

Abercych 10k

14/05/2026

Overall Results

O/A Pos	Race #	Name	Club	Category	Cat Pos	Result
1	89	Ollie George	Sarn Helen	MOPEN	1	00:35:04
2	95	Rhodri Williams	Sarn Helen	MOPEN	2	00:36:04
3	96	Richie Norris		MOPEN	3	00:36:16
4	14	Rhydian Jenkins	Cardigan Rc	MOPEN	4	00:36:59
5	64	Llion Williams		MOPEN	5	00:37:24
6	121	Caleb Williams		MOPEN	6	00:37:46
7	135	Tom Sinton		MOPEN	7	00:37:50
8	43	Seth Davies	Cardigan Rc	MOPEN	8	00:38:35
9	50	Guto Edwards	Rhys Harries Fitness Coaching	MOPEN	9	00:39:43
10	26	Rory Fairhurst		MOPEN	10	00:40:05
11	117	Gwion Williams		MOPEN	11	00:40:39
12	127	Paul Edmar Caraga		MOPEN	12	00:41:14
13	141	Jim Roberts	Cardigan Running Club	MOPEN	13	00:42:00
14	118	Dafydd Davies	N/A	MOPEN	14	00:43:13
15	18	Kristopher Griffiths	Sarn Helen	MOPEN	15	00:43:58
16	37	Rhydian Quan		MOPEN	16	00:44:33
17	143	Dafydd Morgan		MOPEN	17	00:45:17
18	69	Jordan Hopkins		MOPEN	18	00:45:23
19	107	Sebastian Heal White		MOPEN	19	00:45:53
20	85	Lewys Jones	Trots	MOPEN	20	00:46:32
21	119	William Hoyland		MOPEN	21	00:46:54
22	71	Ashley Tomkinson		MOPEN	22	00:47:32
23	142	Robert Thomas		MOPEN	23	00:47:59
24	19	Peter Hughes Jones	Team lcc	MOPEN	24	00:48:11
25	116	Taylor Wells		MOPEN	25	00:48:42
26	84	Luc Thomas	N/A	MOPEN	26	00:48:57
27	132	Jan Biag		MOPEN	27	00:49:30
28	126	Nathan De Pablo	Sarn Helen	MOPEN	28	00:49:40
29	140	Owain Davies	No Club	MOPEN	29	00:50:52
30	129	Damalerio Bon Adrian	Sarn Helen	MOPEN	30	00:50:54
31	51	Robbie Evans		MOPEN	31	00:51:57
32	103	Llyr Tobias		MOPEN	32	00:52:20
33	38	Oliver Edwards		MOPEN	33	00:52:31
34	70	Jake Holliday		MOPEN	34	00:53:14

O/A Pos	Race #	Name	Club	Category	Cat Pos	Result
35	100	Dafydd Davies	N/A	MOPEN	35	00:53:52
36	136	Gethin Jones		MOPEN	36	00:53:53
37	52	Ellis Jones		MOPEN	37	00:54:43
38	133	Dylan John	Sarn Helen	MOPEN	38	00:54:52
39	27	Osian Owen	N/A	MOPEN	39	00:55:56
40	128	Jason Jarrams		MOPEN	40	00:58:00
41	6	Damon Watmough	Cardigan Running Club	MOPEN	41	01:05:24
42	146	Dai Jones		MOPEN	42	01:05:25
43	77	Keiran Weston	Trots	M40	1	00:35:52
44	17	Simon Hall	Sarnhelen	M40	2	00:38:17
45	56	Paul Mackie	Trots	M40	3	00:39:29
46	24	Stephen Williams	Cardigan Rc	M40	4	00:40:00
47	31	Simon Rowley	Mercia Fell Runners	M40	5	00:40:44
48	147	Rhydian George		M40	6	00:41:12
49	110	Alex Lewis		M40	7	00:43:46
50	13	Russell Williams	Cardigan Running Club	M40	8	00:44:21
51	97	Robert Edwards		M40	9	00:45:52
52	35	Simon Phillips		M40	10	00:48:23
53	55	Simon Wray		M40	11	00:50:07
54	7	Jac Clements	Trots	M40	12	00:56:18
55	8	James Davies	Trots	M40	13	00:56:39
56	79	Phil Edwards		M40	14	00:56:49
57	20	Michael Davies	Sarn Helen	M50	1	00:38:37
58	2	Kevin Jones	Sarn Helen	M50	2	00:40:34
59	102	Jon Harraway	Crcba	M50	3	00:41:50
60	106	Keith Evans	Sarn Helen	M50	4	00:42:43
61	65	Steven Holmes	Sarn Helen	M50	5	00:44:07
62	34	Nathan Miles	Pembrokeshire Triathlon Club	M50	6	00:44:48
63	113	Martin Harris	Pembrokeshire Harriers	M50	7	00:45:32
64	1	Simon Reed	Sarnhelen	M50	8	00:46:25
65	105	Richard Evans		M50	9	00:47:26
66	32	Julian Lewis	Trots St Clears	M50	10	00:48:07

