

Ras Hwyl Cwrtnewydd 2010 - 4 miles

<u>No.</u>	<u>Position</u>	<u>Name</u>	<u>Club</u>	<u>Age</u>	<u>Class</u>	<u>Time</u>
257	1	Michael Davies	Sarn Helen	41	M40	23.28
275	2	Andrew Abbott	Sarn Helen	38	M	23.44
258	3	Glyn Price	Sarn Helen	43	M40	23.45
220	4	Jamie Biggs		37	M	24.17
274	5	Carwyn Thomas	Sarn Helen		M	24.45
250	6	Mark Dunscombe	Sarn Helen	48	M40	25.48
278	7	Alvin Phillips	RWPY Warriors	31	M	25.53
223	8	Simon Hall	Sarn Helen	30	M	25.59
265	9	Gethin Jones	Sarn Helen	37	M	26.24
218	10	Richard Simpson		37	M	26.36
247	11	Tony Hall	Sarn Helen	55	M50	26.45
268	12	Gareth Elliott	Pembs Harriers	27	M	26.51
256	13	Jamie Thomas	Sarn Helen	28	M	26.58
214	14	Ruan Austin	Sarn Helen	33	M	27.12
279	15	Ioan Davies	RWPY Warriors	31	M	27.17
237	16	Kev Joyce	Pembs Harriers	44	M40	27.27
255	17	Jason Dickinson	Trots	42	M40	27.29
270	18	Tim John		37	M	27.30
269	19	Joanne Thatcher	Aberystwyth AC	41	F35	27.43
222	20	Dee Jolly	Sarn Helen	23	F	27.45
213	21	Jonathan Jones	Carm Harriers	40	M40	28.13
271	22	David Thomas	Sarn Helen	47	M40	28.20
273	23	Gordon Orme	Cardigan RC	67	M50	28.32
246	24	Ian Evans	Aberystwyth AC	31	M	28.36
276	25	Haydn Lloyd	Sarn Helen	37	M	28.57
225	26	Murray Kisbee	Sarn Helen	60	M50	29.05
262	27	Keith Evans		35	M	29.12
267	28	Dave Griffiths	Trots	47	M40	29.13
281	29	Arwel Davies	RWPY Warriors	29	M	29.26
266	30	John Sinnett	Pembs Harriers	53	M50	29.35
244	31	Alyson Hayes	Cardigan RC	39	F35	29.43
206	32	Eric Rees	Sarn Helen	38	M	30.00

245	33	Adriano Evola	Aberystwyth AC	51	M50	30.11
252	34	Gwen Morris		25	F	30.16
221	35	Laurence Worth	Pembs Harriers	47	M40	30.24
204	36	Dewi Jones		39	M	30.39
277	37	Andrew Edgell	Sarn Helen	33	M	30.58
217	38	Gareth Jones	Sarn Helen	44	M40	31.01
251	39	Jason Wilkins	Cardigan RC	40	M40	31.10
208	40	Elizabeth Stieler	Aberystwyth AC	36	F35	31.15
249	41	Jane Wilkins	Cardigan RC	47	F45	31.27
216	42	Roland Sherwood		64	M50	31.40
263	43	Sian Roberts-Jones	Sarn Helen	30	F	31.45
272	44	Jill Willcox	INGLI	38	F35	32.19
234	45	Sue Lloyd	Pembs Harriers	46	F45	32.43
233	46	Caryl Davies	Sarn Helen	22	F	33.55
202	47	Wendy Evans		36	F	34.02
228	48	Alison Griffiths	Pembs Harriers	40	F35	34.31
259	49	Eleri Connor	Penarth Dinas Runners	27	F	34.42
205	50	Laura Jenkins		34	F	35.20
243	51	Elen Page		45	F45	36.36
282	52	David Phillips	Pembs Harriers	66	M50	36.55
201	53	William Metcalfe	Basildon AC	67	M50	37.10
211	54	Dorian Rees		34	M	38.07
219	55	E Bateman	Pembs Harriers	53	M50	38.36
231	56	Lorraine Dyde	Pembs Harriers	52	F45	38.46
230	57	Martin Dyde	Pembs Harriers	51	M50	38.47
227	58	Jan Bell	Pembs Harriers	64	F45	40.12
238	59	Tony Herron		50	M50	40.14
232	60	Barbara Thomas	Pembs Harriers	65	F45	40.54
235	61	Lois Williams		36	F35	41.23
236	61	Helen Davies		26	F	41.23
280	63	Eirian Davies		58	M50	43.46
226	64	Ruth Kisbee		61	F45	50.14
224		Allen Watts	Sarn Helen	81	M50	DNS