

**RAS TEIFI 10 ~ 2005**

**POSITION**

**NAME**

**CLUB**

**CLASS**

**TIME**

1

Marc Evans

Amman Valley

M

56.50

2

Andrew Abbott

Sarn Helen

M

58.54

3

Michael Evans

Trots

M

59.05

4

Stephen Paterson

Peagusus

M

59.33

5

Les Hewitson

Ingli Runners

MV

59.50

6

Malcolm Adams

Trots

MV

62.17

7

Michael Davies

M

62.42

8

Richard Marks

Sarn Helen

MV

62.59

9

Robert Dyde

Pembs Harriers

M

63.21

10

Paul Rose

Cardigan

MV

63.31

11

Graham Jeffries

Cardigan

MV

65.11

12

Paul Oughton

MV

65.19

13

Dai Roberts

Aberystwyth

MV

65.24

14

Hywel Jones

Amman Valley

MV

66.02

15

Peter Davies

Sarn Helen

MV

66.35

16

Keith Paterson

Peagasus

MV

66.46

17

John Sinnett

Pembs Harriers

MV

66.47

18

Paul Bowen

Sosapn Road Runners

M

66.57

19

Dennis Collins

Rhandda Valley

MV

67.09

20

Dylan Davies

Sarn Helen

M

67.36

21

Mark Duscombe

Sarn Helen

MV

68.18

22

Richard Ellison

Rhyader

MV

68.38

23

Claire Cleathero

Trots

F

68.44

24

Francis Robinson

Barney A.C

M

68.53

25

Calvin Williams

Sarn Helen

MV

69.03

26

Lyn Rees

Sarn Helen

MV

70.13

27

Alison Cooke

Hereford Couriers

FV

70.17

28

Lynn Green

Ingli Runners

FV

71.15

29

Carwyn Thomas

Sarn Helen

M

72.13

30

Dorian Jones

MV

72.14

31

Harford Evans

Amman Valley

MV

72.27



32

Alun Smith

Rhondda Valley

MV

72.36

33

John Evans

Aberystwyth

MV

72.55

34

Shan Cuthbert

Ingli Runners

FV

73.06

35

Gareth Jones

Sarn Helen

M

73.37

36

Dorian Rees

M

73.54

37

Monica Barlow

Sarn Helen

FV

74.19

38

Roger Mansell

Trent Park Runners

MV

74.21

39

Philip Hoskins

MV

75.18

40

Brian Thomas

Sarn Helen

MV

75.34

41

Brian Healey

Cardigan

MV

75.47

42

Jenny Parkes

Sarn Helen

FV

75.48

43

Jane Buck

Cardigan

FV

75.58

44

Lucy Elcomb

Pembs Tri

F

76.00

45

Jill Colman

Pembs Harriers

FV

76.29

46

Dr D R Evans

MV

77.09

47

Ryszard Piotrowicz

MV

77.10

48

Eric Rees

Sarn Helen

M

78.08

49

Helen Mc Namara

Pembs Harriers

FV

78.18

50

Neville Roberts

MV

78.41

51

Mike Hodges

Trots

MV

80.09

52

Neville Davies

M

80.38

53

Carol Howard

Pembs Harriers

FV

80.51

54

Lon Morgan

Trots

FV

81.44

55

Helen Williams

Trots

FV

81.46

56

Jan Jones

Sarn Helen

FV

81.55

57

Alan Johnstone

Ingli Runners

MV

82.16

58

David Howells

Pembs Tri

MV

83.09

59

Hefin Jones

MV

83.09

60

Susan Jenkins

Sarn Helen

FV

85.31

61

Meirion Williams

M

89.55

62

Paul Jones

M

91.43

63

Jan Younger

Pembs Harriers

FV

94.55

64

Pauline Charlett

Pembs Harriers

FV

97.57



65

Gudrun Jones

Sarn Helen

FV

101.40

66

James Kelley

Woodbridge Shuffles

MV

104.40

67

Allen Watts

Sarn Helen

MV

111.41