

# Ras Cors Caron 2006

## Tregaron

1 First	Name	Club	Time	Cat	Age
2	Carwyn Jones	UWA Harriers	1.15.32	OM	27
3	Robin Sedman-Smith	Telford AC	1.18.24	OM	29
4	Michael Davies	UWA Harriers	1.20.00	OM	36
5	Les Hewitson	Ingli Runners	1.23.12	VM+40	42
6	Paul Bowen	3M'S Gorseinion	1.23.47	OM	33
7	Carwyn Thomas	Sarn Helen	1.24.29	OM	17
8	Richard Marks	Sarn Helen	1.24.55	VM+55	56
9	Iwan Edgar	N/A	1.25.32	VM+40	49
10	Philip Rogers	UWA Harriers	1.25.43	OM	21
11	Andrew Abbot	Sarn Helen	1.26.36	OM	34
12	Clifford Evans	Aberystwyth UNI	1.27.02	VM+40	47
13	Ann Thomas	TROT	1.27.55	VF+35	38
14	Martin George	N/A	1.28.38	OM	29
15	Frazer Egerton	UWA	1.28.46	OM	28
16	Huw Price	Sarn Helen	1.28.54	VM+40	43
17	James Thomas	Sarn Helen	1.31.19	OM	24
18	Caroline John	UWA Harriers	1.31.55	VF+35	41
19	Mark Stevens	N/A	1.32.05	OM	37
20	Arwel James	Aberystwyth AC	1.33.32	OM	37
21	Haydn Lloyd	Sarn Helen	1.34.00	OM	35
22	Susannah Bulpin	San Domenico	1.34.04	OF	32
23	Dave Powell	N/A	1.34.16	VM+40	45
24	Owain Jones	N/A	1.34.41	OM	32
25	Jamie Biggs	N/A	1.34.54	OM	33
26	Dawn Kenwright	Sarn Helen	1.35.13	VF+50	50
27	Rachel Buxton	Aberystwyth harriers	1.35.18	OF	20
28	Paul Colman	Pembs Harriers	1.35.58	VM+40	45
29	Shan Roberts	Ingli Runners	1.36.32	VF+35	38
30	Chris Forster Brown	N/A	1.36.38	OM	39
31	Lynn Green	Ingli Runners	1.36.48	VF+35	48
32	Adriano Evola	Aberystwyth	1.36.49	VM+40	45
33	Richard Morgan	N/A	1.37.00	VM+40	42
34	Cyril Walters	Trots St Clear	1.37.04	VM+55	58
35	Keith Thomas	N/A	1.37.49	VM+40	45
36	Rita Abrahamsen	Aberystwyth harriers	1.39.15	VF+35	39
37	Kevin Holland	Aberystwyth AC	1.39.30	VM+40	47
	John				
38	Gwynn Evans	Aberystwyth A.C.	1.39.37	VM+55	60
39	David Evans	N/A	1.39.37	VM+40	48

