

RAS Y MAST 2006 - Runners Results

Position	Name	Club	Class	Time
1	Andrew Abbott	Sarn Helen	M	41.42
2	Carwyn Thomas	Sarn Helen	M	43.30
3	Michael Davies	U.W.A. Harriers	M	44.20
4	Les Hewitson	Ingli Runners	M40	45.47
5	Glyn Price	Sarn Helen	M	46.02
6	Irfon Thomas	Sarn Helen	M	46.38
7	Robert Dyde	Pembs Harriers	M	47.08
8	Geoff Oldrid	Aberystwyth A.C.	M50	47.53
9	Dave Powell	Aberystwyth A.C.	M40	48.23
10	Roger Coombs	Trots	M40	48.36
11	Phoebe Webster	U.W.A	F	48.58
12	Tasha Sexton	Ingli Runners	F	50.05
13	Gethin Jenkins	Sarn Helen	M	50.12
14	Mark Dunscombe	Sarn Helen	M40	50.20
15	Lynn Green	Ingli Runners	F45	50.39
16	Peter Davies	Sarn Helen	M50	51.24
17	Tony Hall	Sarn Helen	M50	51.58
18	Peter Foale	Aberystwyth A.C.	M50	52.42
19	Calvin Williams	Sarn Helen	M40	52.45
20	Daniel Clarke	U.W.A	M	52.54
21	Huw Price	Sarn Helen	M40	52.56
22	John Sinnett	Pembs Harriers	M50	52.58
23	Alan Perkins	Port Talbot	M50	53.07
24	Anni Vanhatalo	U.W.A	F	53.12
25	Darryl Evans	Maldwyn Harriers	M40	53.33
26	Gareth Elliot	Pembs Harriers	M	53.53
27	Graham Barlow	3M Gorseinon	M40	53.58
28	Cyril Walters	Trots	M50	54.08
29	Murray Kisbee	Sarn Helen	M50	54.33
30	Dawn Kenwright	Sarn Helen	F45	54.41
31	Chris Sexton	Ingli Runners	M40	54.44
32	Liam Bowen	Pembs Harriers	M	54.50

33	Mark Terry	None	M40	55.43
34	Caroline John	Sarn Helen	F35	55.54
35	Jason Wilks	Cardigan Running Club	M	56.11
36	Andrew Dunscombe	Brackla Harriers	M40	56.14
37	Megan Thomas	Trots	F	56.33
38	Andrew Egell	Sarn Helen	M	56.53
39	Catherine Walkley	U.W.A.	F	57.26
40	Helen Walker	Pembs Harriers	F45	57.47
41	Adriano Evola	Aberystwyth A.C.	M40	58.08
42	Brian Russel	None	M40	58.50
43	Gareth Jones	Sarn Helen	M40	59.29
44	Mike Hodges	Trots	M50	60.20
45	Celia Speake	Builth & District Runners	F35	60.29
46	Tony Furlong	None	M40	60.35
47	Julia Hill	Pembs Harriers	F	60.43
48	Adrian Haworth	Pembs Harriers	M	60.43
49	Rowland Sherwood	Amman Valley Harriers	M50	61.33
50	Allan Spencer Smith	3M Gorseinon	M50	61.42
51	Janet Jones	Sarn Helen	F35	64.37
52	David Phillips	Pembs Harriers	M50	66.32
53	Aled Williams	R.R.C	M	66.51
54	Andrea Williams	None	F	66.51
55	Caryl Davies	Sarn Helen	F	67.08
56	Frances Cooke	Ingli Runners	F	67.50
57	Lorraine Dyde	Pembs Harriers	F45	67.52
58	Dewi Price	None	M50	68.29
59	Richard Simpson	None	M	70.48
60	Phillip Davies	3M Gorseinon	M50	74.50
61	Rowland Thomas	Trots	M50	75.50
62	Sian Jenkins	Sarn Helen	F	77.40
63	Jan Younger	Pembs Harriers	F45	77.44
64	Janet Bell	Pembs Harriers	F45	77.46
65	Susan Thomas	Trots	F45	78.58
66	Gudrun Jones	Sarn Helen	F45	81.17

67	Allen Watts	Sarn Helen	M50	113.47
	1st Team			
	Andrew Abbott			41.42
	Carwyn Thomas			43.30
	Dawn Kenwright			54.41
				<u>2.19.53</u>

RAS Y MAST 2006 - Cyclists Results

Position	Name	Club	Class	Time
1	Dylan Stephens	None	M	42.47
2	Rowan Marshall	None	M	43.07
3	John Lloyd	John Lloyd Racing	M	43.45
4	Dave Marshall	None	M	48.33
5	Lee Warner	None	M	51.37
6	Dewi Jones	Trots	M	52.19
7	Nesta Thomas	None	F	74.50