

Ras Hwyl Cwrtnewydd 2012 - 4 miles

<u>No.</u>	<u>Position</u>	<u>Name</u>	<u>Club</u>	<u>Age</u>	<u>Class</u>	<u>Time</u>
245	1	Felipe Jones	Aberarth	36	M	21.40
233	2	Glyn Price	Sarn Helen	45	M40	23.21
237	3	Jack Davey	Aberarth	23	M	23.42
221	4	Michael Davies	Sarn Helen	43	M40	24.05
256	5	Carwyn Thomas	Sarn Helen	24	M	24.12
248	6	Dylan Lewis	Sarn Helen	29	M	24.16
226	7	Gethin Jones	Sarn Helen	39	M	24.28
230	8	Richard Marks	Sarn Helen	62	M50	24.44
214	9	Gareth Elliott	Pembs Harriers	29	M	25.34
255	10	Barry Owen	Emlyn Runners	37	M	26.25
211	11	Simon Hall	Sarn Helen	32	M	26.37
229	12	Mark Dunscombe	Sarn Helen	50	M50	26.48
228	13	Hywel Wyn Jones	Amman Valley	50	M50	27.32
240	14	Ioan Davies	Llanwrda	33	M	27.36
209	15	Tony Hall	Sarn Helen	57	M50	27.42
236	16	Gordon Orme	Cardigan	69	M50	27.49
204	17	Eric Rees	Sarn Helen	40	M40	28.15
223	18	Steffan Jones	Sarn Helen	22	M	28.27
253	19	Gari Thomas	Emlyn Runners	44	M40	28.42
234	20	Paul Edwards	Vegan Runners	58	M50	28.45
238	21	Haydn Lloyd	Sarn Helen	39	M	28.55
246	22	Richard James	Emlyn Runners	49	M40	28.57
208	23	Dennis Collins	Rhondda Valley Runners	47	M40	29.24
215	24	Dave Griffiths	Pembs Harriers	49	M40	29.30
218	25	Nicholas Noth	Cardigan	49	M40	29.39
250	26	Mark Rivers	Llanwenog	35	M	29.41
227	27	Sian Roberts-Jones	Sarn Helen	32	F	29.45
243	28	Gwilym Owen Jones	Aberystwyth	56	M50	29.52
242	29	Arwel Davies	Llanwrda	31	M	30.13
217	30	Caryl Davies	Sarn Helen	24	F	30.43
219	31	Robert Smith	Pembs Harriers	51	M50	30.48
235	32	Gareth Jones	Sarn Helen	46	M40	31.07

222	33	Aneurin James	Sarn Helen	44	M40	31.17
213	34	Helen Willoughby	Sarn Helen	47	F45	31.22
239	35	Adriano Evola	Aberystwyth	53	M50	31.27
232	36	Kelvin Evans	Talgarreg	39	M	31.37
210	37	Dee Jolly	Sarn Helen	25	F	31.46
258	38	Ray James	P T Harriers	51	M50	31.56
252	39	David Thomas	Pembs Harriers	40	M40	32.00
254	40	Sue Thomas	Emlyn Runners	44	F35	32.14
203	41	Dewi Jones	None	41	M40	32.34
225	42	Eleri Connor	Penarth & Dinas Runners	29	F	33.02
220	43	Terry Wyn Jones	Sarn Helen	35	M	33.10
244	44	Catrin Davies	Vale of Tywi	22	F	33.34
251	45	Eleri Rivers	Llanwenog	38	F35	33.48
249	46	Peter Davies	Sarn Helen	57	M50	34.19
216	47	Elen Page	Sarn Helen	47	F45	35.05
224	48	Fiona Jones	Cwmann	31	F	35.29
202	49	Dorian Rees	None	36	M	37.09
231	50	Caroline Jones	Gorsgoch	41	F35	37.31
247	51	Heulwen James	Emlyn Runners	45	F45	37.52
241	52	Eirian Davies	Llanwrda	60	M50	39.38
257	53	Robin Barlow	Sarn Helen	61	M50	43.31
205	54	Carwyn Davies	None	16	M	44.15
206	54	Daniel Morgans	Llambod	16	M	44.15
207	56	Allen Watts	Sarn Helen	83	M50	67.51
201		Chris Schroder	Sarn Helen	42	M40	DNS
259		Huw Price	Sarn Helen	49	M40	DNS

1st Team - SARN HELEN

Glyn Price

Michael Davies

Carwyn Thomas

Dylan Lewis