

Teifi 10 - 2013

No.	Position	Name	Age	Club	Class	Time	£	Welsh
84	1	Michael Kallenberg	22	Cardiff AAC	M	53.14	10	*
6	2	Stefan Simms	44	Fairwater Runners	M40	54.34	10	*
35	3	Nathaniel Lane	36	Cardiff AAC	M	54.51	10	*
16	4	Martin Rees	60	Les Croupiers RC	M50	55.04	10	*
51	5	Peter Coles	50	Pontypridd Roadents	M50	56.50	10	*
17	6	Oliver Williams	27	Les Croupiers RC	M	57.00	10	*
102	7	Felipe Jones	37	Aberystwyth AC	M	57.02	10	
67	8	Paul Griffiths	45	Neath Harriers	M40	57.30	10	*
29	9	Mike Evans	37	Trots	M	57.36	10	*
22	10	Mathew Hurfod	40	Les Croupiers RC	M40	58.15	10	*
42	11	Richard Wilder	39	San Domenico	M	59.10	10	*
30	12	Paul Talbot	46	Neath Harriers	M40	59.16	10	*
73	13	Michael Lovell	36	Chepstow Harriers	M	59.20	10	
45	14	Royston Whitehouse	50	Neath Harriers	M50	60.22	10	*
52	15	Carl Ellis	37	Neath Harriers	M	61.03	10	*
18	16	Darren Blazier	40	Abergele Harriers	M40	61.17	10	*
68	17	Haydn Hartnell	50	Islwyn RC	M50	61.30	10	*
109	18	Gareth Davey	37	Neath	M	61.34	10	
132	19	Dylan Lewis	30	Sarn Helen	M	61.41	10	
91	20	Michael Davies	44	Sarn Helen	M40	62.05	10	
117	21	Geraint Lewis	36	Porthcawl Runners	M	62.38	10	
104	22	Dean John	46	Trots	M40	62.45	10	
134	23	Jimmy Watkins	30	Cardiff AAC	M	62.49	12	
25	24	Jason Dickinson	45	Trots	M40	63.00	10	*
108	25	Lee Morris	31	3m Road Runners	M	63.07	10	
69	26	Jonathan Jones	42	Trots	M40	63.12	10	*
92	27	Gethin Jones	40	Sarn Helen	M40	63.19	10	
105	28	Edward Land	34	Aberystwyth AC	M	63.33	10	
57	29	Daniel Davies	24	Pembs Harriers	M	63.35	10	*
81	30	Phil Briston	52	San Domenico	M50	63.37	10	
37	31	Glyn Sansom	51	San Domenico	M50	63.42	10	*

93	32	Chris Lewis	31		M	63.45	12	
43	33	Sally Wilder	33	San Domenico	F	63.48	10	*
95	34	Gary Wyn Davies	26	D.I.C	M	64.01	10	
58	35	Ana O'Neill	40	Pembs Harriers	F35	64.09	10	*
136	36	Alun Evans	47	Rhondda Valley Runners	M40	64.34	10	
36	37	Steve Holmes	38	Sarn Helen	M	64.40	10	*
40	38	Kelly Morgan	34	Aberdare Valley	F	64.54	10	*
112	39	Peter Osborne	52	Llanelli AC	M50	64.58	10	
41	40	Charles Thomas Walsh	38	Neath Harriers	M	65.28	10	*
139	41	Llewelyn Lloyd	21	Sarn Helen	M	65.48	10	
38	42	Gareth Elliott	30	Pembs Harriers	M	65.50	10	*
23	43	Mark Dunscombe	51	Sarn Helen	M50	66.04	10	*
27	44	Simon Hall	33	Sarn Helen	M	66.27	10	*
15	45	Kevin Jones	47	Les Croupiers RC	M40	66.28	10	*
118	46	Dave Powell	52	Aberystwyth AC	M50	66.34	12	
12	47	Terry O'Brien	56		M50	66.37	10	*
56	48	Kevin Regan	31	Sarn Helen	M	66.42	10	*
96	49	Eifion Roberts	50		M50	66.47	10	*
75	50	Nick Griffiths	43	Amman Valley Harriers	M40	67.02	10	*
65	51	Laurence Worth	50	Pembs Harriers	M50	68.35	10	*
83	52	Elizabeth Tremlett	34	Trots	F	68.41	10	*
89	53	Paul Rose	48	Aberystwyth AC	M40	68.55	10	*
1	54	Anthony Dewing	39		M	69.08	10	*
54	55	Mark Terry	55	Trots	M50	69.44	10	*
123	56	John Hopkins	50	Port Talbot Harriers	M50	70.00	12	
87	57	Graham Colving	50	Celtic tri	M50	70.30	12	
26	58	Dee Jolly	26	Sarn Helen	F	70.37	10	*
133	59	M Taylor	53		M50	71.06	10	*
13	60	Barry Wilson	60	Ludlow Runners	M50	71.08	10	*
130	61	Calvin Williams	50	Sarn Helen	M50	71.39	12	
90	62	Catharine Bleasdale	44	Trots	F35	71.41	10	
125	63	Simon Scurrrell	32	Trots	M	71.52	10	
20	64	Jacqueline Brace	54	Bridgend AC	F45	72.06	10	*

