

Ras Gors Caron

1/2 Marathon 2011



Pos	No	Name	Cat	Club	Age	Time
1	28	Carwyn Thomas	OM	Sarn Helen	22	1.15.13
2	54	Glyn Price	VM+40	Sarn Helen	43	1.21.52
3	68	Michael Davies	VM+40	Sarn Helen	42	1.22.59
4	14	James Thomas	OM	Aber Univ	37	1.23.34
5	21	Daniel Hooper	OM	Sarn Helen	37	1.24.08
6	81	Kevin Griffiths	VM+40	TROTS	47	1.24.48
7	9	Mike Evans	OM	TROTS	35	1.26.23
8	22	Edward John Davies	OM	-	23	1.27.10
9	10	Gethin Jones	OM	Sarn Helen	37	1.27.26
10	80	Jonathan Jones	VM+40	Carms Harriers	40	1.27.35
11	76	Dave Powell	VM+40	Aber AC	50	1.28.29
12	74	Clifford Evans	VM+40	Aber Univ	52	1.29.11

13	27	Eric Rees	OM	Sarn Helen	39	1.29.38
14	7	Shelley Childs	OM	Aber AC	37	1.29.45
15	126	Anna O'Neil	VF+35	Pembs Harriers	37	1.30.07
16	53	Jason Dickinson	VM+40	TROTS	42	1.30.15
17	66	Tom Garrod	VM+40	Abingdon Amblers	43	1.30.44
18	101	Richard Marks	VM+55	Sarn Helen	61	1.31.09
19	12	Dylan Jones	OM	Aber Univ	20	1.31.28
20	17	Stephen King	OM	Aber AC	37	1.31.36
21	58	Huw Price	VM+40	Sarn Helen	47	1.31.40
22	95	Tony Hall	VM+55	Sarn Helen	55	1.32.34
23	25	Ian Harris	OM	-	27	1.32.45
24	85	David O'Neill	VM+40	Pembs Harriers	41	1.32.52
25	16	Daniel Burgess	OM	Aber AC	35	1.33.05
26	11	Adam Gouha	OM	Aber Univ	19	1.33.20
27	75	Kevin Bryan	VM+40	-	41	1.33.30
28	122	Louise Barker	VF+35	Aber AC	35	1.34.08
29	3	Lloyd Thomas	OM	-	22	1.34.50
30	6	Chris Benneth	OM	-	33	1.35.23
30	77	Mark Dunscombe	VM+40	Sarn Helen	49	1.35.23
32	70	Kev Joyce	VM+40	Pembs Harriers	45	1.35.31
33	119	Nicola Quinn	VF+35	Emlyn Harriers	43	1.35.45
34	8	Ian Evans	OM	Aber AC	31	1.36.06
35	18	Simon Scurrrell	OM	TROTS	30	1.36.12
36	72	Richard James	VM+40	Rhedwyr Emlyn	47	1.36.18
37	67	Mark Terry	VM+40	TROTS	53	1.36.24
38	86	Laurence Worth	VM+40	Pembs Harriers	47	1.38.24
39	1	Iain Leighton	OM	-	26	1.38.40
40	15	Jaap Van Suest	OM	-	32	1.39.12
41	19	Andrew Holcroft	OM	Ingli Runners	32	1.39.17
42	59	Neil Pattison	VM+40	Southport & District AC	44	1.39.35
43	13	Christopher Woodfield	OM	Aber Univ	20	1.39.39
44	52	Michael Taylor	VM+40	-	51	1.39.41
45	71	Paul Rose	VM+40	Aber AC	46	1.40.17
46	116	Rebecca Revell	VF+35	Emlyn Runners	44	1.40.37
47	91	Murray Kisbee	VM+55	Sarn Helen	61	1.41.21
48	69	Peter Walters	VM+40	TROTS	50	1.41.41
49	98	John Gwyn Evans	VM+55	Aber AC	64	1.42.07

