

## *Ras Cors Caron 2008*

1	No	Name	Club	Time	Cat	Age
2	27	Stephen Paterson	San Domenico	1.17.02	1	29
3	112	Glyn Price	Sarn Helen	1.18.19	3	40
4	48	Mike Davies		1.20.20	1	39
5	95	Philip Kendrick	Brecon AC	1.20.39	3	46
6	119	Chris Parker	Swansea Harriers	1.20.59	3	42
7	115	Les Hewitson	Ingli Runners	1.21.39	3	44
8	92	Ron Jenkins		1.23.22	3	50
9	23	Carwyn Thomas	Sarn Helen	1.24.36	1	20
10	76	Phoebe Webster	UWA Runners	1.26.08	2	27
11	116	Kevin Griffiths	Trot	1.26.19	3	44
12	54	Andrew Abbott	Sarn Helen	1.26.51	1	36
13	163	Ann Thomas	TROTS	1.26.55	5	40
14	147	Dic Evans	Aber Univ	1.27.48	4	61
15	111	Dave Powell	Aber AC	1.28.13	3	47
16	28	Mike Tate	Multi Sport	1.28.19	1	38
17	120	Clifford Evans	Aber Univ	1.28.44	3	49
18	33	Lee Morris		1.29.25	1	26
19	123	Steven Bridges	Aberdare	1.29.34	3	43
20	39	Stafford Rees	Rhayader AC	1.30.29	1	38
21	91	Tom Garrod	Abingdon Amblers	1.30.35	3	40
22	167	Shan Roberts	Ingli Runners	1.31.53	5	40
23	113	Huw Price	Sarn Helen	1.32.14	3	44
24	81	Kat Driver	Pembrokeshire Harriers	1.32.21	2	31
25	75	Tasha Senton	Ingli Runners	1.32.35	2	34
26	142	Peter Foale	Aberystwyth AC	1.32.37	4	55
27	49	Shelley Childs	Aberystwyth AC	1.33.06	1	34
28	42	Julian Lewis		1.33.28	1	33
29	101	Andrew Cromie	Rhayader	1.33.46	3	43
30	16	Mary Bowen Rees	TROTS	1.33.55	5	45
31	41	Benjamin Grice		1.34.17	1	29
32	40	Daniel Burges	Aberystwyth AC	1.34.28	1	31
33	56	James Thomas	Sarn Helen	1.34.31	1	26

34	141	Murray Kisbee	Sarn Helen	1.34.56	4	58
35	53	Jeff Saycell	Aberystwyth AC	1.35.09	1	31
36	122	David Thomas	Sarn Helen	1.35.40	3	40
37	17	Caroline John	Sarn Helen	1.35.57	5	43
38	46	Huw Rowcliffe	Sarn Helen	1.36.50	1	19
39	143	Cyril Walters	TROTS	1.37.04	4	60
40	127	Geoff Oldrid	Aber AC	1.37.23	3	54
41	145	John G Evans	Aberystwyth AC	1.38.03	4	61
42	50	Haydn Lloyd	Sarn Helen	1.38.48	1	35
43	94	Iain Prentice	Ludlow Runners	1.39.29	3	40
44	38	Ian Evans	Aberystwyth AC	1.40.16	1	28
45	109	Chris Seaton	Ingli Runners	1.40.17	3	44
46	125	Chris Forster Brown		1.40.22	3	43
47	189	Lynn Green	Ingli Runners	1.40.26	6	51
48	96	Paul Padget	Ingli Runners	1.40.35	3	52
49	99	Michael Letwenjuk	Red Rose Runners	1.40.37	3	44
50	18	Rita Abrahamson	Aber Univ	1.40.41	5	41
51	93	Tony Wenlock	Aberystwyth AC	1.41.20	3	53
52	43	Jason Williams	Cardigan RC	1.41.32	1	38
53	45	Paul John		1.42.36	1	38
54	144	Keith Paterson	San Domenico	1.42.43	4	64
55	106	Mark Roblin	Carmarthen Harriers	1.44.07	3	41
56	47	Antal Sandot	Aber Univ	1.44.25	1	38
57	74	Anita Saycell	Aberystwyth AC	1.44.28	2	29
58	182	Anita Worthing	Aberystwyth AC	1.44.40	6	52
59	170	Jane Buck	Cardigan RC	1.44.54	5	45
60	19	Kate O'Sullivan	Aberystwyth AC	1.45.30	5	43
61	126	Paul Colman	Pembrokeshire Harriers	1.46.27	3	46
62	44	Hywel Roderick		1.46.31	1	39
63	110	Neville Roberts		1.46.31	3	44
64	97	Clive Williams	Aberystwyth AC	1.47.24	3	52
65	177	Delor Harvey	Aberystwyth AC	1.47.24	5	40
66	171	Helen Medi John		1.47.32	5	38
67	25	Martin Davies		1.48.02	1	25
68	161	Lucy Garrod	Abingdon Amblers	1.48.45	5	41

