

Sarn Helen Hill Race 2009 - 16.5miles

<u>No.</u>	<u>Position</u>	<u>Name</u>	<u>Club</u>	<u>Age</u>	<u>Class</u>	<u>Time</u>
307	1	Matthew Roberts	Eryri	29	M	1.45.31
338	2	Julian Baker	Les Croupiers	40	M40	1.48.09
313	3	Steve Rees	Port Talbot	31	M	1.48.30
332	4	Martin Shaw	Mynydd Du	37	M	1.51.45
353	5	Michael Davies	Sarn Helen	40	M40	1.52.04
376	6	Glyn Price	Sarn Helen	42	M40	1.52.31
306	7	Iain Ridgway	Eryri	29	M	1.56.30
386	8	Carwyn Thomas	Sarn Helen	21	M	1.59.23
312	9	Scott Butterworth	Eryri	39	M	2.00.03
317	10	Adrian Weaver	Port Talbot	31	M	2.00.43
318	11	Chris Fulcher	Port Talbot	41	M40	2.01.34
333	12	Charles Walsh	Port Talbot	34	M	2.03.37
346	13	Dean John	Trots	42	M40	2.04.17
357	14	Glyn Fletcher	Maldwyn Harriers	47	M40	2.06.01
349	15	Shan Roberts	Ingli Runners	41	F35	2.06.56
339	16	Dave Powell	Aberystwyth AC	48	M40	2.07.21
378	17	Kevin Griffiths	Trots	45	M40	2.07.48
380	18	Martin Cortvriend	Clwydan Range Runners	57	M50	2.11.47
344	19	Mark Dunscombe	Sarn Helen	47	M40	2.11.54
336	20	Peter Gareth	MDC	50	M50	2.12.10
331	21	Phoebe Webster	Aberystwyth AC	28	F	2.12.16
322	22	Ross Powell	Mercia	53	M50	2.12.19
368	23	Huw Price	Sarn Helen	46	M40	2.12.48
382	24	James Murphy		42	M40	2.14.29
340	25	Geraint Evans	Llandovery Roadents	39	M	2.14.33
377	26	Jason Wilins	Cardigan RC	39	M40	2.15.56
370	27	Tony Hall	Sarn Helen	54	M50	2.17.36
325	28	Neil Lewis	Hereford Couriers	42	M40	2.17.54
354	29	Alex Williams	RRC	41	M40	2.18.16
387	30	Geoff Oldrid	Aberystwyth AC	54	M50	2.18.24
324	31	Steve Herington	Hereford Couriers	60	M50	2.18.54
347	32	Mike Evans		34	M	2.19.11
372	33	Sean Treloar	Port Talbot	41	M40	2.19.20

358	34	Paul Beeson	Maldwyn Harriers	43	M40	2.19.33
355	35	Clare Phillips	Swansea Harriers	40	F35	2.19.34
369	36	Michael Curran		27	M	2.19.47
356	37	Brian Hardcastle	MDC	56	M50	2.19.49
342	38	Bernard Henderson	Port Talbot	54	M50	2.19.50
330	39	Murray Kisbee	Sarn Helen	59	M50	2.20.36
341	40	Colin Lancaster	Telford AC	48	M40	2.21.19
362	41	Simon Hall	Sarn Helen	29	M	2.21.40
305	42	Nick Bayliss		35	M	2.22.17
390	43	James Thomas	Sarn Helen	27	M	2.23.23
389	44	Haydn Lloyd	Sarn Helen	37	M	2.23.42
375	45	Peter Garson	Aberystwyth AC	43	M40	2.24.17
385	46	Richard Marks	Sarn Helen	59	M50	2.25.22
329	47	Kieran Mackintosh	Port Talbot	19	M	2.25.36
323	48	Kev Joyce	Pembs Harriers	44	M40	2.25.51
383	49	Peter Davies	Sarn Helen	54	M50	2.28.00
304	50	Lyn Rees	Sarn Helen	59	M50	2.28.16
334	51	Alan Perkins	Port Talbot	58	M50	2.30.41
361	52	Andrew Blackmore	MDC	41	M40	2.30.47
315	53	Tony Holling	Port Talbot	53	M50	2.31.28
363	54	Andy Stott	Myndydd Du	50	M50	2.33.17
364	55	Gill Stott	Chepstow Harriers	51	F45	2.33.43
359	56	Gethin Jenkins	Sarn Helen	18	M	2.34.03
326	57	Alwyn Oliver	Eryri	64	M50	2.37.13
366	58	Sue Ashton	Chepstow Harriers	55	F45	2.38.40
309	59	Eric Rees	Sarn Helen	37	M	2.39.13
308	60	Caryl Davies	Sarn Helen	21	F	2.40.28
360	61	Andrew Edgell	Sarn Helen	32	M	2.41.42
311	62	Monica Barlow	Sarn Helen	56	F45	2.42.25
320	63	Sue Lloyd	Pembs Harriers	45	F45	2.42.34
365	64	Dick Finch	Chepstow Harriers	65	M50	2.42.46
302	65	Helen Walker	Ingli Runners	53	F45	2.42.53
303	65	Peter Walker	Ingli Runners	53	M50	2.42.53
345	67	Sally Wilson	Ingli Runners	33	F	2.43.55
348	68	Jill Willcox	Ingli Runners	37	F35	2.43.58

381	69	Jane Wilkins	Cardigan RC	46	M40	2.44.40
367	70	Gerry Ashton	Chepstow Harriers	55	M50	2.46.51
351	71	Chris Sexton	Ingli Runners	49	M40	2.47.20
314	72	Janet Richards	Griffithstown Harriers	44	F35	2.47.25
350	73	Steve Harris		51	M50	2.49.27
328	74	Margaret Oliver	Eryri	61	F45	2.52.11
337	75	Mario Rabaiotti	Port Talbot	46	M40	2.53.11
310	76	Robin Barlow	Sarn Helen	58	M50	2.53.16
343	77	Roy Silver	WFRA	53	M50	2.54.29
373	78	Jan Jones	Sarn Helen	43	M40	2.55.01
371	79	Gareth Jones	Sarn Helen	43	M40	2.56.32
374	80	Marion Garson	Aberystwyth AC	45	F45	2.57.03
335	81	John Ayres	Port Talbot	53	M50	2.59.27
301	82	Kathrine Devonald		29	F	2.59.37
319	83	Peter Harding	Trots	69	M50	3.02.04
388	84	Laurence Worth	Pembs Harriers	46	M40	3.03.51
384	85	David Thomas	Sarn Helen	46	M40	3.04.52
316	86	Alison Griffiths	Pembs Harriers	39	F35	3.07.18
321	86	Martin Dyde	Pembs Harriers	50	M50	3.07.18
352	88	Gudrun Jones	Sarn Helen	51	F45	3.25.12
379	89	Alan Roberts	Port Talbot	53	M50	DNF
1st Team - Port Talbot						
313	3	Steve Rees				
317	10	Adrian Weaver				
318	11	Chris Fulcher				
333	12	Charles Walsh				