

Abercych 10k 2024

23/05/2024

Overall Results

O/A Pos	Race #	Name	Club	Category	Cat Pos	Result
1	49	Oliie Minton	NBLRS	MOPEN	1	00:36:37
2	27	Shelley Childs	Aberystwyth AC	M50	1	00:37:57
3	58	Andy Holcroft	Pembs Harriers	M40	1	00:38:08
4	11	Ben Skinner	Hereford Couriers RC	MOPEN	2	00:38:10
5	24	Rhidian Jenkins	Cardigan	MOPEN	3	00:38:41
6	28	Richard Phillips	Trots	M40	2	00:39:00
7	61	Matthew Goodman	DC Triathlon	MOPEN	4	00:39:07
8	53	Richie Norris		MOPEN	5	00:39:12
9	29	Ian Evans	Aberystwyth AC	M40	3	00:39:26
10	35	Rhodri Williams	Sarn Helen	MOPEN	6	00:39:34
11	21	Stephen Williams	Cardigan	MOPEN	7	00:40:01
12	56	Luke Evans	Trots	MOPEN	8	00:40:41
13	9	Nigel Davies	Sarn Helen	M50	2	00:40:57
14	22	Seth Davies	Cardigan	MOPEN	9	00:41:01
15	62	Dean Thomas		MOPEN	10	00:41:06
16	63	Henry Morris		M40	4	00:41:32
17	65	Rory Fairhurst		MOPEN	11	00:42:08
18	77	Rhydian George		M40	5	00:42:31
19	46	Eurig Davies		M40	6	00:42:49
20	30	Damian Sidnell	Aberystwyth AC	M60	1	00:42:57
21	34	Lindy Geyer	Trots	F55	1	00:43:00
22	55	Geraint Jones	Emlyn Runners	MOPEN	12	00:43:04
23	52	Phil Edwards	DC Triathlon	M40	7	00:43:20
24	69	Cai Batchelor		F35	1	00:43:27
25	7	John Mills	JM Running	M50	3	00:43:33
26	38	Benjamin Morris	DC Triathlon	M40	8	00:44:20
27	64	Nathan Milles	Pemb Tri	M50	4	00:45:13
28	67	Kevin Jones	Sarn Helen	M50	5	00:45:21
29	42	Martin Harris	Pembs Harriers	M50	6	00:45:42
30	18	Gail Evans		F35	2	00:46:26
31	17	David Evans		M60	2	00:46:30
32	31	Kevin Jenkins	Trots	M60	3	00:47:15
33	68	Jon Harraway		M40	9	00:47:33
34	71	Bethan Williams		F35	3	00:47:58

O/A Pos	Race #	Name	Club	Category	Cat Pos	Result
35	60	Nia Cole	DC Triathlon	FOPEN	1	00:48:23
36	5	Dr Pete King		M50	7	00:48:50
37	33	Marc Phillips		MOPEN	13	00:49:03
38	36	Nicola Williams		FOPEN	2	00:49:12
39	54	Gary Hurn	DC Triathlon	MOPEN	14	00:50:19
40	47	Tina Morris	Amman Valley Harriers	F45	1	00:50:48
41	26	John Evans		M50	8	00:50:58
42	1	Wyn Jones	JM Running	M60	4	00:51:03
43	50	Rachel Bailey	Cardigan	F35	4	00:51:08
44	4	Hanna Baggott		FOPEN	3	00:51:19
45	41	Benedict O'Leary	Cardigan	M40	10	00:51:33
46	13	Robert Noel Sharratt	Cardigan	M60	5	00:51:37
47	23	Ailnor Evans	Cardigan	F45	2	00:51:39
48	57	Andy Power		MOPEN	15	00:51:41
49	76	Jane Morgan	Cardigan	F45	3	00:52:11
50	10	Mark Underhill	Cardigan	M60	6	00:52:23
51	43	Hazel Davies	Emlyn Flyers	F55	2	00:52:26
52	44	Matthew Jordan		MOPEN	16	00:52:36
53	70	Andrew Pigg		M60	7	00:52:53
54	16	Meinir Williams		F45	4	00:53:00
55	51	Mair Morgan	Trots	F55	3	00:53:36
56	25	Valerie Nelson	JM Running	F45	5	00:53:48
57	20	Rich Morris	Cardigan	M50	9	00:53:56
58	45	Kerry Irwin-Hall	Sarn Helen	F55	4	00:54:14
59	48	Nia Rees		FOPEN	4	00:54:19
60	66	Laurance Marks		MOPEN	17	00:54:29
61	74	Eva Kenyeres		F45	6	00:55:00
62	15	Michael Williams		M50	10	00:55:49
63	39	Menna Jones		FOPEN	5	00:56:27
64	40	Pauline Krueger	Cardigan	F55	5	00:56:47
65	8	Kay Evenden	JM Running	F45	7	00:56:49
66	3	Gary White	Cardigan	M60	8	00:57:57

O/A Pos	Race #	Name	Club	Category	Cat Pos	Result
67	19	Lon Morgan	Trots	F55	6	01:01:20
68	14	James Aslam-Armitage		M40	11	01:04:54
69	12	Carol Ann Sharratt	Cardigan	F55	7	01:05:20
70	37	Lowri Owens		F35	5	01:05:35
71	59	John Horsman	Cardigan	M60	9	01:08:21
72	72	Tony Rooney	Creek Hash House Harriers	M60	10	01:09:28
73	75	Catrin Davies	Cardigan	F35	6	01:09:28
74	2	Sue Jones	JM Running	F55	8	01:11:44
75	6	Emmaline Brown		F45	8	01:15:24
76	32	Simon Scurrrell	Trots	M40	12	DNF
77	73	Laszlo Pocsai		M50	11	DNF

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23 May 2024

Award Winners

FOPEN Open Female					MOPEN Open Male				
1	60	Nia Cole	Female	00:48:23	1	11	Ben Skinner	Male	00:38:10
F35 Female 35					M40 Male 40				
1	69	Cai Batchelor	Female	00:43:27	1	58	Andy Holcroft	Male	00:38:08
F45 Female 45					M50 Male 50				
1	47	Tina Morris	Female	00:50:48	1	27	Shelley Childs	Male	00:37:57
F55 Female 55					M60 Male 60				
1	43	Hazel Davies	Female	00:52:26	1	30	Damian Sidnell	Male	00:42:57