39	65	Marcia Smith	32	San Domenico	F	72.27	10	*
28	66	Tony Hall	57	Sarn Helen	M50	72.40	10	*
62	67	Wendy Owen	41	San Domenico	F35	72.41	10	†
129	68	Carwyn Thomas	25	Sarn Helen	M	73.02.60	10	
34	69	Glyn Price	45	Sarn Helen	M40	73.02.89	10	*
128	70	Rebecca Revell	46	Rhedwyr Emlyn	F45	73.18	10	
114	71	Cameron Pope	57	Aberystwyth AC	M50	73.41	10	
111	72	Nigel Davies	41	Sarn Helen	M40	73.47	10	
5	73	Dominic Shield	48	San Domenico	M40	73.55	10	*
7	74	John Gardener	71	Pembs Harriers	M50	73.57	10	*
115	75	Helen Willoughby	48	Sarn Helen	F45	74.11	12	
97	76	Neil Stovold	31	San Domenico	M	74.31	10	
8	77	Caryl Davies	24	Sarn Helen	F	74.37	10	*
99	78	Alan Perkins	62	Port Talbot Harriers	M50	74.47	10	
11	79	Malocm Bradley	62	Penarth & Dinas Runners	M50	75.05	10	*
31	80	Anita Worthing	57	Aberystwyth AC	F45	75.11	10	*
135	81	Martin Mellor	54	Rhondda Valley Runners	M50	75.12	10	
88	82	John Gwynn Evans	67	Aberystwyth AC	M50	75.23	10	
82	83	Keith Powell	56	Torts	M50	75.28	10	
85	84	Mark Kallenberg	52	Carmarthen Harriers	M50	75.34	12	
9	85	Jeff Davies	64	Meirionydd RC	M50	75.42	10	*
138	86	Kelvin Jones	49		M40	75.53	12	
107	87	Huw Rowcliffe	24	Sarn Helen	M	76.22	10	
98	88	Eric Davey	63	Llanelli AC	M50	77.10	10	
10	89	Mike Green	55	Vegan Runners UK	M50	77.15	10	*
122	90	Lyn Thomas	35		M	77.25	12	
121	91	Paul Jones	38		M	77.36	10	
119	92	Bleddyn Jones	45		M40	77.47	12	
55	93	Michael James Brown	34	Sarn Helen	M	78.19	10	
120	94	Owen Jones	53		M50	78.33	12	
113	95	Aneurin James	45	Sarn Helen	M40	79.00	10	
72	96	John Marson	39	Sospan Road Runners	M	79.20	10	
44	97	Mitchell Readwin	30	Sarn Helen	M	80.12	10	*

74	98	Robert Smith	51	Pembs Harriers	M50	81.09	10	*
32	99	Brenda Avery	62	Chepstow Harriers	F45	82.02	10	*
48	100	Eleri Rivers	38	Sarn Helen	F35	82.42	10	*
116	101	John Ayres	57	Port Talbot Harriers	M50	83.16	12	
127	102	Kyra Kirkham	37	Rhedwyr Emlyn	F35	83.21	10	
126	103	Barry Owen	38	Rhedwyr Emlyn	M	83.22	10	
63	104	Eric Rees	41	Sarn Helen	M40	83.41	10	
2	105	Claire House	40	San Domenico	F35	84.17	10	*
137	106	Sam Jones	20		M	85.11	12	
103	107	Alan Roberts	57	Port Talbot Harriers	M50	86.30	10	
140	108	Dewi Jones	42		M40	86.36	12	
100	109	Jessica Roworth	23	Emlyn Runners	F	87.30	10	
124	110	Gail Evans	32		F	87.41	10	
76	111	Jill Colman	48	Pembs Harriers	F45	87.56	10	
3	112	Clem Clement	53	Penarth & Dinas Runners	M50	88.45	10	*
4	112	Janice Clement	54	Penarth & Dinas Runners	F45	88.45	10	*
46	114	Keith Richardson	69	Road Runners Club	M50	89.04	10	*
33	115	Hollie Wynne	26	Aberystwyth AC	F	89.54	10	*
79	116	Christine Hurdidge	61	3M Gorseinon RR	F45	90.45	10	
106	117	Tony Holling	57	Port Talbot Harriers	M50	91.06	10	
94	118	Paul Lewis	59		M50	91.21	10	
110	119	Alexandra Vasey	35	Serpentine RC	F35	93.39	10	
14	120	Michelle Rivett	41	Les Croupiers RC	F35	94.09	10	*
77	121	Ian Swanson	63	Port Talbot Harriers	M50	95.26	12	
24	122	Dorian Rees	36	Sarn Helen	M	96.57	10	*
131	123	Mererid Davies	27		F	97.50	12	
101	124	Charlotte Roworth	22	Emlyn Runners	F	98.22	10	
21	125	Amanda Thompson	52	Les Croupiers RC	F45	98.42	10	*
78	126	Fay Sharpe	53	3M Gorseinon RR	F45	99.42	10	
60	127	Roland Sherwood	67	Carmarthen Harriers	M50	106.40	10	
86	128	Katherine Beaumont	28		F	113.59	12	
80	129	Julie Davies	61	3M Gorseinon RR	F45	116.30	10	
19		Sheila Symonds	75	Bro Dysynni AC	F45		10	*