50	79	Goronwy Evans	VM+40	Aber AC	54	1.42.43
51	73	Paul Edwards	VM+40	Pembs Harriers	51	1.43.09
52	32	Mererid Jones	OF	-	22	1.43.33
53	55	Gareth Davies	VM+40	-	40	1.43.45
54	142	Dawn Kenwright	VF+50	Sarn Helen	55	1.44.12
55	78	Tom Wright	VM+40	Sospan RR	49	1.44.40
56	125	Michael Letwenjuk	VM+40	Red Rose	47	1.45.50
57	23	Endaf Morgan	OM	-	23	1.45.53
58	102	Paul Padgett	VM+55	Ingli Runners	55	1.45.57
59	141	Anita Worthing	VF+50	Aberystwyth AC	55	1.46.59
60	26	David Andrew Edgelli	OM	Sarn Helen	33	1.47.09
61	99	Clive Williams	VM+55	Aber AC	55	1.48.07
62	97	Michael Terry	VM+55	TROTS	60	1.48.11
63	60	Phillip Turner	VM+40	Sospan RR	42	1.48.21
64	64	Simon Ellis	VM+40	South Cheshire Harriers	51	1.48.41
65	57	Adrian Catling	VM+40	-	46	1.48.42
66	143	Helen Walker	VF+50	Ingli Runners	54	1.48.49
67	24	Gwydion Williams	OM	Sarn Helen	17	1.50.20
68	20	Michael Palmer	OM	Sarn Helen	26	1.50.29
69	93	Roland Sherwood	VM+55	-	65	1.50.35
70	83	Raymond Thomas	VM+40	-	46	1.51.22
71	82	Geraint Smith	VM+40	-	40	1.51.37
72	124	Jill Wilcox	VF+35	Ingli Runners	38	1.53.00
73	88	Robert Nash	VM+40	-	51	1.53.28
74	89	Alun Nash	VM+40	-	50	1.54.18
75	5	Matthew Lawlor	OM	-	30	1.54.24
76	87	Ormond Williams	VM+40	Sarn Helen	50	1.55.21
77	123	Rhiannydd Edwards	VF+35	-	39	1.55.36
78	111	Maureen Pritchard	VF+35	Aberystwyth AC	48	1.56.16
79	92	John Shaw	VM+55	Hayes & Harlington RR	62	1.56.25
80	90	Michael Howell	VM+40	-	48	1.57.04
81	51	Paul Watling	VM+40	-	48	1.57.36
82	56	Greg King	VM+40	Sospan RR	43	1.57.36
83	62	Rafat Ahmad	VM+40	-	41	1.57.54
84	35	Bridget Jones	OF	Aber AC	27	1.58.30
85	96	Martin Dyde	VM+40	Pembs Harriers	52	1.59.57
86	33	Elen Jones	OF	Pembs Harriers	28	2.00.00

87	112	Nicola Clifford	VF+35		-	42	2.00.42
88	100	Chris Maher	VM+55		Islwyn	59	2.04.20
89	114	Joanna Otteson	VF+35	Womens Running Network		39	2.05.54
90	84	Huw Herberts	VM+40			40	2.07.56
91	63	Daniel Evans	VM+40	Hayes & Harlington RR		48	2.08.18
92	120	Sue Thomas	VF+35		Emlyn Harriers	43	2.10.03
93	121	Heulwen James	VF+35		Emlyn Harriers	44	2.10.04
94	65	Mark Richards	VM+40		VM+55	46	2.10.47
95	61	Ewen Mclaughlin	VM+40			41	2.13.00
96	113	Karen Dugate	VF+35			45	2.13.06
97	94	Peter Harding	VM+55		TROTS	71	2.14.04
98	115	Caroline Morgan	VF+35			41	2.16.49
99	118	Alison Griffiths	VF+35		Pembs Harriers	41	2.28.01
100	145	Jan Bell	VF+50		Pembs Harriers	65	2.29.02
101	144	Marjorie Griffiths	VF+50		Dysynni AC	65	2.37.42
102	34	Non Lewis	OF			30	2.54.32
DNF	2	Daniel Soltys	OM		Telford AC	27	DNF
	4	Jason Lane	OM			38	DNS
	31	Gemma Bell	OF			29	DNS
	117	Ann Thomas	VF+35		TROTS	43	DNS