

Teifi 10 - 2009

<u>No.</u>	<u>Position</u>	<u>Name</u>	<u>Age</u>	<u>Club</u>	<u>Class</u>	<u>Time</u>	<u>Welsh</u>	<u>£</u>
628	1	Christopher Davies	32	Telford AC	M	50.12	*	7
708	2	Dewi Griffiths	17	Carmarthen Harriers	M	53.02		7
687	3	Rob Samuel	23	Eryri	M	53.43	*	7
670	4	Stephen Paterson	31	San Domenico	M	54.08	*	7
611	5	Steven Rees	31	Port Talbot	M	54.41	*	7
669	6	Lee Aherne	42	Les Croupiers	M40	54.47	*	7
698	7	Brendan Rothery	30	Eryri Harriers	M	55.58	*	7
684	8	Paul Talbot	42	Neath Harriers	M40	56.52	*	7
656	9	Glyn Price	41	Sarn Helen	M40	56.56	*	7
731	10	Nick Frost	48	Pontypridd Rodents	M40	57.03		7
751	11	Dennis Walmsley	46	Bourton Roadrunners	M40	57.09		9
714	12	Afan Humphries	21	Cwmbran Harriers	M	57.45		7
603	13	Michael Davies	40	Sarn Helen	M40	57.58	*	7
608	14	Carwyn Thomas	21	Sarn Helen	M	58.58	*	7
674	15	Chris Parker	43	Swansea Harriers	M40	59.16	*	7
614	16	Michael Kallenburg	18	Ingli Runners	M	59.30	*	7
647	17	Stacey Morgan	35	Croft Ambrey	M	59.54	*	7
689	18	Scott Howell	48	Les Croupiers	M40	60.07	*	7
668	19	Mick McGeoch	53	Les Croupiers	M50	60.27	*	7
694	20	Daniel Bodman	18	Aberdare Valley AAC	M	60.55	*	7
636	21	Carl Ellis	33	Port Talbot	M	61.22	*	7
661	22	Paul Wathan	20	Eryri	M	61.24	*	7
683	23	Caryl Jones	22	Trots	F	62.09	*	7
609	24	Mark Dunscombe	47	Sarn Helen	M40	62.20	*	7
703	25	Arwel Lewis	50	Eryri Harriers	M50	63.03	*	7
622	26	Adrian Weaver	31	Port Talbot	M	63.15	*	7
667	27	Dic Evans	62	Cardiff AC	M50	63.24	*	7
616	28	Chris Fulcher	41	Port Talbot	M40	63.31	*	7
720	29	Andrew Thomas	43	Sospan Road Runners	M40	64.21		7
604	30	Melaine Ellis	44	Shaftesbury Barnet	F35	64.25	*	7
757	31	Tim James	31	Ingli Runners	M	64.40		9
610	32	Shan Roberts	41	Ingli Runners	F35	64.56	*	7
688	33	Clifford Evans	50	Aberystwyth Harriers	M50	65.05	*	7

675	34	Paul Dyson	50	Swansea Harriers	M50	65.35	*	7
633	35	Richard Marks	59	Sarn Helen	M50	65.35	*	7
712	36	Keith Powell	56	Cornelly Striders	M50	65.46		7
755	37	Kat Steed	32	Pembs Harriers	F	65.57		7
631	38	Charles Thomas Walsh	34	Port Talbot	M	66.14	*	7
763	39	Kevin James	46		M40	66.18		9
682	40	Mike Lawrence	52	Pembs Harriers	M50	66.26	*	7
729	41	Sturart Reeves	40	Les Croupiers	M40	66.29		7
620	42	Dawn Gibbs	53	York Acorn	F45	66.37	Eng	7
730	43	Ian Mc Donald	45	San Domenico	M40	66.50		7
665	44	Erika Schmid	28	Buckley Runners	F	66.54	*	7
642	45	Huw Price	46	Sarn Helen	M40	67.02	*	7
744	46	Martin Davies	27	Trots	M	67.31		7
746	47	Dave Powell	48	Aberystwyth AC	M40	67.59		7
602	48	Michael Taylor	49		M40	68.01		9
679	49	Tony Hall	53	Sarn Helen	M50	68.04	*	7
715	50	Sean Treloar	41	Port Talbot	M40	68.12		7
627	51	Rachel Allcock	35	Amman Valley	F35	68.16	*	7
721	52	Daniel Thomas	19	Swansea Harriers	M	68.26		7
716	53	Michael Curran	27		M	68.37		9
756	54	Andrew Dawe	42	Pembs Harriers	M40	68.38		7
659	55	Sandra Pintcham	45	Port Talbot	F45	68.44	*	7
702	56	Bernard Henderson	54	Port Talbot	M50	68.46	*	7
606	57	Mark Terry	51	Trots	M50	68.53	*	7
740	58	Paul Jelley	44	Port Talbot	M40	69.08		7
706	59	Shaun Broome	36	Neath Harriers	M	69.48		7
655	60	Jason Dickinson	41	Trots	M40	69.53	*	7
760	61	James Murphy	42		M40	70.07		9
711	62	Dominic Shields	44	San Domenico	M40	70.13		7
719	63	Daniel Burgess	33	Aberystwyth AC	M	70.16		7
680	64	Simon Hall	29	Sarn Helen	M	70.46	*	7
739	65	Darren Stevens	37		M	70.57		9
632	66	Carys Davies	18	Sarn Helen	F	71.02	*	7
752	67	Alec Williams	42	Ingli Runners	M40	71.05		7
657	68	Richard Webster	54	3M Gorseinon RR	M50	71.19	*	7

