

Abercych 10k

15/05/2025

Overall Results

O/A Pos	Race #	Name	Club	Category	Cat Pos	Result
1	16	Ifan Bowen	Camarthen Harriers	MOPEN	1	00:33:59
2	52	Steffan Davies	Carmarthen Harriers	MOPEN	2	00:34:12
3	160	Ollie George	Sarn Helen	MOPEN	3	00:34:50
4	95	Gary Wyn Davies	Aberystwyth Ac	MOPEN	4	00:35:57
5	15	Richie Norris		MOPEN	5	00:37:08
6	42	Ben Clague	Pembs Harriers	MOPEN	6	00:37:19
7	100	Rhodri Williams	Sarn Helen	MOPEN	7	00:37:30
8	158	Rhydian Jenkins	Aberteifi	MOPEN	8	00:38:12
9	85	Seth Davies	Cardigan Rc	MOPEN	9	00:38:15
10	98	Ollie Minton	Nblrs	MOPEN	10	00:38:24
11	148	Stephan Williams	Cardigan Rc	MOPEN	11	00:39:57
12	23	Luke Evans	Trots	MOPEN	12	00:40:10
13	128	Sam James		MOPEN	13	00:40:18
14	2	Sam Hall		MOPEN	14	00:41:35
15	153	Gethin Ap Phylip	Sarn Helen	MOPEN	15	00:41:44
16	124	Tomos Isaac Davies		MOPEN	16	00:43:45
17	4	Ioan Lloyd	Sarn Helen	MOPEN	17	00:47:00
18	66	Matt Britall	Sarn Helen	MOPEN	18	00:48:45
19	1	Llyr Tobias		MOPEN	19	00:49:26
20	7	Kristopher Griffiths		MOPEN	20	00:54:54
21	50	Jason Jarrams	Jm Running	MOPEN	21	00:58:28
22	120	Rhodri Davies	Llandysul Rc	MOPEN	22	01:19:37
23	14	Mr Shelley Childs	Aberystwyth Ac	M50	1	00:37:56
24	145	Mike Davies	Sarn Helen	M50	2	00:39:41
25	143	Owen Jones	Dc Triathlon	M50	3	00:41:14
26	68	Huw Davies	Carmarthen Harriers	M50	4	00:41:55
27	121	Rick Sherwood	Teifi Running Club	M50	5	00:42:47
28	114	Kevin Jones	Sarn Helen	M50	6	00:43:01
29	122	Ian Williams	Sarn Helen	M50	7	00:46:11
30	130	John Mills	Jm Running	M50	8	00:47:00
31	60	Jon Harraway	Aberteifi	M50	9	00:47:49
32	78	Simon Reed		M50	10	00:47:56
33	137	Kevin Phillips	Cardigan	M50	11	00:49:08
34	32	John Evans		M50	12	00:49:12

O/A Pos	Race #	Name	Club	Category	Cat Pos	Result
35	126	Fraser Mcmillan	Cardigan Rc	M50	13	00:49:18
36	129	Anthony Watmough	Cardigan	M50	14	00:49:44
37	87	Benedict O'Leary	Cardigan Rc	M50	15	00:49:57
38	93	Martin Harris	Pembs Harriers	M50	16	00:51:08
39	34	Michael Williams		M50	17	00:52:38
40	90	Russell White	Sarn Helen	M50	18	00:52:56
41	138	Richard Nicholas	Cardigan Rc	M50	19	00:54:17
42	140	Richard Thomas		M50	20	01:02:30
43	168	Edwin Harries	Trots	M50	21	01:10:50
44	55	Ian Evans	Aberystwyth Ac	M40	1	00:37:57
45	65	Richard Phillips	Trots	M40	2	00:38:52
46	142	Simon Hall	Sarn Helen	M40	3	00:39:00
47	97	Andy Holcraft	Pembs Harriers	M40	4	00:39:33
48	166	Nick Mackay		M40	5	00:40:50
49	20	Henry Morris	Hen Harriers	M40	6	00:42:33
50	58	Lee Badrock		M40	7	00:43:20
51	149	Russell Williams	Cardigan Rc	M40	8	00:44:55
52	150	Chris Smoothy		M40	9	00:45:34
53	80	Chris Snarski		M40	10	00:47:05
54	11	Gary Evans		M40	11	00:49:11
55	47	Simon Scurrrell	Trots	M40	12	00:53:46
56	89	James Davies	Trots	M40	13	00:58:29
57	88	Jac Clements	Trots	M40	14	01:01:05
58	67	Danny Thomas	Mission Possible Tri Club	M40	15	01:01:53
59	19	Kevin Jenkins	Trots	M60	1	00:44:19
60	63	Damian Sidnell	Aberystwyth Ac	M60	2	00:46:01
61	131	Richard Marks	Sarn Helen	M60	3	00:47:04
62	135	Wyn Jones	Jm Running	M60	4	00:49:10
63	12	Andrew Pigg	Cardigan Rc	M60	5	00:50:51
64	3	Robert Sharratt	Cardigan Rc	M60	6	00:54:21
65	40	Glen Davies	Cardigan Rc	M60	7	00:54:31
66	79	Gary White	Cardigan Rc	M60	8	00:58:20

