

# 32ND RAS BECA 2009



Pos	No	First	Name	Club	Time	Cat	Age
1	99	IAN	WILLIAMS	TROTS	00:36:37	OM	24
2	94	LUKE	GUNN	BIRMINGHAM UNI	00:36:38	OM	24
3	357	CARWYN	THOMAS	SARN HELEN	00:38:12	OM	21
4	356	MICHAEL	KALLENBERG	CARMARTHEN HARRIERS	00:38:38	OM	18
5	310	JAMES	WOOD	CONGLETON HARRIERS	00:38:57	OM	32
6	65	GLYN	PRICE	SARN HELEN	00:39:25	M40	42
7	79	RICHARD	BARRETT	BRITISH ARMY ORIENT	00:40:04	OM	39
8	57	STUART	MOORE	WYE VALLEY RUNNERS	00:40:34	OM	38
9	95	NICOLA	SYKES	BIRMINGHAM UNI	00:40:40	OF	22
10	96	H	WILLIAMS	NONE	00:40:47	OM	16
11	324	STEVE	OUSELEY	INGLI RUNNERS	00:40:50	OM	35
12	78	ANDREW	ABBOTT	SARN HELEN	00:41:04	OM	38
13	90	MATT	STOTT	CHEPSTOW HARRIERS	00:41:48	OM	21
14	136	TOM	RANDALL	WAKEFIELD TRI CLUB	00:42:28	OM	30
15	127	JOHN	SYMS	MDC	00:42:41	OM	38
16	326	ALEC	WILLIAMS	INGLI RUNNERS	00:43:07	M40	42
17	327	GETHIN	HOLLAND	ABERYSTWYTH AC	00:43:12	OM	18
18	331	HAYDN	LLOYD	SARN HELEN	00:43:17	OM	37
19	76	SHAN	ROBERTS	INGLI RUNNERS LOCAL	00:43:38	F35	42
20	72	JASON	WILKINS	CARDIGAN RC	00:44:49	OM	39
21	120	GETHIN	JENKINS	SARN HELEN	00:45:27	OM	18
22	88	ANDY	SCOTT	MDC	00:46:26	M50	50
23	113	JAMIE	ASH	LOCAL	00:47:05	OM	35
24	355	ANDY	DUFFY	NONE	00:48:34	OM	37
25	335	JONATHAN	FIELD	NONE	00:48:35	M40	41
26	112	DANIEL	BURGESS	ABERYSTWYTH AC	00:48:46	OM	33
27	97	SAM	JACOBS	BIRMINGHAM UNI	00:48:53	OM	24
28	98	CLAIRE	HOLME	BIRMINGHAM UNI	00:48:54	OF	24
29	358	CALVIN	WILLIAMS	SARN HELEN	00:48:55	M40	47
30	110	STEVE	HERINGTON	HEREFORD COURIERS	00:49:57	M50	61
31	60	HELEN	MARSHALL	ABERYSTWYTH AC	00:49:03	OF	

