

Ras y Mast 2009 - Seniors

<u>No.</u>	<u>Position</u>	<u>Name</u>	<u>Club</u>	<u>Age</u>	<u>Class</u>
196	1	Andres Jones	Cardiff AAC New Record	32	M
181	2	Rowan Marshall	Bynea CC New Record	18	MBike
253	3	Carwyn Thomas	Sarn Helen	21	M
112	4	Jonathan Pugh	Builth Wells Cycling	27	M
166	5	Mark Smith	Aberystwyth AC	26	M
151	6	Glyn Price	Sarn Helen	42	M40
111	7	Hugh Lloyd	BAD CC	34	MBike
144	8	Mike Davies	Sarn Helen	40	M40
113	9	John Lloyd	MJB-Marathonco.uk	62	M40Bike
183	10	James Thomas	Aberystwyth Uni	36	M
247	11	Steve Ouseley	Ingli Runners	35	M
248	12	Andrew Abbott	Sarn Helen	38	M
195	13	Martin Davies	Trots	27	M
178	14	Dave Powell	Aberystwyth AC	49	M40
188	15	Alvin Phillips		30	M
218	16	Shelley Childs	Clwb Beicio Ystwyth	36	MBike
139	17	Mark Dunscombe	Sarn Helen	48	M40
250	18	Wayne Hoyland		36	M
198	19	Tony Hall	Sarn Helen	54	M50
244	20	Alec Williams	Ingli Runners	42	M40
215	21	Ed Fultchel		30	M
197	22	Richard Marks	Sarn Helen	59	M50
126	23	Hywel Jones	Amman Valley Harriers	48	M40
233	24	Adam Smith	Cardiff Harliquins	35	M
174	25	Gareth Elliott	Pembrokeshire Harriers	27	M
246	26	Kat Steed	Pembrokeshire Harriers	33	F
249	27	Haydn Lloyd	Sarn Helen+D3	37	M
190	28	Calvin Williams	Sarn Helen	47	M40
162	29	Helen Marshall	Aberystwyth AC	30	F
203	30	Simon Hall	Sarn Helen	30	M
129	31	Jason Wilkins	Cardigan RC	39	M
179	32	Louise Barker	Aberystwyth AC	34	F

238	33	Martyn Smith		27	M
177	34	Mark Terry	Trots	52	M50
231	35	Murray Kisbee	Sarn Helen	60	M50
184	36	Gordon Orme	Cardigan RC	67	M50
219	37	Clive Williams	Aberystwyth AC	42	M40
202	38	Dee Jolly	Sarn Helen	22	F
230	39	Aled Whitfield		29	M
138	40	Huw Price	Sarn Helen	46	M40
199	41	Dewi Jones	Trots	55	M40Bike
193	42	Kev Joyce	Pembrokeshire Harriers	44	M40
191	43	Barry Owen	Rhedwyr Emlyn	35	M
103	44	Jonathan Pearson		31	M
192	45	Carys Davies	Sarn Helen	19	F
235	46	Andrew Edgell	Sarn Helen	32	M
168	47	Adriano Evola	Aberystwyth AC	51	M50
186	48	Jonathan Jones	Carmarthen Harriers	39	M40
220	49	Claire Cloathero	Trots	35	F35
227	50	Paul Padget	Ingli Runners	54	M50
148	51	Gethin Jenkins	Sarn Helen	18	MBike
106	52	Glyn Rowlands	Meirionnydd	52	M50
252	53	Narcus Foster		37	M
194	54	John Evans	Aberystwyth AC	63	M50
108	55	Lyn Rees	Sarn Helen	59	M50
182	56	Martin Dyde	Pembrokeshire Harriers	51	M50
114	57	Gareth Jones	Sarn Helen	43	M40
243	58	John Tierney		20	M
147	59	Phobe Pender	Aberystwyth AC	21	F
175	60	Roland Sherwood	Amman Valley Harriers	64	M50
170	61	Elen Jones	Pembrokeshire Harriers	27	F
128	62	Jane Wilkins	Cardigan RC	46	F45
217	63	Huw Rowcliffe	Sarn Helen	21	M
176	64	Laurence Worth	Pembrokeshire Harriers	46	M40
123	65	Robert Smith	Pembrokeshire Harriers	48	M40
171	66	Alison Griffiths	Pembrokeshire Harriers	40	F35

241	67	Duncan Steed		29	M
167	68	Sue Lloyd	Pembrokeshire Harriers	45	F45
204	69	Mike Hodges	Trots	57	M50
165	70	Gwydron Williams		16	M
134	71	Ormond Williams		49	M40
135	72	Caryl Davies	Sarn Helen	21	F
236	73	Tony Furlong		44	M40
169	74	Dai Roberts	Aberystwyth AC	49	M40
189	75	Martin Phillips		58	M50
226	76	Kelvin Evans		36	M
118	77	Jan Jones	Sarn Helen	44	F35
187	78	Dale Clarke		47	M40Bike
205	79	David Phillips		65	M50
158	80	Barbara Thomas	Pembrokeshire Harriers	65	F45
131	81	Simon Hudd		43	M40
107	82	Gudrun Joines	Sarn Helen	52	F45
216	83	Eirian Davies			M50
173	84	Pauline Charlett	Pembrokeshire Harriers	48	F45
101		Paul White	Llanelli Tri	49	M40
180		David Marshall	Bynea CC	54	M40Bike

<u>Time</u>
38.58
39.04
42.33
44.19
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65.33
65.58
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67.08
70.04
70.31
71.41
76.29
81.11
81.41
82.42
86.17
87.10
DNS
DNF