40	Darryl	Evans	N/A	1.40.18	OM	29
41	David	Thomas	Sarn Helen	1.40.40	VM+40	44
42	Paul	Turner	Almost Athletes	1.40.55	VM+40	52
43	Martin	Dyde	Pembroke Harriers	1.41.32	VM+40	47
44	Jez	Lovekin	N/A	1.41.47	VM+55	65
45	David	Williams	N/A	1.41.50	OM	34
46	Catherine	Walkey	UWA Harriers	1.41.52	OF	27
47	Jane	Buck	Cardigan Running Club	1.42.01	VF+35	42
48	Roland	Sherwood	Amman Valley Harriers	1.42.01	VM+55	60
49	Clive	Williams	N/A	1.42.37	OM	38
50	Lindy	Eynnon	Trot	1.43.12	VF+35	45
51	T	Phillip	Neath	1.43.21	VM+40	45
52	Ryszard	Piotrowicz	Cosmic Pancakes	1.43.59	VM+40	45
53	Anita	Saycell	Aberystwyth AC Clwb Athletau	1.44.23	OF	26
54	Delor	Harvey	Aberystwyth	1.46.18	VF+35	38
55	A	Smith	Gorseinon 3M's	1.46.41	VM+55	72
56	Tod	Stein	N/A	1.47.10	OM	39
57	Sophie	Brillard	Ingli Runners	1.47.28	OF	20
58	Dai	Roberts	Aberystwyth AC	1.47.50	VM+40	45
59	Tony	Wenlock	N/A	1.47.56	VM+40	51
60	Jill	Colman	Pembs Harriers	1.48.36	VF+35	41
61	Paul	Jones	Rhayader AC	1.50.13	VM+40	44
62	Simon	Cox	N/A	1.50.26	VM+40	42
63	Alun	Jenkins	Rhayader A C	1.50.51	VM+40	42
64	Toby	Hellman	N/A	1.51.29	OM	39
65	Hilary	Mcarthy	Cardigan Running Club	1.51.30	VF+50	38
66	Mike	Hodges	TROT's	1.52.03	VM+40	53
67	Martin	Williams	N/A	1.52.41	VM+40	45
68	David	Thompson	Ludlow Runners	1.52.57	VM+40	46
69	Alan	Johnstone	Ingli Runners	1.53.15	VM+55	57
70	Hanna	Jones	Aberystwyth AC	1.53.27	OF	25
71	Tamara	Ball	Aberystwyth harriers	1.54.32	OF	21
72	David	Phillips	Pembs Harriers	1.54.58	VM+55	62
73	Tanis	Hand	Trots St Clear	1.55.15	VF+35	47
74	Lon	Morgan	TROT's	1.55.41	VF+35	48
75	Helen E	Williams	Aberystwyth AC	1.55.50	VF+35	44
76	Alen	Williams Phillips-	RVC	1.56.05	OM	38
77	Gareth	Bainbridge	N/A	1.56.21	OM	28
78	Andrea	Williams	N/A	1.56.21	OF	33
79	Mike	Lister	Lescroupiers	1.57.39	VM+40	53
80	Iain	Prentice	N/A	1.57.41	OM	38
81	Caroline	Prentice	N/A	1.57.41	VF+35	38
82	Peter	Harding	Carmarthen Harriers	1.58.55	VM+55	66
83	Angela	Davies	Rhayader A.C	2.00.00	VF+35	39
84	Lucy	Elcomb	Pembs Tri Club	2.00.02	OF	28
85	Max	Morris	Gorseinon 3M's	2.03.11	VM+55	66

86	David	Howells	Pembs Tri Club	2.03.27	VM+40	52
87	Aled	Powell	N/A	2.04.10	VM+55	58
88	Rosalind	Jones	N/A	2.04.40	OF	25
89	Rebeca	Nesbitt	Rhayader	2.06.02	OF	26
90	Anthony	Molly	Birchfield Harriers	2.06.33	VM+40	50
91	Janet	Younger	Pembs Harriers	2.07.18	VM+55	55
92	Lorraine	Dyde	Pembs Harriers	2.07.48	VF+35	49
93	Paul	Colman		2.07.55		45
94	Barry	Rees	N/A	2.09.21	OM	36
95	David	Everton	Rhayader	2.13.01	VM+55	57
96	Pauline	Charlett	Pembs Harriers	2.15.21	VF+35	44
97	Rachel	Evans	Rhayader	2.17.00	OF	33
98	Madeleine	Bland	Pembs Harriers	2.18.03	VF+50	50
99	Jan	Bell	Pembs Harriers	2.22.33	VF+50	60
10	Allen	Watts	Sarn Helen	2.51.55	VM+55	77
101	Pat	Sherwood	Amman Valley Harriers	2.59.47	VF+50	59
	L V	Oatway	N/A	D/N/F	OF	24
	Gudrun	Jones	Sarn Helen	N/R	VF+35	48
	Michael	Williams	N/A	N/R	OM	29
	Mike	Parfitt	N/A	N/R	VM+40	43
	Tasha	Sexton	N/A	N/R	OF	32
	Chris	Sexton	N/A	N/R	VM+40	42
	Alison	Griffiths	Pembs Harriers	N/R	VF+35	36
	Barbara	Thomas	Pembs Harriers	N/R	VF+50	61
	Andrew	Cromie	Rhayader	N/R	VM+40	41
	Joanne	Haworth	N/A	N/R	OF	28
	Adrian	Haworth	N/A	N/R	OM	37
	Ian	Bowen-Morris	Abingdon Amblers	N/R	VM+40	43
	Ruth	Pybus	N/A	NR	OF	34