

SARN HELEN

Teifi 10 Mile Road Race 2011



<u>No.</u>	<u>Pos</u>	<u>Name</u>	<u>Age</u>	<u>Club</u>	<u>Class</u>	<u>Time</u>	<u>Spli</u>
529	1	Dewi Griffiths	19	Carmarthen Harriers	M	50.48	5.0
515	2	Sam Pearch	32	Shelton Striders	M	57.44	5.7
585	3	Andrew Reynolds	28	Port Talbot Harriers	M	59.21	5.9
638	4	Gareth Green	34	San Domenico	M	60.56	6.0
565	5	James Thomas	37	Aberystwyth Uni	M	61.07	6.1
586	6	Royston Whitehouse	48	Neath Harriers	M40	61.10	6.1
543	7	Gareth Ayres	28	Port Talbot Harriers	M	61.18	6.1
603	8	Michael Davies	42	Sarn Helen	M40	61.44	6.1
594	9	Jonathan Jones	40	Carmarthen Harriers	M40	62.31	6.2
599	10	Daniel Hooper	37	Sarn Helen	M	63.17	6.3
553	11	Glyn Price	44	Sarn Helen	M40	63.44	6.3
656	12	Gethin Jones	38	Sarn Helen	M	63.53	6.3

583	13	Arwel Lewis	52	Eryri Harriers	M50	63.53	6.3
584	14	Adrian Weaver	33	Port Talbot Harriers	M	64.37	6.4
639	15	Glyn Sansom	49	San Domenico	M40	65.17	6.5
660	16	Richard Marks	61	Sarn Helen	M50	65.24	6.5
573	17	Neil Jones	39	Amman Valley	M	65.35	6.5
580	18	Clifford Evans	52	Aberystwyth Uni	M50	65.48	6.5
546	19	Paul Rees	46	Port Talbot Harriers	M40	65.52	6.5
596	20	David Powell	50	Aberystwyth AC	M50	66.04	6.6
556	21	Eric Rees	39	Sarn Helen	M	66.12	6.6
568	22	Dylan Owen	46	Eryri Harriers	M40	66.17	6.6
519	23	Jack Tremlett	31		M	66.33	6.6
597	24	Phoebe Webster	30	Aberystwyth AC	F	66.59	6.6
535	25	Ana O'Neill	38	Pembrokeshire Harriers	F35	67.13	6.7
587	26	Barry Owen	36	Emlyn Runners	M	67.16	6.7
563	27	John Hopkins	48	Port Talbot Harriers	M40	67.19	6.7
567	28	Mark Dunscombe	49	Sarn Helen	M40	67.30	6.7
511	29	Clem Clement	51	Penarth & Dinas Runners	M50	67.38	6.7
562	30	Huw Griffiths	35		M	67.53	6.7
534	31	David O'Neill	41	Pembrokeshire Harriers	M40	68.08	6.8
558	32	Huw Price	48	Sarn Helen	M40	68.37	6.8
560	33	Jeff Saycell	40		M40	68.53	6.8
570	34	Ian Evans	32	Aberystwyth AC	M	69.16	6.9
566	35	Irfon Thomas	22		M	69.19	6.9
502	36	Philip Turner	43	Sospan R.R	M40	69.21	6.9
662	37	Alex Lewis	31		M	69.30	6.9

569	38	Paul Rose	46	Aberystwyth	M40	69.33	6.9
555	39	Joanne Thatcher	42	Aberystwyth A.C	F35	70.09	7.0
642	40	James Delaney	55	San Domenico	M50	70.20	7.0
524	41	Mark Terry	53	Trots	M50	70.55	7.0
589	42	Paul Lewis	45	3 M Gorseinon	M40	71.05	7.1
544	43	David Cornish	45	Port Talbot Harriers	M40	71.17	7.1
595	44	Nicola Quinn	43	Emlyn Runners	F35	71.21	7.1
538	45	Alan Perkins	60	Port Talbot Harriers	M50	71.45	7.1
507	46	Robert Daines	27	Pembrokeshire Harriers	M	71.53	7.1
658	47	Teifion Davies	16	Sarn Helen	M	72.11	7.2
536	48	David Davies	63	Neath Harriers	M50	72.13	7.2
561	49	Kevin Bryan	41		M40	72.15	7.2
552	50	Bryan Meredith	38	Rhondda Valley Runners	M40	72.25	7.2
531	51	Gordon Orme	68	Cardigan Running Club	M50	72.25	7.2
571	52	Goronwy Evans	54	Aberystwyth AC	M50	72.35	7.2
550	53	Dawn Kenwright	55	Sarn Helen	F45	72.51	7.2
520	54	Elizabeth Goodwin Jones	32	Trots	F	73.40	7.3
659	55	Alison Hayes	40	Les Croupiers	F35	73.48	7.3
590	56	Dennis Collins	46	Rhondda Valley Runners	M40	74.00	7.4
559	57	Richard Phillips	34	Trots	M	74.16	7.4
551	58	Amy Edwards	29	Rhondda Valley Runners	F	74.22	7.4
591	59	Sam Clarke	35		M	74.37	7.4
514	60	Michelle Karen Grey	30	Port Talbot Harriers	F	75.08	7.5
577	61	Murray Kisbee	61	Sarn Helen	M50	75.29	7.5
624	62	Eric Davey	61	Llanelli AC	M50	75.58	7.5

