

27th RAS BECA 2004



Pos	No	First	Name	Club	Time	Cat	A
1	460	ANDREW	ABBOTT	SARN HELEN	00:36:02	OM	3
2	360	RICHARD	BARRETT	BRECON HARRIERS	00:36:29	OM	3
3	458	LEE	LADD	CARMARTHEN HARRIERS	00:37:36	OM	1
4	372	DAFYDD	DYLAN	ABERYSTWYTH AC	00:38:15	OM	1
5	478	CLIVE	THOMAS	TROTS	00:38:40	M40	4
6	402	PETE	GRIFFITH	TROTS	00:39:47	OM	3
7	403	CARWYN	PHILLIPS	TROTS	00:39:59	OM	3
8	480	IAN	WARHURST	PENINE FELL RUNNERS	00:40:20	M40	4
9	378	CALVIN	WILLIAMS	SARN HELEN	00:41:17	M40	4
10	417	DEWI	JONES	TROTS	00:41:28	M50	5
11	376	GEOFF	OLDRID	ABERYSTWYTH AC	00:41:33	M40	4
12	366	HAYDN	LLOYD	SARN HELEN	00:41:48	OM	3
13	409	ALUN	HARRIES	BOIS BECCA	00:41:54	OM	4
14	486	RHYS	WILLIAMS	MYNYDDWYR DE CYMRU	00:42:09	OM	2
15	377	KEITH	JONES	NONE	00:42:18	OM	3
16	461	KEN	CARSLAW	NONE	00:42:40	OM	3
17	469	MARK	KALLENBERG	CARDIGAN RUNNING CLUB	00:42:42	M40	4
18	470	PETER	DAVIES	SARN HELEN	00:42:50	M40	4
19	453	CHARLIE	PALMER	NONE	00:43:25	OM	3
20	363	GERAINT	FORSTER	NONE	00:43:38	OM	2
21	468	JAMIE	BIGGS	NONE	00:43:58	OM	3
22	387	S	GROVES	NONE	00:44:02	OM	
23	485	PETER	FOALE	ABERYSTWYTH AC	00:44:10	M50	5
24	383	JAMIE	ASITE	NONE	00:44:56	OM	
25	401	RHIANNON	ACE	PEMBROKESHIRE TRI	00:45:03	OF	2
26	410	AINSLEY	CORP	NONE	00:46:03	OM	2
27	381	BEN	JAMES	POPPIT SANDS	00:46:33	OM	2
28	362	SIMON	HARRIES	NONE	00:47:07	OM	2

29	379	JIM	REDMOND	NONE	00:47:12	OM	3
30	465	GARETH	JONES	SARN HELEN	00:47:14	OM	3
31	464	ANDREW	MATHER	PEMBROKESIRE TRI CLUB	00:47:02	OM	3
32	414	HUW	ROBERTS	BRIDGEND	00:47:29	M40	4
33	462	NERYS	JONES	NONE	00:47:30	OF	1
34	380	SIMON	REES	NONE	00:47:58	OM	2
35	404	SHAN	CUTHBERT	CARDIGAN RUNNING CLUB	00:48:01	F35	3
36	479	CHRIS	PRICE	PEMBROKESHIRE TRI CLUB	00:48:04	M40	4
37	483	CLIVE	EVANS	ABERYSTWYTH AC	00:48:15	M50	
38	452	CERYYS	DAVIES	CALDER VALLEY FELL RUN	00:48:17	OM	3
39	405	PETER	NICHOLAS	NONE	00:48:49	M40	4
40	456	BRIAN	HEALEY	CARDIGAN RUNNING CLUB	00:49:20	M50	5
41	364	NEIL	SMITH	CARDIGAN RUNNING CLUB	00:50:05	M40	4
42	406	MIKE	HODGES	TROTS	00:50:12	M50	5
43	384	STEPHEN	TWEEDALE	NONE	00:51:01	M40	4
44	408	MARK	THOMAS	NONE	00:51:17	OM	3
45	411	JANET	HAWKING	NONE	00:51:25	F35	5
46	373	BRIAN	MOHER	NONE	00:51:58	OM	2
47	413	RICHARD	DAVIES	NONE	00:52:10	OM	3
48	388	DAVID	THOMAS	SARN HELEN	00:52:22	M40	4
49	371	JANE	WILLIAMS	CARDIGAN RUNNING CLUB	00:52:28	OF	2
50	477	LON	MORGAN	TROTS	00:52:33	F35	4
51	374	MELANIE	EVANS	NONE	00:52:57	OF	2
52	385	JANE	BUCK	CARDIGAN RUNNING CLUB	00:53:29	F35	4
53	471	ROLAND	SHERWOOD	AMMAN VALLEY	00:54:10	M50	5
54	412	MALCOLM	MASKELL	NONE		M40	4
55	481	DAVID	PHILLIPS	PEMBROKESHIRE HARRIERS	00:54:26	M50	6
56	466	JAN	JONES	SARN HELEN	00:55:12	F35	3
57	416	GARETH	RENSHAW	CARDIGAN RUNNING CLUB	00:55:22	M40	
58	367	HILARY	MCCARTHY	CARDIGAN RUNNING CLUB	00:55:29	F35	3
59	370	JUSTIN	EVANS	NONE	00:55:42	OM	3
60	365	MARK	SCOURFIELD	OM	00:55:43	OM	2
61	476	JAMES	PHILLIPS	NONE	00:55:47	OM	2
62	368	DAVID	MARSTON	NONE	00:55:54	OM	3
63	484	TONY	DAVIES	NONE	00:56:49	M50	5
64	472	MIKE	BORNEFELD	NONE	00:56:56	OM	1
65	482	AMANDA	EDGEWORTH	NONE	00:57:42	OF	
66	459	REBECCA	EDWARDS	CARDIGAN RUNNING CLUB	00:57:53	OF	2
67	382	EIRIAN	DAVIES	NONE	00:58:46	M50	5
68	415	RHYS	HARRIES	NONE	00:59:08	OM	1
69	463	WILLIAM	HARMAN	NONE	01:01:41	OM	1

70	467	PAUL	BUTLER	NONE	01:02:12	M50	5
71	454	PETER	CONBOY	NONE	01:02:18	OM	3
72	407	GLYN	JONES	BOIS BECA	01:03:35	M50	5
74	375	BRIAN	WILLIAMS	TROTS	01:04:29	M50	5
75	369	DAVID	BROWN	NONE	01:06:33	OM	2
76	359	FRASER	CONNELL	NONE	01:06:35	OM	3
77	475	PAT	MCGREGOR	WHITE HORSE HARRIERS	01:08:49	F35	4
78	455	KATE	SAFFIN	NONE	01:20:04	F35	5
79	457	GRAHAM	WILLIAMS	NONE	01:32:13	M50	5
9999	474	ANDREW	THOMAS	NONE		OM	3
9999	473	T G	THOMAS	NONE		M50	6
9999	451	BEN	DAVIES	CALDER VALLEY FELL RUN		OM	2
9999	386	PATRICK	GROVES	NONE		M50	5