

# *SARN HELEN*

## *Ras y Mast 2010 (09/01/11)*

No.	Position	Name	Club	Age	Class	Time
219	1	Carwyn Thomas	Sarn Helen		M	41.17
183	2	Daniel Hooper	Sarn Helen	37	M	44.24
114	3	Mark Thomas	Cardigan RC	36	M	44.38
151	4	Glyn Price	Sarn Helen	43	M40	44.50
126	5	John Lloyd	MTB Marathon	63	M Bike	45.12
138	6	Michael Davies	Sarn Helen	41	M40	46.29
197	7	Dylan Lewis	Sarn Helen	28	M	46.42
180	8	Dave Powell	Aberystwyth AC	50	M50	47.07
181	9	Gethin Jones	Sarn Helen	37	M	48.26
169	10	Steve Ouseley	Ingli Runners	36	M	48.29
188	11	Jonathan Jones	Carmarthen Harriers	40	M40	48.43
190	12	Rhodri Evans	Pontypridd Roadents	34	M	49.39
101	13	Eric Rees	Sarn Helen	39	M Bike	49.45
135	14	Gethin Holland	Aberystwyth AC	19	M	50.22
170	15	Louise Barker	Aberystwyth AC	35	F35	50.23
195	16	Richard Marks	Sarn Helen	61	M50	50.27
171	17	Daniel Colman	Pembrokeshire Harriers	16	M Bike	50.44
158	18	Simon Hall	Sarn Helen	31	M	50.47
230	19	Keith Evans		35	M Bike	50.51
162	20	Graham Spencer	Mercia	58	M50	51.00
148	21	Tony Hall	Sarn Helen	55	M50	51.16

216	22	Alex Lewis		31	M	51.53
205	23	Gordon Orme	Cardigan RC	68	M50	52.00
176	24	Calvin Williams	Sarn Helen	48	M40	52.21
165	25	Huw Price	Sarn Helen	47	M40	52.24
108	26	Kev Joyce	Pembrokeshire Harriers	45	M40	52.30
203	27	Martin Davies	Trots	28	M	52.45
193	28	Barry Owen	Emlyn Runners	36	M	52.53
191	29	David Langford	Pembs Tri	51	M50	53.00
215	30	Gareth Elliott	Pembrokeshire Harriers	28	M	53.07
202	31	Ioan Davies		32	M	53.33
217	32	Ana O'Neill	Pembrokeshire Harriers	37	F35	53.37
179	33	Dewi Jones	Trots	56	M Bike	54.05
218	34	Dave O'Neill	Pembrokeshire Harriers	40	M40	54.32
131	35	Goronwy Evans	Aberystwyth AC	54	M50	55.13
107	36	Nicola Quinn	Emlyn Runners	43	F35	55.39
113	37	Glyn Rowlands	Meirionydd	53	M50	56.09
144	38	Gwydion Williams	Sarn Helen	17	M	57.07.07
173	39	Paul Colman	Pembrokeshire Harriers	50	M50	57.07.93
134	40	Kevin Holland	Aberystwyth AC	52	M50	57.16
178	41	Megan Thomas	Trots	21	F	57.40
192	42	Alyson Hayes	Cardigan RC	40	F35	58.07.21
226	43	Laurence Worth	Pembrokeshire Harriers	47	M40	58.07.85
194	44	Gari Thomas	Emlyn Runners	44	M40	58.30
227	45	Andrew Egell	Sarn Helen		M	58.32
182	46	Sian Roberts Jones	Sarn Helen	30	F	60.13

231	47	Jason Moseley		36	M Bike	60.24
168	48	Helen Walker	Ingli Runners	54	F45	60.36
111	49	Caryl Davies	Sarn Helen	22	F	61.22
129	50	Sue Lloyd	Pembrokeshire Harriers	46	F45	61.25
199	51	Gareth Jones	Sarn Helen		M40	61.30
139	52	Ormond Williams	Sarn Helen	50	M50	62.24
196	53	Peter Davies	Sarn Helen	55	M50	62.47
220	54	Kelvin Evans		37	M Bike	63.02
103	55	Lyn Rees	Sarn Helen	60	M50	63.22
166	56	Keith Pipe		25	M	64.03
184	57	Jane Wilkins	Cardigan RC	47	F45	64.13
189	58	Mike Hodges	Trots	57	M50	68.20
187	59	David Thomas	Sarn Helen	47	M40	70.25
123	60	Alison Griffiths	Pembrokeshire Harriers	41	F35	70.43
186	61	Wendy Evans		36	M35	74.53
118	62	Lorraine Dyde	Pembrokeshire Harriers	53	F45	79.05
128	63	Jan Bell	Pembrokeshire Harriers	65	F45	82.41
175	64	Jill Colman	Pembrokeshire Harriers	46	F45	83.04
112	65	Gudrun Jones	Sarn Helen	53	F45	84.04
198	66	Eirian Davies		59	M50	86.04
204		Rhys Haines	Cardigan RC	24	M	DNF

1st TEAM - SARN HELEN

Carwyn Thomas 41.17

Glyn Price	44.50
Sian Roberts Jones	60.13