

Ras Cors Caron Results - (Tregaron Half Marathon) 2009

| Pos | Name | Club | Time |
|-----|---------------------|----------------------|---------|
| 1 | Jamie Loxan | Stockport Harriers | 1.14.10 |
| 2 | Steven Rees | Port Talbot Harriers | 1.14.32 |
| 3 | Glyn Price | Sarn Helen | 1.20.30 |
| 4 | Michael Davies | Sarn Helen | 1.20:37 |
| 5 | James Thomas | A U Harriers | 1.22.16 |
| 6 | Dean John | Trots | 1.25.15 |
| 7 | Edward Davies | Maldwyn Harriers | 1.26.48 |
| 8 | Dave Powell | Aber AC | 1.27.16 |
| 9 | Carwyn Thomas | Sarn Helen | 1.27.25 |
| 10 | Phoebe Webster | Aber AC | 1.27.40 |
| 11 | Stafford Rees | Rhayader AC | 1.27.44 |
| 12 | Mark Worrall | | 1.28.26 |
| 13 | Hugh Price | Sarn Helen | 1.28.30 |
| 14 | Lyn Green | Cardigan Runners | 1.28.33 |
| 15 | Tom Garrod | Abingdon Amblers | 1.28.39 |
| 16 | Mark Dunscombe | Sarn Helen | 1.29.26 |
| 17 | Paul Scullion | | 1.29.37 |
| 18 | Clifford Evans | Aber Harriers | 1.29.47 |
| 19 | Robert Lewis | | 1.31.07 |
| 20 | Shan Roberts | Ingli Runners | 1.31.32 |
| 21 | Kat Stead | Pembs Harriers | 1.32.26 |
| 22 | James Murphy | | 1.32.46 |
| 23 | Mark Terry | Trots | 1.34.34 |
| 24 | Jason Wilkins | Cardigan | 1.35.58 |
| 25 | Michael Taylor | | 1.35.55 |
| 26 | Murray Kisbee | Sarn Helen | 1.36.43 |
| 27 | Dean Thornton | Westbury Harriers | 1.36.57 |
| 28 | Keith Thomas | | 1.37.46 |
| 29 | Caroline John | Sarn Helen | 1.38.58 |
| 30 | Paul Edwards | Pembrock Dock | 1.40.34 |
| 31 | Simon John Williams | | 1.40.46 |
| 32 | John Gwynn Evans | Aber AC | 1.42.10 |
| 33 | Iain Prentice | Ludlow Runners | 1.42.21 |
| 34 | Anita Worthing | Aber AC | 1.42.32 |
| 35 | Adriano Evola | Aber AC | 1.43.15 |
| 36 | Brian Russell | Cardigan | 1.43.24 |
| 37 | Stephen Jones | Islwyn RC | 1.43.46 |
| 38 | Alex Lewis | | 1.44.03 |
| 39 | Michael Green | | 1.44.05 |
| 40 | Haydn Lloyd | Sarn Helen | 1.44.13 |
| 41 | Carwyn Davies | | 1.44.19 |
| 42 | Lyn Rees | Sarn Helen | 1.45.32 |
| 43 | Chris Derrick | | 1.46.22 |
| 44 | Mandy Jones | Islwyn RC | 1.46.26 |
| 45 | Lucy Garrod | Abingdon Amblers | 1.48.43 |
| 46 | Helen Williams | TROTS | 1.48.54 |
| 47 | Clare Williams | Ingli Runners | 1.49.22 |
| 48 | Neil McCarthy | | 1.49.45 |
| 49 | Robert Nash | | 1.50.26 |
| 50 | Tony Wenlock | Aber AC | 1.50.47 |

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|----|----------------------|-----------------------|----------|
| 51 | Peter Walker | Ingli Runners | 1.51.22 |
| 52 | Helen Walker | Ingli Runners | 1.51.22 |
| 53 | Caryl Davies | Sarn Helen | 1.51.37 |
| 54 | Mtaale Collingborn | | 1.55.11 |
| 55 | Helen Williams | Aber AC | 1.55.18 |
| 56 | Angela Kikvgawa | Hercules Wimbledon | 1.57.39 |
| 57 | Malcolm Leitch | | 1.58.21 |
| 58 | Nondus Banning-Boddy | Rhayader RC | 1.59.00 |
| 59 | Caroline Prentice | Ludlow Runners | 1.59.13 |
| 69 | Debbie Nash | Aber AC | 1.59.47 |
| 70 | Neil Compton | | 2.00.49. |
| 71 | Chris Maher | | 2.01.05 |
| 72 | Margaret Hodges | | 2.01.20 |
| 73 | Lizzie Belcher | | 2.03.17 |
| 74 | Claire Compton | | 2.04.29 |
| 75 | Mike Hodges | TROTS | 2.05.25 |
| 76 | Stephanie Warrick | Rhayader RC | 2.06.16 |
| 77 | Jan Jones | Sarn Helen | 2.06.24 |
| 78 | Margaret Compton | | 2.08.53 |
| 79 | Cassandra Belcher | Amazing Feet | 2.10.31 |
| 80 | Angharad Hull | | 2.11.30 |
| 81 | Yvonne Powell | | 2.12.40 |
| 82 | Eirian Thornton | Westbury Harriers | 2.14.43 |
| 83 | Margaret Breeze | Aberystwyth | 2.18.01 |
| 84 | Monica Loat | Rhayader | 2.18.13 |
| 85 | Bernadette Byrne | Amazing Feet | 2.18.54 |
| 86 | Susan Buckley | Fetch Everyone RC | 2.22.45 |
| 87 | Elizabeth Coleshill | | 2.23.08 |
| 88 | Gadrun Jones | Sarn Helen | 2.26.10 |
| 89 | Lindsey Blackford | | 2.42.01 |
| 90 | Alan Watts | Sarn Helen | 3.02.03 |
| 91 | Julian Lewis | n/a | dns |
| 92 | Katherine Lewis | | dns |
| 93 | Alun Jenkins | Rhayader | dns |
| 94 | Michael Letwenjuk | Red Rose Road Runners | dns |
| 95 | Ann Thomas | Trots | dns |
| 96 | Liz Dutch | TROTS | dns |