

## Ras Hwyl Cwrtnewydd 2008 - 4 miles

| <u>No.</u> | <u>Position</u> | <u>Name</u>      | <u>Club</u>         | <u>Age</u> | <u>Class</u> | <u>Time</u> |
|------------|-----------------|------------------|---------------------|------------|--------------|-------------|
| 129        | 1               | Ian Williams     | Trots               | 23         | M            | 20.25       |
| 101        | 2               | Adam Bitchell    | Carmarthen Harriers | 16         | M            | 21.09       |
| 122        | 3               | Jack Davey       | Carmarthen Harriers | 19         | M            | 22.05       |
| 162        | 4               | Carwyn Davies    | Sarn Helen          | 20         | M            | 22.43       |
| 164        | 5               | Andrew Abbott    | Sarn Helen          | 36         | M            | 23.00       |
| 131        | 6               | Glyn Price       | Sarn Helen          | 41         | M40          | 23.17       |
| 138        | 7               | Michael Davies   | Sarn Helen          | 39         | M            | 23.54       |
| 137        | 8               | Gareth Elliott   | Pembs Harriers      | 25         | M            | 24.41       |
| 168        | 9               | Gethin Holland   | Aberystwyth AC      | 16         | M            | 25.07       |
| 157        | 10              | Richards Marks   | Sarn Helen          | 58         | M50          | 25.26       |
| 158        | 11              | Jason Davies     | Blaengwynfi         | 38         | M            | 25.45       |
| 135        | 12              | Tom Garrod       | Abingdon Amblers AC | 40         | M40          | 25.52       |
| 159        | 13              | Huw Rowcliffe    | Sarn Helen          | 19         | M            | 26.12       |
| 112        | 14              | Mark Dunscombe   | Sarn Helen          | 46         | M40          | 26.20       |
| 148        | 15              | Shân Roberts     | Ingli Runners       | 40         | F35          | 26.30       |
| 106        | 16              | Eric Rees        | Sarn Helen          | 36         | M            | 26.33       |
| 132        | 17              | Mark Terry       | Trots               | 50         | M50          | 26.39       |
| 130        | 18              | Huw Price        | Sarn Helen          | 45         | M40          | 26.44       |
| 152        | 19              | Gethin Jenkins   | Sarn Helen          | 17         | M            | 26.48       |
| 133        | 20              | Jonathan Hancock | Trots               | 38         | M            | 26.57       |
| 118        | 21              | Tudur Jones      | Pontsian            | 31         | M            | 27.26       |
| 140        | 22              | Gordon Orme      | Cardigan            | 65         | M50          | 27.40       |
| 161        | 23              | Martin Davies    | Trots               | 26         | M            | 27.45       |
| 109        | 24              | Carys Mai Davies | Sarn Helen          | 17         | F            | 27.47       |
| 169        | 25              | Dave Griffiths   | Trots               | 45         | M            | 28.30       |
| 124        | 26              | Martin Dyde      | Pembs Harriers      | 49         | M40          | 28.50       |
| 127        | 27              | John Collins     | Swansea Harriers    | 70         | M50          | 28.54       |
| 146        | 28              | Claire Cleathero | Trots               | 34         | F            | 29.00       |
| 149        | 29              | Peter Davies     | Sarn Helen          | 53         | M50          | 29.09       |
| 156        | 30              | David Oak        | Port Talbot         | 62         | M50          | 29.12       |
| 166        | 31              | Kelvin Evans     | Talgarreg           | 35         | M            | 29.20       |
| 104        | 32              | Lyn Rees         | Sarn Helen          | 58         | M50          | 29.54       |

|     |    |                  |                     |    |     |       |
|-----|----|------------------|---------------------|----|-----|-------|
| 154 | 33 | Chris Birch      | Trots               | 49 | M40 | 30.11 |
| 110 | 34 | Catrin Lewis     | Carmarthen Harriers | 16 | F   | 30.33 |
| 136 | 35 | Lucy Garrod      | Abingdon Amblers AC | 41 | F35 | 30.47 |
| 160 | 36 | David Thomas     | Sarn Helen          |    | M40 | 31.07 |
| 108 | 37 | Roland Sherwood  | Amman Valley        | 62 | M50 | 31.36 |
| 123 | 38 | Dewi Jones       | Cwmsychpant         | 37 | M   | 31.43 |
| 141 | 39 | Terry Gover      | Pembs Tri           | 60 | M50 | 32.09 |
| 171 | 40 | Ray James        | Port Talbot         |    |     | 32.46 |
| 120 | 41 | Sue Lloyd        | Pembs Harriers      | 44 | F35 | 33.29 |
| 142 | 42 | Gareth Jones     | Sarn Helen          | 42 | M40 | 33.37 |
| 143 | 43 | Andrew Edgell    | Sarn Helen          | 31 | M   | 33.43 |
| 150 | 44 | Neil Parsons     | Lampeter            | 32 | M   | 34.18 |
| 144 | 45 | Mike Hodges      | Trots               | 55 | M50 | 34.34 |
| 128 | 46 | Caryl Davies     | Sarn Helen          | 20 | F   | 34.39 |
| 155 | 47 | Oona Crawford    | Trots               | 54 | F45 | 34.42 |
| 153 | 48 | Pauline Thomas   | Trots               | 65 | F45 | 34.52 |
| 105 | 49 | Dorian Rees      | Cwmsychpant         | 32 | M   | 34.55 |
| 167 | 50 | David Phillips   | Nr. Warwick         | 63 | M50 | 35.49 |
| 119 | 51 | Pauline Charlett | Pembs Harriers      | 46 | F45 | 37.15 |
| 102 | 52 | Eleri Connor     | Aberystwyth AC      | 25 | F   | 37.35 |
| 151 | 53 | Sian Jenkins     | Sarn Helen          | 18 | F   | 39.10 |
| 147 | 54 | Suzanne Austin   | Falkirk             | 31 | F   | 39.24 |
| 114 | 55 | Jan Bell         | Pembs Harriers      | 62 | F45 | 40.25 |
| 121 | 56 | Gudrun Jones     | Sarn Helen          | 50 | F45 | 40.26 |
| 113 | 57 | Alison Griffiths | Pembs Harriers      | 38 | F35 | 41.37 |
| 165 | 58 | Eirian Davies    | Llanwrda            | 56 | M50 | 42.49 |
| 163 | 59 | Allen Watts      | Sarn Helen          | 79 | M50 | 52.25 |