

## Ras Hwyl Cwrtnewydd 2013 - 4 miles

<u>No.</u>	<u>Position</u>	<u>Name</u>	<u>Club</u>	<u>Age</u>	<u>Class</u>	<u>Time</u>
110	1	Felipe Jones	Aberystwyth AC	37	M	22.12
152	2	Dylan Lewis	Sarn Helen	30	M	23.30
151	3	David Hawes	None	31	M	24.41
126	4	Gethin Jones	Sarn Helen	40	M40	24.48
137	5	Steven Holmes	Sarn Helen	39	M	25.07
154	6	Carwyn Thomas	Sarn Helen	25	M	25.51
119	7	Simon Hall	Sarn Helen	33	M	26.13
115	8	Daniel Davies	Pembs Harriers	24	M	26.18
114	9	Gareth Elliott	Pembs Harriers	30	M	26.51
127	10	Mark Dunscombe	Sarn Helen	51	M50	27.00
112	11	Chris Schroder	Sarn Helen	43	M40	27.33
108	12	Kevin Regan	Sarn Helen	31	M	27.36
121	13	Mark Terry	TROTS	55	M50	27.44
131	14	Gordon Orme	Cardign RC	70	M50	28.19
136	15	Huw Rowcliffe	Sarn Helen	24	M	28.22
117	16	Laurence Worth	Pembs Harriers	50	M50	28.25
124	17	Carwyn Davies	None	36	M	28.31
144	18	Kevin Hughes	Sarn Helen	39	M	28.38
120	19	Dee Jolly	Sarn Helen	26	F	28.41
118	20	Tony Hall	Sarn Helen	58	M50	29.00
122	21	Mark Rivers	None	36	M	29.01
116	22	Nigel Davies	Sarn Helen	41	M40	29.13
147	23	Paul McDermott	None	50	M50	29.15
135	24	Mark Kallenberg	Carmarthen Harriers	52	M50	29.19
109	25	Michael Brown	Sarn Helen	35	M	29.24
113	26	Paul Edwards	Vegan Runners	59	M50	29.36
150	27	Teifion Davies	Sarn Helen	18	M	29.41
125	28	Caryl Davies	Sarn Helen	25	F	30.18
103	29	Eric Rees	Sarn Helen	41	M40	30.41
129	30	Jeremy Davis	None	37	M	32.12
128	31	Jill Willcox	Pembs Harriers	41	F35	32.29

101	32	Dewi Jones	None	42	M40	32.31
105	33	Mitchell Readwin	Sarn Helen	30	M	32.41
123	34	Eleri Rivers	Sarn Helen	39	F35	32.44
130	35	Helen Willoughby	Sarn Helen	48	F45	33.08
111	36	Carwyn Davies	Sarn Helen	17	M	33.21
149	37	Raymond James	Port Talbot Harriers	52	M50	33.25
148	38	Katie McDermott	None	23	F	34.17
138	39	Siôn Jones	None	19	M	34.38
146	40	Gareth Jones	Sarn Helen	47	M40	34.42
132	41	Sue Lloyd	Pembs Harriers	49	F45	34.54
107	42	Dorian Rees	Sarn Helen	37	M	35.30
102	43	Celt Thomas	None	29	M	35.46
145	44	Caryl Rees	None	23	F	36.10
133	45	Alison Griffiths	Pembs Harriers	43	F35	37.33
153	46	A Pritchard	Rhedwyr Emlyn	29	F	38.30
139	47	Lowri Haf Davies	None	22	F	38.36
141	48	Caroline Jones	None	42	F35	39.24
140	49	Dylan Davies	None	30	M	41.04
134	50	Pauline Charlett	Pembs Harriers	51	F45	42.32
142	51	Eirian Davies	None	61	M50	49.20
106	52	Allen Watts	Sarn Helen	84	M50	72.35
143		Glyn Price	Sarn Helen	46	M40	DNF

1st Team - SARN HELEN

Dylan Lewis

Gethin Jones

Steven Homes

Carwyn Thomas