718	69	Murray Kisbee	59	Sarn Helen	M50	71.39		7
635	70	Carol Moseley	32	Port Talbot	F	71.42	*	7
654	71	Uku Kumari	57	Swansea Harriers	M50	71.53	*	7
701	72	Mike Green	51		M50	71.53		9
732	73	Jason Wilkins	39	Cardigan	M	71.56		7
637	74	Robert Fowler	63	Amman Valley	M50	72.00	*	7
697	75	Ian Rothery	54	Cybi Stiders	M50	72.21	*	7
641	76	Helen Thomas	28	Pembs Harriers	F	72.42	*	7
741	77	Neil Davies	51	NYRRC	M50	72.55		9
748	78	Paul Rose	44	Aberystwyth AC	M40	73.00		7
671	79	Micheal.H.Davies	59	Les Croupiers	M50	73.02	*	7
630	80	Dawn Kenwright	53	Sarn Helen	F45	73.12	*	7
686	81	Cliff Thomas	63	Aberystwyth AC	M50	73.43	*	7
722	82	Paul Edwards	49	Pembs Harriers	M40	73.52		7
691	83	John Gwyn Evans	63	Aberystwyth AC	M50	73.57	*	7
672	84	Mark-Marcello Davies	41	Port Talbot	M40	74.16	*	7
629	85	Lindy Eynon	48	Trots	F45	74.32	*	7
696	86	Neil Williams	45	Pontypridd Rodents	M40	74.36	*	7
713	87	Gary Waters	59	Swansea Harriers	M50	75.02		7
644	88	Gethin Jenkins	18	Sarn Helen	M	75.30	*	7
676	89	Sarah Gibby	22	Emlyn Runners	F	75.32	*	7
653	90	Tony Holling	53	Port Talbot	M50	75.43	*	7
651	91	Anita Worthing	53	Aberystwyth AC	F45	75.51	*	7
749	92	Carwyn Davies	31		M	75.59		9
626	93	Christopher Sexton	45	Ingli Runners	M40	77.10	*	7
607	94	Jack Thomas	67	Buckley Runners	M50	77.16	*	7
673	95	Alan Perkins	58	Part Talbot	M50	77.18	*	7
662	96	Gemma Morgans	19	Eryri	F	77.19	*	7
652	97	Delyth Davies	28		F	78.02		9
615	98	Tony Wenlock	54	Aberystwyth AC	M50	78.09	*	7
617	99	Monica Barlow	56	Sarn Helen	F45	78.18	*	7
678	100	Dee Jolly	22	Sarn Helen	F	78.24	*	7
640	101	Jeanette Ashton	51	Witney Roadrunners	F45	78.27	Eng	7
754	102	Haydn Lloyd	36	Sarn Helen	M	79.19		7
692	103	Lyn Rees	59	Sarn Helen	M50	79.26	*	7

