

## RAS Y MAST 2005 - Runners Results

Position	Name	Club	Class	Time
1	Andrew Abbott	Sarn Helen	M	43.31
2	Les Hewitson	Ingli Runners	M40	45.47
3	Kevin Griffiths	None	M40	46.19
4	Michael Kallenber	Cardigan Running Club	M	46.29
5	Michael Davies	None	M	46.55
6	Haydn Lloyd	Sarn Helen	M	47.18
7	Graham Jeffries	Cardigan Running Club	M40	47.28
8	James Thomas	U.W.A.	M	47.36
9	Dave Powell	None	M40	47.50
10	Roger Chamberlain	Sri Chinmoy A.C.	M	47.55
11	Geoff Oldrid	Aberystwyth A.C.	M50	48.40
12	Paul Rose	Cardigan Running Club	M40	49.11
13	Ann Thomas	Trots	F35	49.26
14	Irfon Thomas	Sarn Helen	M	49.51
15	Mary Bowen Rees	Trots	F35	49.53
16	Calvin Williams	Sarn Helen	M40	50.41
17	Mark Kallenber	Cardigan Running Club	M40	50.58
18	Dave Roberts	Amman Valley	M40	51.06
19	Caedmon Gould	U.W.A.	M	51.27
20	Huw Price	Sarn Helen	M40	51.30
21	John Sinnett	Pembs Harriers	M40	51.54
22	Peter Davies	Sarn Helen	M50	52.03
23	Mark Dunscombe	Sarn Helen	M40	52.14
24	Martin Davies	Trots	M	52.26
25	Aled Williams	Sarn Helen	M40	52.43
26	Claire Cleathro	Trots	F	52.52
27	Phillip Rogers	U.W.A.	M	53.23
28	Gethin Jenkins	Sarn Helen	M	53.25
29	Lynn Green	Ingli Runners	F45	53.29
30	Dawn Kenwright	Sarn Helen	F45	54.02
31	James Schofield	U.W.A.	M	54.11

32	Mathew Taylor	None	M	54.19
33	Carys Davies	Sarn Helen	F	54.53
34	Dylan Davies	Sarn Helen	M	55.34
35	Louise Barker	Aberystwyth A.C.	F	55.59
36	Adriano Evola	Aberystwyth A.C.	M40	55.59
37	Dave Griffiths	Trots	M40	56.05
38	Rachael Buxton	U.W.A.	F	56.34
39	Stephen Bland	U.W.A.	M	56.56
40	David Naylor	None	M50	57.02
41	Dr. Antal Valandor	U.W.A.	M	57.19
42	Jane Buck	Cardigan Running Club	F35	57.23
43	Anneka Smith	U.W.A.	F	57.32
44	Caroline John	U.W.A.	F35	57.41
45	Gary Gunner	Croft Ambrey Running Club	M50	57.44
46	Iestyn Reynolda	None	M	58.02
47	Helen McNamara	Pembs Harriers	F45	58.38
48	Martin Phillips	None	M50	58.45
49	Teresa Williams	None	F35	59.07
50	Paul Colman	Pembs Harriers	M40	59.27
51	Amelia Lloyd	Sri Chinmoy A.C.	F	59.36
52	Terry Glover	Pembs Tri Club	M50	59.46
53	Simon Reynolds	None	M40	60.35
54	Penelope Ann Rees	Trots	F	62.06
55	Allan Spencer Smith	3M Gorseinon	M50	62.28
56	Richard Simpson	None	M	62.30
57	Tony Furlong	None	M40	62.38
58	Martin Dyde	Pembs Harriers	M40	63.46
59	Mike Hodges	Trots	M50	64.00
60	Chris Sexton	None	M40	64.23
61	Caryl Davies	Sarn Helen	F	65.18
62	Susan Jenkins	Sarn Helen	F45	66.05
63	David Thomas	Sarn Helen	M40	66.18
64	Megan Thomas	Carmarthen Harriers	F	66.45

65	Tom Furness	Trots	M50	67.24
66	Jill Colman	Pembs Harriers	F35	67.53
67	MikeTodd	Amman Valley	M40	68.26
68	Hilary McCarthy	Cardigan Running Club	F35	68.57
69	Lorraine Dyde	Pembs Harriers	F45	70.53
70	Jan Younger	Pembs Harriers	F45	71.02
71	Max Morris	None	M50	71.56
72	Susan Thomas	Trots	F45	77.26
73	Sian Jenkins	Sarn Helen	F	80.59
74	Richard Edwards	None	M40	83.19
75	Ade Hughes	None	M	88.18
76	Lesley Jenkins	None	F35	88.18
77	Wynne Rees	None	M50	96.33

### RAS Y MAST 2005 - Cyclists Results

Position	Name	Club	Class	Time
1	John Lloyd	John Lloyd Racing Event	M40	45.51
2	Ed Silverton	Sri Chinmoy A.C.	M	51.18
3	Dewi Jones	Trots	M40	55.24
4	Haroldas Razvadauskas	U.W.A.	M	70.23

#### 1st Team

Andrew Abbott	43.31
John Lloyd	45.51
Dawn Kenwright	54.02
	2.23.24