

# *SARN HELEN*

## *16.5mile Hill Race 2013*

| <u>No.</u> | <u>Position</u> | <u>Name</u>       | <u>Club</u>          | <u>Age</u> | <u>Class</u> | <u>Time</u> |
|------------|-----------------|-------------------|----------------------|------------|--------------|-------------|
| 350        | 1               | Gareth Ayers      | Port Talbot Harriers | 30         | M            | 1.50.33     |
| 320        | 2               | Mike Evans        | Trots                | 38         | M            | 1.52.04     |
| 365        | 3               | Dylan Lewis       | Sarn Helen           | 30         | M            | 1.58.13     |
| 340        | 4               | Glyn Price        | Sarn Helen           | 46         | M40          | 1.58.41     |
| 348        | 5               | Gethin Jones      | Sarn Helen           | 40         | M40          | 2.02.36     |
| 347        | 6               | Daniel Hooper     | Sarn Helen           | 40         | M40          | 2.03.16     |
| 338        | 7               | Michael Davies    | Sarn Helen           | 44         | M40          | 2.05.14     |
| 364        | 8               | Gareth Davey      | Neath Harriers       | 37         | M            | 2.05.47     |
| 316        | 9               | Chris Lewis       |                      | 32         | M            | 2.08.48     |
| 341        | 10              | Steven Holmes     | Sarn Helen           | 39         | M            | 2.09.29     |
| 315        | 11              | Alex Lewis        | Neath Harriers       | 33         | M            | 2.10.40     |
| 358        | 12              | Peter Osborne     | Llanelli AAC         | 52         | M50          | 2.11.22     |
| 314        | 13              | Katie Beecher     | Les Croupiers        | 34         | F            | 2.11.37     |
| 325        | 14              | Shan Roberts      | Trots                | 45         | F45          | 2.12.40     |
| 321        | 15              | Aled Jones Davies |                      | 31         | M            | 2.14.28     |
| 328        | 16              | Dave Powell       | Aberystwyth AC       | 52         | M50          | 2.15.18     |
| 372        | 17              | Carwyn Thomas     | Sarn Helen           | 25         | M            | 2.15.28     |
| 369        | 18              | Nicola Quinn      | Rhedwyr Emlyn        | 45         | F45          | 2.15.34     |
| 313        | 19              | Mark Dunscombe    | Sarn Helen           | 51         | M50          | 2.15.45     |
| 302        | 20              | Paul Scullion     | Aberystwyth AC       | 49         | M40          | 2.16.08     |
| 336        | 21              | Simon Hall        | Sarn Helen           | 33         | M            | 2.16.19     |
| 360        | 22              | Ian Williams      | Port Talbot Harriers | 47         | M40          | 2.19.09     |
| 333        | 23              | Ian Evans         | Aberystwyth AC       | 34         | M            | 2.19.35     |
| 339        | 24              | Geraint Evans     | Llandoverly          | 43         | M40          | 2.24.17     |