O/A Pos	Race #	Name	Club	Category	Cat Pos	Result
67	118	Keith Powell	Trots	M60	9	01:05:19
68	144	John Horsman	Cardigan Rc	M60	10	01:09:20
69	163	Glyn Anthony	Trots	M60	11	01:19:48
70	28	Sara Davies	Rhfc	FOPEN	1	00:42:36
71	99	Nicola Williams	Sarn Helen	FOPEN	2	00:43:55
72	18	Sophia Barker	Sarn Helen	FOPEN	3	00:44:08
73	10	Liz Harries		FOPEN	4	00:48:10
74	147	Angela Evans	Aberteifi	FOPEN	5	00:48:11
75	54	Lleucu Mains		FOPEN	6	00:52:01
76	146	Leanne Roberts	Cardigan Rc	FOPEN	7	00:52:55
77	172	Hannah-Mae Samson		FOPEN	8	00:53:53
78	116	Sarah Puetz	Sarn Helen	FOPEN	9	00:59:33
79	59	Abbie Edwards	Trots	FOPEN	10	01:01:37
80	139	Megan Collins		FOPEN	11	01:02:31
81	29	Elen Mai		FOPEN	12	01:06:35
82	49	Tilly Griffiths		FOPEN	13	01:10:20
83	6	Lora Taylor		FOPEN	14	01:10:21
84	133	Megan Griffiths		FOPEN	15	01:10:58
85	82	Emily Gailford		FOPEN	16	01:12:17
86	171	Danielle Francesca		FOPEN	17	01:13:22
87	117	Bethany	Support Worker	FOPEN	18	01:19:40
88	151	Eleri Rivers	Sarn Helen	F45	1	00:43:25
89	152	Sian Roberts Jones	Sarn Helen	F45	2	00:49:36
90	92	Shan James	Cardigan Rc	F45	3	00:50:01
91	36	Meinir Williams		F45	4	00:51:13
92	123	Serena Davies		F45	5	00:51:42
93	57	Jane Lindop	Cardigan	F45	6	00:51:44
94	165	Valerie Nelson	Jm Running	F45	7	00:52:51
95	24	Eva Kenyeres	Emlyn Flyers	F45	8	00:53:34
96	91	Kay Evenden	J.M Running	F45	9	00:56:58
97	162	Emily Edwards	Trots	F45	10	00:57:58
98	127	Rhian Blackford	Cardigan Rc	F45	11	00:58:32
99	167	Morfydd Davies	Trots	F45	12	01:00:11