32	75	RHEINALLT	JAMES	LOCAL	00:49:05	OM	35
33	332	RAPHAEL	MOWAT	LOCAL	00:49:15	OM	23
34	66	IEUAN	DAVIES	NONE	00:49:25	M40	40
35	87	TREVOR	MILNER	DARK PEAK FELL RUNNERS	00:49:40	M50	53
36	91	MARTIN	CORVRIEND	CLWYDIAN RANGE RUNNERS	00:49:58	M50	57
37	117	BARRY	OWEN	NONE	00:50:03	OM	34
38	67	HUW	PRICE	SARN HELEN	00:50:04	M40	46
39	128	CARYS	DAVIES	SARN HELEN T	00:50:05	OF	19
40	64	GORDON	ORME	CARDIGAN RC	00:50:06	M50	66
41	309	LOTTIE	CHANT	NONE	00:50:10	OF	30
42	92	ROBIN	WITHERS	PEMBROKESHIRE HARRIERS	00:50:56	M40	44
43	325	BETHAN	OUSELEY	INGLI RUNNERS	00:51:33	OF	32
44	114	JOHN	EVANS	ABERYSTWYTH AC	00:51:35	M50	63
45	334	LYN	REES	SARN HELEN	00:51:49	M50	59
46	130	GUY	CROFT	LOCAL	00:52:24	M50	51
47	80	PAUL	PADGET	INGLI RUNNERS	00:52:27	M50	54
48	131	LEE	GUEST	NONE	00:52:32	OM	36
49	119	GLYN	ROWLANDS	NONE	00:52:33	M50	51
50	89	GILL	STOTT	MDC	00:53:24	F35	52
51	59	CLIVE	EVANS	ABERYSTWYTH AC	00:53:54	M50	
52	303	ROBERT	FORD	PONTYPRIDD ROADENTS	00:53:59	M50	56
53	135	JONATHAN	JONES	NONE	00:54:07	OM	39
54	68	JANE	WILKINS	CARDIGAN RC	00:54:10	F35	46
55	323	MICHAEL	CATLING	NONE	00:54:12	M40	49
56	134	KEVIN	JAMES	NONE	00:54:13	OM	26
57	54	RICHARD	DAVIES	NONE	00:54:17	M40	42
58	53	CARWYN	JAMES	LOCAL	00:54:21	OM	17
59	58	ADAM	LING	NONE	00:54:32	OM	28
60	354	DAVID	BARNES	NONE	00:54:34	M40	49
61	74	BRYCE	COCHRANE	LOCAL	00:54:37	M40	41
62	116	DEREK	THOMAS	NONE	00:54:54	M40	43
63	85	GARETH	JONES	SARN HELEN	00:55:04	M40	43
64	313	HELEN	WALKER	INGLI RUNNERS	00:55:19	F35	53
65	55	MIKE	HODGES	TROTS LOCAL	00:55:23	M50	56
66	139	PETER	ROBERTS	GRIFFITHSTOWN	00:55:31	M50	52
67	69	GARY	WATERS	SWANSEA HARRIERS	00:56:02	M50	60
68	62	GWYDION	WILLIAMS	NONE	00:56:47	OM	16
69	137	ROY	SILVER	WFRA	00:57:02	M50	53
70	409	SALLY	WILSON	INGLI RUNNERS	00:57:03	OF	34
71	115	RAYMOND	HASSER	NONE	00:57:04	M50	58
72	311	CHARMAINE	WOOD	CONGLETON HARRIERS	00:57:13	OF	30
73	126	CARYL	DAVIES	SARN HELEN T	00:57:29	OF	21
74	111	NAOMI	PROSSER	HEREFORD AND COUNTY	00:57:44	OF	16
75	133	MARC	JAMES	NONE	00:57:56	OM	17
76	61	ORMOND	WILLIAMS	NONE	00:58:39	M40	49
77	77	BEN	PHILPOTT	LOCAL	00:58:41	OM	17
78	73	JUSTIN	EVANS	NONE	00:59:15	OM	38
79	125	E MAIR	JONES	LOCAL	00:59:40	F35	
80	123	ANNA	JONES	LOCAL	00:59:41	OF	25
81	63	CLARE	GRIERSON	OXFORD CITY	01:00:05	OF	29
82	70	RICHARD	POWELL	NONE	01:00:09	OM	32

83	56	MATHEW	HILL	LOCAL	01:00:36	OM	35
84	330	LON	MORGAN	TROTS	01:00:54	F35	
85	132	WILLIAM	HARMAN	CARDIGAN BOXING LOCAL	01:00:55	OM	21
86	129	JULIAN	FORSTER	NONE	01:02:05	M50	52
87	122	KETT	SEYMOUR	LOCAL	01:02:07	OM	29
88	81	RICHARD	BROWN	SHEEN SHUFFLERS	01:02:31	M50	59
89	71	REBECCA	EDWARDS	NONE	01:02:37	OF	32
90	86	JAN	JONES	SARN HELEN T	01:02:52	F35	44
91	121	SIAN	JENKINS	SARN HELEN T	01:03:17	OF	20
92	93	TRACEY	SHARRATT	TROTS	01:03:25	F35	36
93	352	ROBIN	GODDARD	NONE	01:04:22	OM	26
94	353	KEVIN	GODDARD	NONE	01:05:11	M40	47
95	333	JOANNA	EVANS	NONE	01:05:12	F35	44
96	82	CHARLOTTE	BROWN	NONE	01:07:03	OF	22
97	322	DAVID	PHILLIPS	PEMBROKESHIRE HARRIERS	01:07:16	M50	65
98	138	NEIL	GRIFFITHS	NONE	01:07:39	OM	35
99	328	HELEN	STRETCH	ABERYSTWYTH AC	01:08:32	F35	56
100	370	EIRIAN	DAVIES	NONE	01:10:47	M50	58
101	124	BRYAN	REES	EMLYN RUNNERS	01:11:59	M50	59
102	329	SHAN	BREESE	ABERYSTWYTH AC	01:12:19	F35	50
103	83	JOSIE	BROWN	NONE	01:15:04	OF	24
104	118	GUDRUN	JONES	SARN HELEN	01:16:41	F35	51
105	312	LOWRI	PHILLIPS	BAD TRI	01:25:09	OF	28
106	308	ELIN	PHILLIPS	GRAVESEND ROAD RUNNERS	01:26:03	OF	25
117	336	JESS	EVANS	NONE	01:55:01	OF	17
118	351	JACOB	MUNRO	NONE	01:55:01	OM	27