

Felinfach Race 2009 6miles

<u>No.</u>	<u>Position</u>	<u>Name</u>	<u>Club</u>	<u>Age</u>	<u>Class</u>	<u>Time</u>
328	1	Lee Ladd	Carm Harriers	20	M	31.33
339	2	Michael Kallenberg	Carm Harriers	18	M	31.58
369	3	Jack Davey	Carm Harriers	21	M	32.20
338	4	Glyn Price	Sarn Helen	42	M40	32.36
313	5	Michael Davies	Sarn Helen	40	M40	33.47
370	6	Carwyn Thomas	Sarn Helen	21	M	33.56
319	7	Philip Kendrick	Brecon AC	47	M40	34.18
351	8	Gethin Holland	Aberystwth AC	17	M	35.27
348	9	Dylan Lewis	Cerist	26	M	35.40
361	10	Paul Hayes	Trots	52	M50	36.04
342	11	Gareth Elliott	Pemb Harriers	27	M	36.21
367	12	Richard Marks	Sarn Helen	59	M50	36.26
326	13	Mark Dunscombe	Sarn Helen	47	M40	36.37
340	14	Huw Price	Sarn Helen	46	M40	37.02
310	15	Alec Williams	Ingli	42	M40	37.20
353	16	Martin Davies	Trots	27	M	37.46
357	17	Haydn Lloyd	Sarn Helen	37	M	37.56
303	18	Carys Davies	Sarn Helen	19	F	37.57
323	19	Ann Thomas	Trots	42	F35	38.09
320	20	Mark Terry	Trot	52	M50	38.17
352	21	Shelley Childs	Aberystwth AC	35	M	38.19
325	22	Simon Hall	Sarn Helen	29	M	38.36
345	23	Ian Evans	Aberystwth AC	30	M	39.35
336	24	Lynn Green	Cardigan RC	51	F45	39.50
330	25	Jason Wilkins	Cardigan RC	39	M	40.03
337	26	Murray Kisbee	Sarn Helen	60	M50	40.34
343	27	Dave Griffiths	Trots	46	M40	40.51
335	28	Calvin Williams	Sarn Helen	47	M40	40.53
354	29	Clive Evans	Aberystwth AC	62	M50	40.55
359	30	Paul Rose	Aberystwth AC	45	M40	41.07
324	31	Dee Jolly	Sarn Helen	22	F	41.21
321	32	Lindy Eynon	Trots	48	F45	41.22

350	33	Kevin Holland	Aberystwth AC	51	M50	41.46
333	34	John Evans	Aberystwth AC	63	M50	41.52
311	35	Chris Sexton	Ingli	45	M40	42.19
364	36	Gethin Jenkins	Sarn Helen	18	M	42.36
346	37	Tony Wenlock	Aberystwth AC	54	M50	42.50
349	38	Adriano Evola	Aberystwth AC	50	M50	42.59
341	39	Andrew Edgell	Sarn Helen	32	M	43.10
365	40	Nicola Quinn	Emlyn Runners	41	F35	43.14
306	41	Bridget James	Aberystwth AC	25	F	43.39
309	42	Bethan Ouseley	Ingli	32	F	43.43
332	43	Huw Rowcliffe	Sarn Helen	20	M	44.28
312	44	Laurence Worth	Pemb Harriers	46	M40	44.43
356	45	D Thomas	Pemb Harriers	37	M	44.50
347	46	Caryl Davies	Sarn Helen	21	F	45.25
329	47	Jane Wilkins	Cardigan RC	46	F	45.37
371	48	David Thomas	Sarn Helen	46	M40	45.42
358	49	Gareth Jones	Sarn Helen	43	M40	45.45
334	50	Sue Lloyd	Pemb Harriers	45	F45	45.52
318	51	Suzanne Kendrick	Rhayader	46	F45	46.58
302	52	Helen Willoughby		44	F35	47.20
362	53	Eleri O'Connor	Penarth and Dinas Runners	26	F	47.27
304	54	Karen Williams	Aberystwth AC	37	F35	48.01
305	55	Jan Jones	Sarn Helen	44	F35	49.07
366	56	Heulwen James	Emlyn Runners	42	F35	50.02
368	57	Bryan Rees	Emlyn Runners	59	M50	50.03
222	58	Daniel Thomas	Pembroke	15	M	50.11
344	59	Bob Elliott	Pemb Harriers	30	M	52.28
355	60	Menna Stephens	Aberystwth AC	31	F	52.45
363	61	Steffan Jones	Sarn Helen	19	M	53.32
307	62	Emma Whittick	Aberystwth AC	28	F	55.01
308	63	Tony Herron		49	M40	55.10
316	64	Trystan Davies	Dyffryn Teifi	16	M	56.14
317	64	Llyr Lewis	Dyffryn Teifi	16	M	56.14
322	65	Hywel Ifans		34	M	59.47

327		Tony Hall	Sarn Helen	54	M50	DNF
1st TEAM - SARN HELEN						
	4	Glyn Price				
	5	Michael Davies				
	6	Carwyn Thomas				
	12	Richard Marks				