

Pos.	No.	Name	Club	Cat.	Age	Time
1	269	DAVID COLE	WEST COAST TRI	OM	29	36.07
2	229	MICHAEL LAI		OM	20	36.46
3	264	DAVID JONES	CARMS H	OM	33	37.46
4	251	MARK HORSMON	CARDIGAN	OM	39	38.34
5	240	GLYN PRICE	SARN HELEN	M50	50	38.43
6	265	DAVID WARREN	CARDIGAN	M50	57	39.35
7	241	RICHARD MARKS	SARN HELEN	M50	67	40.49
8	254	IEUAN PUGH JONES		OM	20	40.50
9	267	ALEC WILLIAMS	PEMBS H	M50	50	41.00
10	243	MIKE DAVIES	SARN HELEN	M40	48	41.08
11	230	HUW GRIFFITHS		M40	41	41.36
12	248	DEE JOLLY	SARN HELEN	OF	30	43.01
13	271	JONATHON DAVIS	TEAM CEMAIS	OM	37	43.49
14	246	ROB SOMMERVILLE	ETON MANOR	M40	49	44.05
15	270	EMLYN GEORGE		OM	31	45.12
16	235	HOWARD THOMAS	CARDIGAN	M40	43	45.25
17	272	NERYS JONES	TROTS	OF	32	45.39
18	249	TONY HALL	SARN HELEN	M50	62	45.54
19	233	RICHARD PURCELL	CARDIGAN	M50	57	46.26
20	266	LAURENCE WORTH	PEMBS H	M50	54	47.31
21	258	SHAN JAMES	TEAM CEMAIS	F35	40	48.22
22	273	BEN WEIR		OM	34	48.25
23	250	JIM DILKS	TROTS	M40	42	48.53
24	274	JANE WILLIAMS		F35	39	49.30
25	263	JUSTIN BAILEY	CARDIGAN	M40	45	49.34
26	227	ROBERT SMITH	PEMBS H	M50	56	49.42
27	268	SAM BROAD		M50	56	50.44
28	262	RUSSELL WILLIAMS	CARDIGAN	OM	38	52.24
29	256	MATTHEW MORGAN		OM	36	53.12
30	275	JOHN DAVIES	WEST COAST TRI	M40	48	54.34
31	247	PATRICK WING	PEMBS H	M50	65	59.09

32	276	CAROL REES		F35	40	60.00
33	257	SOPHIA LIGHTFOOT		OF	31	61.02
34	260	TRACY WILLIAMS	CARDIGAN	OF	34	63.12
35	236	DAVID PHILLIPS	PEMBS H	M50	73	84.36

*CARDIGAN RUNNING CLUB*

*Mayors 10km Race 2017*