69	103	Simon Cox		1.48.50	3	44
70	165	Helen Williams	Aberystwyth AC	1.48.50	5	46
71	55	David Edgell	Sarn Helen	1.49.07	1	30
72	52	David Euros jones		1.49.22	1	37
73	22	James Llewellyn	Rhayader AC	1.49.57	1	37
74	34	Paul Ralley		1.50.20	1	34
75	32	Robert Lawson		1.50.44	1	36
76	124	Richard Springett		1.50.46	3	45
77	107	Paul Gilchard		1.51.08	3	48
78	104	Peter Farenden		1.51.24	3	49
79	105	Paul Jones	Rhayader	1.51.35	3	46
80	114	Alun Jenkins	Rhayader	1.53.22	3	44
81	31	Craig Donaldson		1.53.26	1	35
82	166	Karen Aston		1.53.26	5	35
83	108	Brian Russell	Cardigan	1.53.51	3	49
84	169	Susan Lloyd	Pembrokeshire Harriers	1.54.02	5	43
85	168	Marion Garson	Aberystwyth AC	1.55.26	5	43
86	187	Glenda Roberts	Aberystwyth AC	1.56.04	6	54
87	21	Ian Moss	Multi Sport	1.56.27	1	30
88	180	Liz Dutch	TROTS	1.56.55	6	51
89	121	Malcolm Leitch		1.57.10	3	53
90	162	Caroline Prentice	Ludlow Runners	1.57.59	5	39
91	37	Adam Foale	Aberystwyth AC	1.58.19	1	25
92	175	Christine Jennings		1.58.34	5	40
93	146	Barry James		1.58.52	4	57
94	35	Ewen McLaughlin		1.58.55	1	38
95	186	Nondus Banning-Boddy	Rhayader	1.58.56	6	58
96	71	Emma Smith	Aberystwyth AC	1.59.33	2	22
97	176	Heulwen James		2.00.47	5	41
8	118	Richard James		2.00.48	3	44
99	80	Caryl Davies	Sarn Helen	2.01.38	2	19
100	172	Suzanne Kendrick	Rhayader	2.03.06	5	45
101	173	Ruth Higginson	Rhayader	2.03.57	5	42
102	78	Ljdid De Orte		2.04.35	2	26
103	117	Paul Jones Arnold	Aber AC	2.05.25	3	51
104	51	Craig jones		2.06.40	1	36

105	181	Stephanie Warrick	Rhayader	2.06.40	6	56
106	72	Rachel Scott		2.07.08	2	32
107	179	Angela Kikugawa	Wimbledon	2.07.37	5	45
108	36	Tobias Rogers	Ingli Runners	2.08.26	1	30
109	140	Chris Maher		2.09.00	4	56
110	79	Casandra Balcher	UWA Runners	2.10.18	2	21
112	188	Carol Farrington	Rhayader	2.11.11	6	64
113	73	Samya Obuji		2.12.30	2	24
114	77	Sarah Maguire	Aberteifi	2.12.30	2	33
115	164	Monica Loat		2.17.26	5	44
116	184	Barbara Thomas	Pembrokeshire Harriers	2.19.04	6	63
117	102	Raymond Greenwood		2.22.06	3	51
118	183	Gudrun Jones	Sarn Helen	2.22.08	6	50
119	185	Jan Bell	Pembrokeshire Harriers	2.25.12	6	62
120	178	Margaret Compton		2.31.18	5	49
121	190	Bernadette Byrne	Amazing Feet	2.31.20	6	52
122	174	Sioned Edwards		2.34.59	5	41
999	148	Lyn Rees	Sarn Helen	DNF	4	58
999	20	Steve Aicheler		DNS	1	32
999	n/a	Huw Davies		DNS	1	34
999	24	Michael Williams		DNS	1	31
999	26	Darren Holland		DNS	1	33
999	29	Seamus O'Sullivan		DNS	1	37
999	30	Owain Jones	Swansea Harriers	DNS	1	34
999	70	Elizabeth O'Sullivan		DNS	2	23
999	n/a	Delanie Gardner		DNS	2	25
999	n/a	Jerry Wellens		DNS	3	48
999	98	David Todd	Team Bath	DNS	3	47
999	160	Fiona Cumming	WRN	DNS	5	37

9999 Did not Finish or Run