762	104	Paul Padget	53	Ingli Runners	M50	79.26		7
753	105	Clare Williams	42	Ingli Runners	F35	79.33		7
699	106	Brenda Avery	58	Chepstow Harriers	F45	79.36	*	7
634	107	Richard Springett	45		M40	79.54		9
681	108	Helen Walker	53	Ingli Runners	F45	79.56	*	7
727	109	Peter Walker	53	Ingli Runners	M50	79.56		7
709	110	Caryl Davies	21	Sarn Helen	F	80.09	*	7
645	111	Bethan Ouseley	32	Ingli Runners	F	80.19	*	7
758	112	Stephen Williams	52	Les Croupiers	M50	80.21		7
704	113	Paul Jones	36	Mumbles Milers	M	80.25		7
733	114	Jane Wilkins	46	Cardigan	F45	81.11		7
759	115	Raymond Hasler	58		M50	81.11		7
723	116	David Thomas	37	Pembs Harriers	M	81.37		7
710	117	Ian Ralfs	61		M50	82.37		9
745	118	Clive Williams	53	Aberystwyth AC	M50	82.42		7
735	119	John Ayres	53	Port Talbot	M50	83.02		7
717	120	Dennis Collins	44	Rhondda Valley Runners	M40	83.18		7
750	121	Ray James	48	Port Talbot	M40	84.57		7
764	122	Simon Cox	45		M40	85.21		9
690	123	Jan Jones	43	Sarn Helen	F35	85.31	*	7
742	124	Joanne Davies	21		F	85.38		9
650	125	Brenda Jones	67	Bro Dysynni AC	F45	86.10	*	7
747	126	Samantha Parsons	35		F35	86.21		9
600	127	Janice Clement	50	Penarth Dinas Runners	F45	87.23	*	7
658	128	Pauline Williams	50	Port Talbot	F45	87.43	*	7
761	129	Laurence Worth	46	Pembs Harriers	M40	87.46		7
737	130	Bernard Stevens	65		M50	88.24		9
677	131	Linda De Orte Jimenz	27	Emlyn Runners	F	88.47	*	7
765	132	David Andrew Edgell	32	Sarn Helen	M	89.08		7
724	133	Jill Colman	44	Pembs Harriers	F35	89.23		7
663	134	Syd Wheeler	71	Chepstow Harriers	M50	90.04	*	7
695	135	Neil Lewis	49	Mumbles Milers	M40	91.02	*	7
693	136	Eleri Connor	26		F	92.07		9
743	137	Vivienne Dean	45		F45	93.47		9
649	138	Angharad Hull	27		F	94.23		9

736	139	Catherine Llewellyn	45		F45	94.33		9
738	140	Sandra Stevens	61		F45	94.41		9
621	141	Katherine Devonald	29		F	96.24		9
643	142	Sian Jenkins	19	Sarn Helen	F	99.54	*	7
734	143	Graham Singer	54		M50	101.36		9
707	144	Gary Taylor	27	Mumbles Milers	M	102.19		7
725	145	Alison Griffiths	39	Pembs Harriers	F35	102.43		7
728	146	Martin Dyde	50	Pembs Harriers	M50	102.43		7
612	147	Gudrun Jones	51	Sarn Helen	F45	106.16	*	7
623	148	Glyn Rowlands	51		M50	106.17		9
726	149	Jan Bell	63	Pembs Harriers	F45	107.39		7
613	150	Sheila M Symonds	75	Bro Dysynni AC	F45	137.50	*	7
705		Rowena Melbourne	28	Instinctive Sport	F	DNF		9
601		Clem Clement	49	Penarth Dinas Runners	M40	DNF	*	7
605		Emma Simpkins	40		F35	DNS		9
618		Brian Russell	50	Cardigan	M50	DNS	*	7
619		Gordon Jones	50	Prestatyn RC	M50	DNS	*	7
624		Mandy Jones	48	Islwyn	F45	DNS	*	7
638		Irene Cooper	55		F45	DNS		9
639		David W Jones	56		M50	DNS		9
646		Steve Ouseley	35	Ingli Runners	M	DNS	*	7
648		Alan Peters	59		M50	DNS		9
660		Haydn Hartnell	46	Islwyn	M40	DNS	*	7
664		David Davies	60	Neath Harriers	M50	DNS	*	7
666		Jerome Evans	18	Port Talbot	M	DNS	*	7
685		Allen Watts	80	Sarn Helen	M50	DNS	*	7
700		Frankie Vaughan	54	Meirionydd RC	M50	DNS	*	7
625		Stephen Jones	51	Islwyn	M50	DNS	*	7