O/A Pos	Race #	Name	Club	Category	Cat Pos	Result
100	115	Jane Holmes	Sarn Helen	F45	13	01:01:12
101	37	Sonia Davies		F45	14	01:04:06
102	83	Kristy Keras		F45	15	01:07:32
103	161	Emmaline	Cardigan Rc	F45	16	01:09:49
104	136	Angharad Dew	Trots	F45	17	01:14:21
105	96	Lou Summers	Sarn Helen	F55	1	00:43:50
106	200	Mel Holiday	Trots	F55	2	00:47:07
107	31	Ailinor Evans	Cardigan Rc	F55	3	00:51:29
108	198	Mair Morgan	Trots	F55	4	00:53:39
109	173	Rebecca Gratton		F55	5	00:57:33
110	125	Anwen Reynolds	Jm Running	F55	6	00:57:45
111	155	Linda Poulson	Emlyn	F55	7	00:59:16
112	141	Lon Morgan	Trots	F55	8	01:01:28
113	164	Irene Davies Jones	Trots	F55	9	01:01:31
114	84	Wendy Hoyland		F55	10	01:02:37
115	199	June Warren-Jones	Trots	F55	11	01:05:49
116	25	Rachel Matthews	Cardigan	F55	12	01:07:47
117	119	Margaret Powell	Trots	F55	13	01:09:07
118	134	Sue Jones	Jm Running	F55	14	01:10:00
119	169	Jean Driscoll	Trots	F55	15	01:11:41
120	81	Amanda Edwards		F55	16	01:12:17
121	94	Caryl Davies	Aberystwyth Ac	F35	1	00:44:26
122	30	Bethan Williams		F35	2	00:47:40
123	48	Cai Batchelor		F35	3	00:47:49
124	86	Teleri Elias		F35	4	00:48:41
125	132	Emma White		F35	5	00:52:01
126	9	Lauren Marbrow		F35	6	00:52:25
127	157	Jess West	Cardigan Rc	F35	7	00:53:53
128	159	Sarah Lloyd		F35	8	00:54:25
129	33	Theresa Sharland	Aberystwyth Ac	F35	9	00:57:37
130	154	Leanne Mctalard	Trots	F35	10	00:58:44
131	156	Kimberley Olselfield		F35	11	01:01:39

O/A Pos	Race #	Name	Club	Category	Cat Pos	Result
132	170	Lisa Jones		F35	12	01:13:23

Abercych 10k

15 May 2025

Award Winners

Overall Female					Overall Male				
1	28	Sara Davies	Rhfc	00:42:36	1	16	Ifan Bowen	Camarthen Harriers	00:33:59
FOPEN Open Female					MOPEN Open Male				
1	28	Sara Davies	Rhfc	00:42:36	1	16	Ifan Bowen	Camarthen Harriers	00:33:59
2	99	Nicola Williams	Sarn Helen	00:43:55	2	52	Steffan Davies	Carmarthen Harriers	00:34:12
3	18	Sophia Barker	Sarn Helen	00:44:08	3	160	Ollie George	Sarn Helen	00:34:50
F35 Female 35					M40 Male 40				
1	94	Caryl Davies	Aberystwyth Ac	00:44:26	1	55	Ian Evans	Aberystwyth Ac	00:37:57
2	99	Bethan Williams		00:47:40	2	65	Richard Phillips	Trots	00:38:52
3	18	Cai Batchelor		00:47:49	3	142	Simon Hall	Sarn Helen	00:39:00
F45 Female 45					M50 Male 50				
1	151	Eleri Rivers	Sarn Helen	00:43:25	1	14	Mr Shelley Childs	Aberystwyth Ac	00:37:56
2	152	Sian Roberts Jones	Sarn Helen	00:49:36	2	145	Mike Davies	Sarn Helen	00:39:41
3	92	Shan James	Cardigan Rc	00:50:01	3	143	Owen Jones	Dc Triathlon	00:41:14
F55 Female 55					M60 Male 60				
1	96	Lou Summers	Sarn Helen	00:43:50	1	19	Kevin Jenkins	Trots	00:44:19
2	200	Mel Holiday	Trots	00:47:07	2	63	Damian Sidnell	Aberystwyth Ac	00:46:01
3	31	Ailnor Evans	Cardigan Rc	00:51:29	3	131	Richard Marks	Sarn Helen	00:47:04