	Ouseley	Steve	220	M	42	M40	Pembrokes
9	0:45:56	John	Adam	282	M	30	OM	Team Cem
10	0:43:22	Morris	Lee	226	M	34	OM	3Ms Gorse
11	0:43:50	Davies	Jonathon	239	M	36	OM	Team Cem
12	0:43:58	Rees	Simon	247	M	36	OM	Llanelli AC
13	0:44:26	Sheen	Dan	278	M	33	OM	Pembrokes
14	0:44:37	Terry	Mark	215	M	58	M50	TROT's
15	0:44:49	Chilton	Nick	218	M	51	M50	Team Cem
16	0:45:17	Owen Williams	Paul	219	M	39	OM	Team Cem
17	0:46:01	Gammon	James	217	M	19	OM	
18	0:46:18	Williams	Sian	227	F	45	F45	Pembs Tri'
19	0:46:27	Walthers	Peter	246	M	55	M50	TROT's
20	0:46:39	Gardener	John	223	M	74	M60	Pembrokes
21	0:47:15	Glynn	Stehen	291	M	56	M50	Pembrokes
22	0:47:17	James	Sam	290	M	26	OM	
23	0:47:20	Buckley	Rachel	231	F	39	F35	Team Cem
24	0:47:40	James	Shan	289	F	39	F35	Team Cem
25	0:47:41	Padget	Paul	280	M	55	M50	Team Cem
26	0:48:49	Colman	Paul	222	M	55	M50	Pembrokes
27	0:49:06	Sexton	Christopher	244	M	52	M50	Pembrokes
28	0:49:29	Sinnett	John	288	M	59	M50	Pembrokes
29	0:50:58	Morris	Celia	225	F	44	F35	Team Cem
30	0:52:36	Treharne	Leah	277	F	28	OF	
31	0:51:49	Williams	Wyn	293	M	50	M50	
32	0:52:10	Lloys	Sue	232	F	51	F45	Pembrokes
33	0:52:27	Worth	Laurence	294	M	53	M50	Pembrokes

34	0:52:27	Worth	Harry	295	M	13	YTH	Pembroke
35	0:53:11	Allworth	Bryanie	243	F	21	OF	
36	0:54:09	Griffiths	Dave	287	M	52	M50	Pembroke
37	0:54:42	Worral	Tara	224	F	27	OF	Pembroke
38	0:55:49	Williams	Gwandaf	228	M	47	M40	
39	0:56:22	Bateman	Edward	216	M	59	M50	Pembroke
40	0:56:23	Williams	Sonia	284	F	40	F35	Team Cem
41	0:56:39	Griffiths	Della	236	F	51	F45	Pembroke
42	0:56:44	Cutley	Paulia	241	F	36	F35	
43	0:57:49	Colman	Jill	221	F	51	F45	Pembroke
44	0:58:10	Joseph	Rachel	245	F	35	F35	Pembroke
45	0:59:51	Davies	Elaine	240	F	51	F45	Pembroke
46	0:59:58	Gardner	Deb	281	F	54	F45	Pembroke
47	1:01:48	Phillips	Alan	286	M	42	M40	Team Cem
48	1:02:05	Williams	Mandy	238	F	44	F35	
49	1:02:14	Donne	Richard	237	M	54	M50	3Ms Gorse
50	1:05:02	Richardson	Keith	229	M	72	M60	
51	1:08:41	Griffiths	Alison	233	F	46	F45	Pembroke
52	1:08:41	Thomas	Barbara	234	F	71	F45	Pembroke
53	1:22:12	Ifans	Betson	285	F	34	OF	