

## Ras Hwyl Cwrtnwydd 2009 - 4 miles

<u>No.</u>	<u>Position</u>	<u>Name</u>	<u>Club</u>	<u>Age</u>	<u>Class</u>	<u>Time</u>
269	1	Carwyn Thomas	Sarn Helen	21	M	22.00
213	2	Glyn Price	Sarn Helen	42	M40	22.52
235	3	Michael Davies	Sarn Helen	40	M40	23.05
228	4	Nicola Sykes	Trots	21	F	23.37
268	5	Andrew Abbott	Sarn Helen	37	M	25.07
250	6	Richard Marks	Sarn Helen	59	M50	25.09
263	7	Gareth Elliott	Pemb Harriers	26	M	25.15
260	8	Roger Coombs	Trots	43	M40	25.19
256	9	Mark Dunscombe	Sarn Helen	47	M40	25.47
257	10	Martin Davies	Trots	27	M	25.50
258	11	Huw Price	Sarn Helen	46	M40	25.52
232	12	Carys Davies	Sarn Helen	18	F	26.41
251	13	Gethin Jenkins	Sarn Helen	18	M	26.59
272	14	Caroline Jones	Trots	49	F45	27.14
233	15	Alan Thomas Williams	Pencarreg	51	M50	27.42
201	16	Paul McDermott	Cwrtnwydd	47	M40	27.48
252	17	Calvin William	Sarn Helen	47	M40	27.51
238	18	Jason Dickinson	Trots	41	M40	28.18
265	19	Dave Griffiths	Trots	46	M40	28.39
259	20	Chris Sexton	Ingli Runners	45	M40	28.42
249	21	Peter Davies	Sarn Helen	54	M50	29.03
224	22	Martin Dyde	Pemb Harriers	50	M50	29.30
211	23	Leon Murnieks	Royal Navy Reserve	33	M	29.31
205	24	Lyn Rees	Sarn Helen	59	M50	29.36
246	25	Aled Whitfield	Aberaeron	29	M	29.47
208	26	Eric Rees	Sarn Helen	37	M	30.22
234	27	Adriano Evola	Aberystwyth	50	M50	30.24
226	28	David Andrew Edgell	Sarn Helen	32	M	30.26
237	29	Tony Holling	Port Talbot	53	M50	31.01
236	30	Bryn Williams	Cwrtnwydd	24	M	31.06
230	31	Dafydd Rhys Evans	Tregaron	16	M	31.09
245	32	Kelvin Evans	Talgarreg	36	M	31.39

262	33	Dewi Jones	Cwmsychbant	38	M	31.53
270	34	David Thomas	Pemb Harriers	37	M	32.04
216	35	Sue Lloyd	Pemb Harriers	45	F45	32.25
244	36	Harry Thomas	Monmouth	16	M	32.33
247	37	Ian Ralfs	Bronwydd	61	M50	32.47
204	38	Gareth Jones	Sarn Helen	43	M40	33.18
219	39	Caryl Davies	Sarn Helen	21	F	33.38
243	40	David Thomas	Sarn Helen	46	M40	33.47
202	41	Jan Jones	Sarn Helen	43	F35	33.53
218	42	Jill Colman	Pemb Harriers	44	F35	34.21
206	43	Dorian Rees	Cwmsychbant	33	M	34.45
229	44	Peter Harding	Trots	39	M40	35.19
221	45	Rhys Tom Williams	Llandysul	17	M	35.26.35
222	46	Johnathan Trevor Price	Carmarthen	18	M	35.26.74
231	47	Carwyn Thomas	Maesymeillion	25	M	35.33
267	48	David Phillips	Pemb Harriers	65	M50	36.39
225	49	Laura Jenkins	Rhydowen	33	F	37.40
266	50	Nigel Leighton Jones	Llanelli Strollers	54	M50	38.30
271	51	Daniel Thomas	Pembrokeshire	18	M	38.45
223	52	Dyfrig Davies	Talgarreg	25	M	39.27
227	53	Gudrum Jones	Sarn Helen	51	F45	40.01
220	54	Tony Herron	Llanwnen	49	M40	40.31
248	55	Eirian Davies	Llanwrda	57	M50	40.58
214	56	Alison Griffiths	Pemb Harriers	39	F35	41.19.28
217	56	Barbara Thomas	Pemb Harriers	64	F45	41.19.70
209	57	Allen Watts	Sarn Helen	80	M	61.00
255		Lynn Green	Cardigan	51	F45	DNS

1st Team - Sarn Helen

Carwyn Thomas

Glyn Price

Michael Davies

Andrew Abbott