|     |    |                       |                      |    |     |         |
|-----|----|-----------------------|----------------------|----|-----|---------|
| 344 | 25 | Tony Hall             | Sarn Helen           | 58 | M50 | 2.26.10 |
| 342 | 26 | Michael Baggott       | Woking AC            | 31 | M   | 2.26.20 |
| 355 | 27 | Mandy Morris          | Port Talbot Harriers | 40 | F35 | 2.26.26 |
| 349 | 28 | Mark Kallenberg       | Carmarthen Harriers  | 52 | M50 | 2.26.39 |
| 317 | 29 | Nigel Davies          | Sarn Helen           | 41 | M40 | 2.27.11 |
| 307 | 30 | Gordon Orme           | Cardigan RC          | 70 | M50 | 2.27.15 |
| 323 | 31 | Caryl Davies          | Sarn Helen           | 25 | F   | 2.27.17 |
| 322 | 32 | Carwyn Davies         |                      | 36 | M   | 2.28.31 |
| 332 | 33 | Murray Kisbee         | Sarn Helen           | 63 | M50 | 2.28.38 |
| 312 | 34 | Kev Joyce             | Pembs Harriers       | 48 | M40 | 2.29.25 |
| 346 | 35 | Rhys Williams         | Newcastle Emlyn      | 23 | M   | 2.29.48 |
| 329 | 36 | Paul Rose             | Aberystwyth AC       | 49 | M40 | 2.30.05 |
| 337 | 37 | Dee Jolly             | Sarn Helen           | 26 | F   | 2.30.27 |
| 343 | 38 | Kevin Regan           | Sarn Helen           | 31 | M   | 2.30.33 |
| 371 | 39 | John Gwynn Evans      | Aberystwyth AC       | 67 | M50 | 2.31.19 |
| 362 | 40 | Gari Thomas           | Rhedwyr Emlyn        | 46 | M40 | 2.33.15 |
| 335 | 41 | Julia Tello Velamazan | Aberystwyth AC       | 25 | F   | 2.34.36 |
| 319 | 42 | Helen Willoughby      | Sarn Helen           | 48 | F45 | 2.35.56 |
| 368 | 43 | Michael Taylor        |                      | 53 | M50 | 2.37.46 |
| 359 | 44 | Eric Davey            | Llanelli AAC         | 63 | M50 | 2.39.42 |
| 309 | 45 | Judith Oakley         | Port Talbot Harriers | 48 | F45 | 2.40.43 |
| 304 | 46 | Toby Hellman          |                      | 46 | M40 | 2.44.23 |
| 361 | 47 | Sue Thomas            | Rhedwyr Emlyn        | 35 | F45 | 2.45.42 |
| 334 | 48 | Graham Colvin         | Celtic Tri           | 50 | M50 | 2.45.46 |
| 326 | 49 | Michael Brown         | Sarn Helen           | 35 | M   | 2.46.02 |
| 367 | 50 | Eric Rees             | Sarn Helen           | 41 | M40 | 2.47.27 |
| 353 | 51 | Alan Perkins          | Port Talbot Harriers | 62 | M50 | 2.48.19 |
| 327 | 52 | Mitchel Readwin       | Sarn Helen           | 33 | M   | 2.48.33 |

|     |    |                    |                      |    |     |         |
|-----|----|--------------------|----------------------|----|-----|---------|
| 308 | 53 | Yvonne Brown       | Port Talbot Harriers | 53 | F45 | 2.51.26 |
| 357 | 54 | Pauline Williams   | Port Talbot Harriers | 54 | F45 | 2.53.14 |
| 303 | 55 | Maggie Collingborn | Aberystwyth AC       | 49 | F45 | 2.54.35 |
| 324 | 56 | Eleri Rivers       | Sarn Helen           | 39 | F35 | 2.56.09 |
| 345 | 56 | Terry Jones        | Sarn Helen           | 36 | M   | 2.56.09 |
| 310 | 58 | Ewen Mc Laughlin   |                      | 43 | M40 | 2.59.06 |
| 354 | 59 | Anthony Holling    | Port Talbot Harriers | 57 | M50 | 3.00.23 |
| 311 | 60 | Robert Smith       | Pembs Harriers       | 52 | M50 | 3.01.22 |
| 363 | 61 | Janet Richards     |                      | 48 | F45 | 3.03.34 |
| 352 | 62 | John Ayers         | Port Talbot Harriers | 57 | M50 | 3.03.41 |
| 373 | 63 | Gareth Jones       | Sarn Helen           | 47 | M40 | 3.04.44 |
| 331 | 64 | Ormaond Williams   | Sarn Helen           | 52 | M50 | 3.26.07 |
| 305 | 65 | Roland Sherwood    | Carmarthen Harriers  | 67 | M50 | 3.49.00 |
| 330 |    | Phoebe Williams    | Sarn Helen           | 27 | F   | dnf     |
| 356 |    | Mario Rabiotti     | Port Talbot Harriers | 50 | M50 | dnf     |

1st TEAMSarnHelenClub

|     |   |               |
|-----|---|---------------|
| 365 | 3 | Dylan Lewis   |
| 340 | 4 | Glyn Price    |
| 348 | 5 | Gethin Jones  |
| 347 | 6 | Daniel Hooper |