

# CARDIGAN RUNNING CLUB

## Mayors 10km Race 2016

Pos.	No.	Name	Club	Cat.	Age	Time
1	36	John Collier	West Coast Tri	OM	28	36.
2	42	Owain Schiavone	Aberystwyth AC	OM	36	37.
3	82	Alan Latter	Team Cemais	OM	38	38.
4	77	Paul Reismann	Swansea Harries	M40	43	39.
5	11	Mark Horsman	Cardigan RC	OM	38	39.
6	94	Simon John	Neath	OM	28	39.
7	76	Heddwyn Evans	Emlyn Fliers	OM	38	40.
8	22	David Warren		M50	56	40.
9	41	Catherine Marks	Cemais	OF	33	41.
10	20	Michael Davies	Sarn Helen	M40	47	42.
11	23	Tony Hall	Sarn Helen	M50	61	43.
12	9	Trystan Johns	Cardigan RC	OM	35	43.
13	31	Tristram Lewis		OM	37	44.
14	1	John Camani	TROTS	OM	30	44.
15	19	Howard Thomas	Cardigan RC	M40	42	44.
17	24	Dee Jolly	Sarn Helen	OF	29	44.
16	25	Mark Terry	TROTS	M50	59	44.
18	54	James Dowd	Huncote Harriers	M50	51	45.
19	39	Stephen Williams	Cardigan RC	OM	31	45.
21	26	Marc Beasley	Rhedwyr Preseli	OM	29	45.
20	51	Sam James	Team Cemais	OM	26	45.
22	57	Eurig Davies	Rhedwyr Emlyn	OM	34	45.
23	7	Catrin Lewis		OF	23	45.
24	72	Rhys Williams	Rhedwyr Emlyn	OM	26	45.

25	80	Michael Taylor	Sarn Helen	M50	57	45.
26	15	Nick Venables		OM	36	46.
27	5	Mike James	Port Talbot Harriers	M40	44	47.
28	91	John Sinnett	Pembs Harriers	M50	59	47.
29	29	Justin Bailey	Cardigan RC	M40	44	47.
30	49	Shan James	Team Cemais	F35	39	47.
31	13	Roger Devonald		M50	51	48.
32	85	Phillip Griffiths		OM	30	48.
33	65	Robert Smith	Pembs Harriers	M50	55	49.
34	21	Chris Sexton	Pembs Harriers	M50	52	49.
35	71	Robert Thomas		OM	29	50.
36	73	Andrew Thomas	Cardigan RC	M40	46	50.
37	92	Ben Weir		OM	33	50.
38	18	Peter Moody	Carms Harriers	M50	72	51.
39	45	Celia Morris	Team Cemais	F45	45	51.
41	75	Ceri Adams Lewis	Cardigan RC	OM	39	51.
40	105	Alice Harrison	Emlyn Runners	F35	37	51.
42	90	Dave Griffiths	Pembs Harries	M50	53	52.
43	37	Beth Phillips	West Coast Tri	OF	26	53.
44	27	Dylan Jones		OM	39	55.
46	33	Owen Robertson Williams		OM	38	55.
45	32	Sally Robertson Williams		OF	34	55.
47	81	Angharad Williams		OF	32	57.
48	53	Alan Monday		M50	69	57.
49	93	Stefanie Benalclear	Newcastle Emlyn	OF	24	61.
50	62	Llinos Jones Davies		F35	39	61.
51	89	Mike Hodges	TROTS	M50	63	64.
52	6	Yvonne Davies	TROTS	OF	34	67.
53	17	David Phillips	Pembs Harriers	M50	72	84.

55	12	Betsan o Connor		F35	43	DNF
54	28	Dai Watson		M40	44	DNF