

## Abercych 10k 2023

Bib No.	O/A Pos	Cat Pos	Name	Club	Category	Result
18	1	1	David Cole	D.C. Triathlon	OM	00:33:42
27	2	2	Ollie Minton	Run Wales	OM	00:36:36
36	3	3	Wyn Thomas	D.C. Triathlon	OM	00:39:28
24	4	4	Rhydian Jenkins	Cardigan Running Club	OM	00:39:51
25	5	5	Stephen Williams	Cardigan Running Club	OM	00:39:52
26	6	1	Kitty Robinson	Run Wales	OF	00:40:26
28	7	6	David Jones		OM	00:41:24
7	8	7	Michael Burton		OM	00:41:48
38	9	1	Henry Morris		MV40	00:41:59
20	10	2	Phil Edwards	D.C. Triathlon	MV40	00:42:59
6	11	8	Geraint Jones		OM	00:43:21
39	12	3	Rhydian George		MV40	00:43:30
40	13	4	Chris Smoothy	TROTS	MV40	00:45:33
31	14	1	Jane Williams	Cardigan Running Club	FV35	00:46:51
16	15	1	Malcolm Brookling		MV50	00:47:15
1	16	5	Wayne Hoyland	D.C. Triathlon	MV40	00:47:43
19	17	2	Lisa Jones	D.C. Triathlon	FV35	00:47:48
13	18	6	Stuart Mason		MV40	00:47:54
17	19	2	Zoe Morris		OF	00:48:14
9	20	2	John Evans		MV50	00:50:32
22	21	1	Robert Sharratt	Cardigan Running Club	MV60	00:50:47
5	22	7	Jason Mitchell	J.M. Running	MV40	00:52:03
10	23	2	Wyn Jones	J.M. Running	MV60	00:52:13
32	24	3	Cerys Powell	Emlyn Runners	FV35	00:52:51
12	25	3	Gavin Price		MV50	00:53:34
14	25	9	Johnathan Price	Sarn Helen	OM	00:53:34
37	27	8	Sophia Lightfoot	Club	MV40	00:55:42
2	28	1	Hannah Mitchell	J.M. Running	FV45	00:56:25
35	29	10	Jason Jarrams	J.M. Running	OM	00:56:39
3	30	2	Melanie Phillips	J.M. Running	FV45	00:56:47
34	31	1	Linda Poulson	Emlyn Runners	FV55	00:56:50
11	32	3	Valerie Nelson	J.M Running	FV45	00:57:11
29	33	2	Kate Hovers	Run Wales	FV55	00:58:06
33	34	4	Bethan Hudson	J.M. Running	FV45	00:59:27

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15	35	5	Kay Evenden	J.M. Running	FV45	00:59:31
8	36	3	Anwen Reynolds	J.M. Running	FV55	01:02:01
23	37	4	Neil Jones	J.M. Running	MV50	01:02:30
4	38	3	Harvey Reeman	J.M. Running	MV60	01:05:22
30	39	4	Tony Rooney	Creek Hash House Harriers	MV60	01:07:55
21	40	4	Carol Sharratt	Ilkeston Running Club	FV55	01:09:14