O/A Pos	Race #	Name	Club	Category	Cat Pos	Result
67	21	Benedict O'Leary	Cardigan Running Club	M50	11	00:48:14
68	5	Tony Watmough	Cardigan Running Club	M50	12	00:49:28
69	115	Russell White	Sarn Helen	M50	13	00:51:28
70	92	John Evans		M50	14	00:51:32
71	62	James Laurie	Sarn Helen	M50	15	00:53:34
72	80	Wilson Dave	Cardigan Running Club	M50	16	00:59:44
73	49	Edwin Harries	Trots	M50	17	01:02:09
74	99	Andrew Cutter	Cardigan Running Club	M60	1	00:50:11
75	98	Andrew Pigg	Cardigan Rc	M60	2	00:50:30
76	75	Jonathan Williams	Trot	M60	3	00:51:10
77	22	Wyn Jones	Jm Running	M60	4	00:51:42
78	10	Robert Sharratt	Cardigan Running Club	M60	5	00:54:32
79	46	Keith Powell	Trots	M60	6	01:03:52
80	134	Polly Summers	Sarn Helen	FOPEN	1	00:37:03
81	90	Nicola Williams	Sarn Helen	FOPEN	2	00:42:49
82	16	Leanne Roberts	Cardigan Running Club	FOPEN	3	00:43:09
83	36	Ffion Quan	Summer Running	FOPEN	4	00:44:38
84	57	Hannah-Mae Samson		FOPEN	5	00:48:56
85	145	Bethan Phillips		FOPEN	6	00:51:09
86	144	Leah Kitson James		FOPEN	7	00:51:09
87	12	Hanna Baggott		FOPEN	8	00:51:37
88	137	Sioned Lewis		FOPEN	9	00:53:58
89	120	Carys Giddings-Jones		FOPEN	10	00:56:23
90	68	Danielle Francesca Leonard		FOPEN	11	00:56:41
91	139	Sarah Davies		FOPEN	12	00:57:03
92	83	Emilia Wilson		FOPEN	13	00:58:16
93	112	Lois Johm		FOPEN	14	00:58:29
94	73	Mererid Williams		FOPEN	15	00:59:03
95	131	Emily Guilford		FOPEN	16	00:59:10
96	82	Bethany Wilson-Goodwill		FOPEN	17	00:59:43
97	138	Mared John		FOPEN	18	00:59:45
98	3	Sarah Puetz	Sarn Helen	FOPEN	19	01:01:31
99	114	Lauren Billingham		FOPEN	20	01:03:48

