

Ras Hwyl Cwrtnewydd 2011 - 4 miles

<u>No.</u>	<u>Position</u>	<u>Name</u>	<u>Club</u>	<u>Age</u>	<u>Class</u>	<u>Time</u>
243	1	Jack Davey	Carmarthen Harriers	22	M	22.28
213	2	Glyn Price	Sarn Helen	44	M40	23.44
216	3	Dylan Lewis	Sarn Helen	28	M	24.19
215	4	Michael Davies	Sarn Helen	42	M40	24.43
235	5	Gwynant Lewis Jenkins		15	M	24.45
234	6	Gethin Jones	Sarn Helen	38	M	24.47
202	7	Chris Schroder		41	M40	25.29
221	8	Richard Marks	Sarn Helen	61	M50	25.32
204	9	Eric Rees	Sarn Helen	39	M	26.07
239	10	Shelley Childs		37	M	26.15
236	11	Teifion Davies	Sarn Helen	16	M	26.24
251	12	Barry Owen	Rhedwyr Emlyn	36	M	26.28
233	13	Ana O'Neill	Pembs Harriers	38	F35	26.39
247	14	Gareth Elliott	Pembs Harriers	28	M	26.48
240	15	Ian Evans	Aberystwyth AC	32	M	26.51
237	16	Gordon Orme	Cardigan AC	68	M50	27.08
241	17	Matthew Nankivell	Aberystwyth AC	27	M	27.17
245	18	Calvin Williams	Sarn Helen	49	M40	27.54
238	19	Mark Terry	Trots	54	M50	28.12
224	20	Paul McDermont		48	M40	28.43
231	21	Richard Phillips	Trots	34	M	28.54
244	22	Michael Halsall	Llanelli AC	37	M	29.19
254	23	Dave Griffiths	Trots	48	M40	29.25
249	24	Gwen Morris	Ingli Runners	26	F	29.41
253	25	Clive Williams	Aberystwyth AC	43	M40	29.42
217	26	Paul Edwards		57	M50	30.22
214	27	Laurence Worth	Pembs Harriers	48	M40	30.29
226	28	Clive Evans	Aberystwyth AC	65	M50	31.01
230	29	Tudur Jones		34	M	31.03
250	30	Kyra Kirkham	Rhedwyr Emlyn	35	F35	31.40
209	31	Caryl Davies	Sarn Helen	23	F	31.49
229	32	Adriano Evola		52	M50	31.52

205	33	Paul Weedan		37	M	32.24
242	34	Huw Rowcliffe	Sarn Helen	22	M	32.41.31
227	35	Kelvin Evans		38	M	32.41.56
201	36	Dewi Jones		40	M40	32.46
211	37	Rebecca Brace	Greenhill	18	F	32.53
218	38	Ormond Williams	Sarn Helen	50	M50	33.03
248	39	Gareth Jones	Sarn Helen	45	M40	33.05
220	40	Lyn Rees	Sarn Helen	61	M50	33.40
232	41	Helen Willoughby	Sarn Helen	46	F45	34.39
206	42	Wendy Evans		37	F35	35.03
246	43	Mike Hodges	Trots	58	M50	36.15
207	44	Elen Page	Sarn Helen	46	F45	37.02
210	45	Katherine Devonend		31	F	37.13
212	46	Peter Harding	Trots	71	M50	38.01
252	47	Dorian Rees		35	M	39.56
219	48	Caroline Jones		40	F35	40.28
256	49	Ceilidh Burton		17	F	41.05
223	50	Jan Bell	Pembs Harriers	65	F45	41.17
222	51	Barbara Thomas	Pembs Harriers	66	F45	43.10
255	52	Eirian Davies		59	M50	43.37
228	53	Pauline Charlett	Pembs Harriers	49	F45	44.42
225	54	Helen Charlett	Pembs Harriers	54	F45	44.44
203	55	Gill Taylor		49	F45	44.48
208	56	Allen Watts	Sarn Helen	82	M50	60.33

1st Team - SARN HELEN

Glyn Price

Dylan Lewis

Michael Davies

Gethin Jones