509	63	Anita Worthing	55	Aberystwyth A.C	F45	76.11	7.6
648	64	Jason Wilkins	41	Cardigan Running Club	M40	76.21	7.6
649	65	M Taylor	51		M50	76.32	7.6
523	66	David Oak	65	Port Talbot Harriers	M50	76.34	7.6
542	67	Neil Marvin	44	Port Talbot Harriers	M40	76.41	7.6
508	68	Claire Beatty	33	Les Croupiers	F	76.58	7.6
572	69	Peter Deacon	54	Swansea Harriers	M50	77.43	7.7
574	70	Gwen Morris	26	Ingli Runners	F	77.53	7.7
537	71	Mario Rabiotti	48	Port Talbot Harriers	M40	77.58	7.7
533	72	Dominic Shields	46	San Domenico	M40	78.23	7.8
518	73	Rose Goodwin Jones	31		F	78.26	7.8
618	74	Gari Thomas	44	Emlyn Runners	M40	78.29	7.8
622	75	Laurence Worth	48	Pembrokeshire Harriers	M40	79.03	7.9
657	76	Sian Roberts-Jones	31	Sarn Helen	F	79.08	7.9
528	77	Caryl Davies	23	Sarn Helen	F	79.46	7.9
548	78	Cameron Pope	55	Aberystwyth A.C	M50	80.10	8.0
575	79	Paul Padget	55	Ingli Runners	M50	81.00	8.1
532	80	Claire House	38	San Domenico	F35	81.09	8.1
530	81	Robert Smith	50	Pembrokeshire Harriers	M50	81.52	8.1
504	82	Richard Springett	47		M40	82.35	8.2
554	83	David Mc Donald	42	Les Croupiers	M40	82.56	8.2
500	84	Greg King	43	Sospan R.R	M40	83.12	8.3
619	85	Aled Davies	23		M	83.30	8.3
588	86	Kyra Kirkham	35	Emlyn Runners	F35	84.15	8.4
545	87	Del Eyre	47	3 M Gorseinon	F45	84.31	8.4

549	88	Gillian Mc Cue	33	Les Croupiers	F	84.48	8.4
539	89	John Ayres	55	Port Talbot Harriers	M50	85.03	8.5
582	90	Ormond Williams	50	Sarn Helen	M50	85.05	8.5
557	91	Stephen Job	43		M40	85.12	8.5
512	92	Janice Clement	53	Penarth & Dinas Runners	F45	86.06	8.6
632	93	Jane Wilkins	48	Cardigan Running Club	F45	86.51	8.6
522	94	Yvonne Williams	57	Penarth & Dinas Runners	F45	87.12	8.7
664	95	Kel Evans	38		M	88.10	8.8
581	96	Gwydion Williams	17	Sarn Helen	M	88.45	8.8
516	97	Hayley Davies	44	Cardigan Running Club	F35	88.53	8.8
592	98	Julia Roworth	47	Emlyn Runners	F45	90.06	9.0
547	99	Steffan Jones	21	Sarn Helen	M	90.12	9.0
579	100	Linda Rees	50	3 M Gorseinon	F45	90.20	9.0
578	101	Paul Rees	49	3 M Gorseinon	M40	90.22	9.0
605	102	Sue Thomas	43	Emlyn Runners	F35	90.46	9.0
678	103	Carwyn Thomas	22	Sarn Helen	M	91.07	9.1
598	104	Lon Morgan	53	Emlyn Runners	F45	91.21	9.1
526	105	Ian Swanson	61	Port Talbot Harriers	M50	91.31	9.1
576	106	Fay Sharpe	51	3M Gorseinon	F45	92.33	9.2
503	107	Rebecca Darby	24	Emlyn Runners	F	92.34	9.2
646	108	Chris Williams	23		M	93.51	9.3
505	109	Hayley Springett	18		F	95.36	9.5
625	110	Nigel Leighton Jones	56	Llanelli AC	M50	95.53	9.5
527	111	Colin Anthony	65	Port Talbot Harriers	M50	96.28	9.6
540	112	Helen Stretch	58	Aberystwyth A.C	F45	97.10	9.7

517	113	Peter Harding	71	Trots	M50	99.23	9.9
506	114	Bernadette Wilkinson	46	San Domenico	F45	104.23	10.9
564	115	Gudrun Jones	53	Sarn Helen	F45	107.12	10.9
593	116	Jess Roworth	21	Emlyn Runners	F	107.29	10.9
647	117	Barry Jones	23		M	109.49	10.9
666	118	Dorian Rees	35		M	117.35	11.7
541	119	Shan Breese	51	Aberystwyth A.C	F45	119.17	11.9
521	120	Allen Watts	82	Sarn Helen	M50	156.26	15.9
513		Sasha Macken	38	Les Croupiers	F35	DNS	
510		Jason Lane	39		M	DNS	
525		Jason Dickinson	43	Trots	M40	DNF	