

SARN HELEN

Ras y Mast 2013

| <u>No.</u> | <u>Position</u> | <u>Name</u> | <u>Club</u> | <u>Age</u> | <u>Class</u> | <u>Time</u> |
|------------|-----------------|-----------------|-----------------------|------------|--------------|-------------|
| 231 | 1 | Felipe Jones | Aberystwyth AC | 38 | M | 40.06 |
| 227 | 2 | Glyn Price | Sarn Helen | 46 | M40 | 44.18 |
| 271 | 3 | Jack Tremlett | Trots | 33 | M | 44.48 |
| 286 | 4 | Llewelyn Lloyd | Sarn Helen | 22 | M | 45.13 |
| 224 | 5 | Andrew Poole | | 35 | M | 45.43 |
| 225 | 6 | Mike Evans | Trots | 38 | M | 46.17 |
| 223 | 7 | Alex Lewis | Neath Harriers | 34 | M | 47.07 |
| 278 | 8 | Norman Biggs | Aberystwyth AC | 43 | M40 | 47.16 |
| 228 | 9 | Michael Davies | Sarn Helen | 44 | M40 | 47.24 |
| 258 | 10 | Simon Hall | Sarn Helen | 34 | M | 47.31 |
| 233 | 11 | Dave Powell | Aberystwyth AC | 53 | M50 | 48.24 |
| 281 | 12 | Barry Owen | Rhedwyr Emlyn | 39 | M | 49.36 |
| 220 | 13 | Calvin Williams | Sarn Helen | 51 | M50 | 49.39 |
| 237 | 14 | Kevin Regan | Sarn Helen | 32 | M | 50.37 |
| 218 | 15 | Mark Dunscombe | Sarn Helen | 52 | M50 | 51.02 |
| 263 | 16 | Tony Hall | Sarn Helen | 58 | M50 | 51.42 |
| 252 | 17 | Hywel Wyn Jones | Amman Valley Harriers | 51 | M50 | 51.49 |
| 232 | 18 | Louise Barker | Aberystwyth AC | 38 | F35 | 51.58 |
| 244 | 19 | Wyn Jones | | 42 | M40 | 52.11 |
| 206 | 20 | Phill Pexton | | 26 | M | 52.13 |
| 262 | 21 | Andrew Davis | Sarn Helen | 45 | M40 | 52.32 |
| 267 | 22 | Gethin Jones | Sarn Helen | 40 | M40 | 52.35 |
| 276 | 23 | Gordon Orme | Cardigan RC | 71 | M50 | 53.01 |
| 216 | 24 | Mark Terry | Trots | 56 | M50 | 53.11 |

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| 243 | 25 | Paul McDermott | Sarn Helen | 51 | M50 | 53.51 |
| 289 | 26 | James Murphy | | 47 | M40 | 53.57 |
| 259 | 27 | Dee Jolly | Sarn Helen | 26 | F | 54.05 |
| 202 | 28 | Stephen Jones | Emlyn Runners | 50 | M50 | 54.16 |
| 285 | 29 | Lucy Elcomb | | 36 | F35 | 54.26 |
| 274 | 30 | Rhys Williams | Newcastle Emlyn | 24 | M | 54.26 |
| 247 | 31 | Murray Kisbie | Sarn Helen | 64 | M50 | 54.36 |
| 283 | 32 | Gari Thomas | Rhedwyr Emlyn | 47 | M40 | 54.39 |
| 213 | 33 | Eric Rees | Sarn Helen | 42 | M40 | 54.50 |
| 238 | 34 | Nigel Davies | Sarn Helen | 41 | M40 | 54.55 |
| 273 | 35 | Elizabeth Tremlett | Trots | 35 | F35 | 55.00 |
| 288 | 36 | Alice Harrison | | 34 | F | 55.11 |
| 256 | 37 | John Marsow | Sospan Road Runners | 40 | M40 | 55.45 |
| 257 | 38 | Aneurin James | Sarn Helen | 45 | M40 | 55.57 |
| 275 | 39 | Llinos Jones | Amman Valley Harriers | 33 | F | 56.18 |
| 282 | 40 | M Taylor | | 54 | M50 | 56.56 |
| 280 | 41 | Caryl Davies | Sarn Helen | 25 | F | 57.07 |
| 265 | 42 | Catharine Bleasdale | Trots | 45 | F45 | 57.25 |
| 249 | 43 | Cynyr Ifan | | 38 | M | 58.09 |
| 234 | 44 | Huw Price | Sarn Helen | 50 | M50 | 58.16 |
| 204 | 45 | Gillian Phillips | Sospan Road Runners | 55 | F45 | 59.23 |
| 217 | 46 | Laurence Worth | Pembs Harriers | 50 | M50 | 59.34 |
| 221 | 47 | Helen Willoughby | Sarn Helen | 49 | F45 | 59.41 |
| 246 | 48 | David Bluck | | 26 | M | 59.42 |
| 255 | 49 | Nick Vernables | Sospan Road Runners | 33 | M | 59.48 |
| 279 | 50 | Judith Oakley | Port Talbot Harriers | 48 | F45 | 60.21 |
| 208 | 51 | Gareth Jones | Sarn Helen | 47 | M40 | 60.36 |
| 222 | 52 | Eleri Rivers | Sarn Helen | 39 | F35 | 61.11 |

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| 245 | 53 | Katie McDermott | Sarn Helen | 24 | F | 61.12 |
| 201 | 54 | John Jenkins | Celtic Tri | 70 | M50 | 61.28 |
| 266 | 55 | Mark Bleasdale | | 45 | M40 | 61.47 |
| 219 | 56 | Helen Walker | Ingli Runners | 57 | F45 | 62.19 |
| 287 | 57 | Alex Harrison | | 32 | M | 63.15 |
| 284 | 58 | Rachel Cutter | | 25 | F | 64.52 |
| 250 | 59 | Gwenan Hodgson | | 25 | F | 65.14 |
| 230 | 60 | Nesta Thomas | | 22 | F | 66.21 |
| 226 | 61 | Elen Page | Sarn Helen | 48 | F45 | 66.26 |
| 268 | 62 | Sian Roberts Jones | Sarn Helen | 33 | F | 66.55 |
| 277 | 63 | Hollie Wynne | Aberystwyth AC | 27 | F | 68.09 |
| 214 | 64 | Dorian Rees | Sarn Helen | 37 | M | 72.02 |
| 211 | 65 | Allen Watts | Sarn Helen | 85 | M50 | 174.00 |