O/A Pos	Race #	Name	Club	Category	Cat Pos	Result
100	81	Alys Bryant	Trots	FOPEN	21	01:06:09
101	33	Lindy Geyer	Trots	F55	1	00:42:59
102	9	Mel Holliday	Trots	F55	2	00:46:39
103	41	Julie Forrester	Emlyn Runners	F55	3	00:56:47
104	93	Mags Evans		F55	4	00:57:23
105	91	Morfydd Davies	Trots	F55	5	00:59:46
106	40	Irene Davies	Trots	F55	6	01:00:27
107	66	Jane Holmes	Sarn Helen	F55	7	01:01:47
108	48	Elonwy Morgan	Trots	F55	8	01:03:10
109	28	June Warren-Jones	Trots	F55	9	01:04:25
110	47	Margaret Powell	Trots	F55	10	01:07:10
111	30	Jayne Hunt	Trots	F55	11	01:07:46
112	23	Sue Jones	Jm Running	F55	12	01:09:30
113	45	Lya Harries	Trots	F55	13	01:10:20
114	74	Gerlinde Van Meerbergen	Trots	F35	1	00:47:33
115	72	Katy Crichton	Trots	F35	2	00:47:40
116	101	Cerys Powell		F35	3	00:50:38
117	60	Hannah Mackie	Trots	F35	4	00:50:59
118	42	Hannah Mackay		F35	5	00:52:51
119	125	Gill Davies		F35	6	00:53:14
120	53	Lindsey Blackford	Cardigan	F35	7	00:54:38
121	4	Katharine Green	Pembrokeshire Harriers	F35	8	00:54:40
122	15	Kim Oldfield	Cardigan Rc	F35	9	00:56:06
123	123	Charlotte Thomas		F35	10	00:56:54
124	122	Lou Vickery		F35	11	00:57:37
125	25	Jess West	Cardigan R C	F35	12	00:58:09
126	111	Bethan Findlay		F35	13	00:58:51
127	87	Heather Shadbolt	Cardigan Running Club	F35	14	01:00:33
128	29	Samantha Fell		F35	15	01:00:42
129	61	Leanne Mcfarland	Trots	F35	16	01:02:27
130	54	Nia Bowen	Trots	F35	17	01:07:20
131	58	Menna Hursey	Trots	F35	18	01:07:33

O/A Pos	Race #	Name	Club	Category	Cat Pos	Result
132	59	Jane Williams	Cardigan Rc	F45	1	00:48:06
133	86	Meinir Williams	Sarn Helen	F45	2	00:51:22
134	76	Helen Weston	Trots	F45	3	00:52:04
135	109	Jane Lindop	Cardigan Rc	F45	4	00:52:49
136	104	Nicola Nichols-Evans		F45	5	00:54:20
137	11	Alison Baggott		F45	6	00:56:04
138	124	Rhiannon Ling		F45	7	00:56:42
139	78	Rebecca Gratton		F45	8	00:57:11
140	39	Emily Edwards	Trots	F45	9	00:58:01
141	63	Michelle Whittal Williams	Trots	F45	10	00:58:05
142	108	Lorraine Thomas	Train Station Dŷ%o	F45	11	00:59:12
143	130	Kristyna Keras		F45	12	00:59:52
144	94	Julie Edwards		F45	13	01:00:07
145	88	Sonia Davies		F45	14	01:00:57
146	44	Laura Tipping	Trots	F45	15	01:09:50
147	67	Elin Howell	J M Running	F45	16	01:10:47

Abercych 10k

14 May 2026

Award Winners

Overall Female					Overall Male				
1	134	Polly Summers	Sarn Helen	00:37:03	1	89	Ollie George	Sarn Helen	00:35:04
FOPEN Open Female					MOPEN Open Male				
1	134	Polly Summers	Sarn Helen	00:37:03	1	89	Ollie George	Sarn Helen	00:35:04
2	90	Nicola Williams	Sarn Helen	00:42:49	2	95	Rhodri Williams	Sarn Helen	00:36:04
3	16	Leanne Roberts	Cardigan Running Club	00:43:09	3	96	Richie Norris		00:36:16
F35 Female 35					M40 Male 40				
1	74	Gerlinde Van Meerberg Trots		00:47:33	1	77	Keiran Weston	Trots	00:35:52
2	90	Katy Crichton	Trots	00:47:40	2	17	Simon Hall	Sarnhelen	00:38:17
3	16	Cerys Powell		00:50:38	3	56	Paul Mackie	Trots	00:39:29
F45 Female 45					M50 Male 50				
1	59	Jane Williams	Cardigan Rc	00:48:06	1	20	Michael Davies	Sarn Helen	00:38:37
2	86	Meinir Williams	Sarn Helen	00:51:22	2	2	Kevin Jones	Sarn Helen	00:40:34
3	76	Helen Weston	Trots	00:52:04	3	102	Jon Harraway	Crcba	00:41:50
F55 Female 55					M60 Male 60				
1	33	Lindy Geyer	Trots	00:42:59	1	99	Andrew Cutter	Cardigan Running Club	00:50:11
2	9	Mel Holliday	Trots	00:46:39	2	98	Andrew Pigg	Cardigan Rc	00:50:30
3	41	Julie Forrester	Emlyn Runners	00:56:47	3	75	Jonathan Williams	Trot	00:51:10