

SARN HELEN

Teifi 10 Mile Road Race 2014



<u>Pos</u>	<u>No.</u>	<u>Name</u>	<u>Age</u>	<u>Club</u>	<u>Class</u>	<u>Time</u>
1	274	Joshua Griffiths	20	Swansea Harriers	M	52.26
2	270	Michael Kallenberg	23	Cardiff AAC	M	53.22
3	218	Steve Rees	36	Neath	M	53.45
4	294	Nathaniel Lane	37	Cardiff AAC	M	54.39
5	232	Tom Roberts	25	Meirionydd	M	54.57
6	247	Jonathon Pugh	32	Rhayader AC	M	54.58
7	222	Oliver Williams	28	Les Croupiers	M	55.19
8	211	Martin Rees	61	Les Croupiers	M50	55.27
9	231	Mike Pfeiffer	48	Brecon AC	M40	57.41
10	237	Andrew Edwards	23	Deestriders RC	M	57.42
11	248	Peter Coles	51	Pontypridd Roadents	M50	57.50

12	278	Gethin Holland	22	Aberystwyth AC	M	57.56
13	225	Tim Iveson	32	Builth and District	M	58.00
14	319	Robert Dyde	31	Pembrokeshire Harriers	M	58.09
15	280	Carl Ellis	38	Neath	M	58.27
16	272	Paul Griffiths	46	Neath	M40	58.35
17	262	Richard Wilder	40	San Domenico	M40	58.56
18	254	Eamonn Kirk	42	Swansea Harriers	M40	59.07
19	223	Dean Johnston	35	Neath	M	59.21
20	255	Richard Dando	35	Bridgend AC	M	59.25
21	338	Ben Sears	29		M	59.41
22	273	Adam Newton	22	Swansea Harriers	M	59.44
23	229	Dylan Lewis	31	Sarn Helen	M	59.56
24	307	Paul Speyer	40	Brackla Harriers	M40	60.00
25	226	Glyn Price	47	Sarn Helen	M40	60.15
26	281	Jonathan Smith	28		M	60.51
27	259	David Davies	58	Brecon AC	M50	61.12
28	310	Llyr Lewis	28	Aber Uni	M	61.58
29	304	Gareth Davey	38	Neath	M	62.18
30	342	Tim Jones	29	Sarn Helen	M	62.32
31	343	Rob Johnson	37		M	62.50
32	265	Andrew Abbott	42	Sarn Helen	M40	63.14
33	206	Simon Hall	34	Sarn Helen	M	63.17
34	335	Shelley Childs	40	Aberystwyth AC	M40	63.34
35	288	Mark Davies	39	Hayward Heath Harriers	M	63.53
36	326	Richard Anthony	38	Aberystwyth AC	M	64.06

37	308	Simon John	25	Neath	M	64.11
38	246	Glyn Sansom	52	San Domenico	M50	64.27
39	282	Chris Fulcher	46	Neath	M40	64.35
40	325	Edward Land	35	Aberystwyth AC	M	64.53
41	312	Gethin Jones	41	Sarn Helen	M40	64.59
42	203	Kneath Philippart	55	Swansea Harriers	M50	65.09
43	252	Keith Powell	61	Cornelly Striders	M50	65.14
44	306	John Morgan	51	Bridgend AC	M50	65.18
45	327	Carwyn Davies	36		M	65.26
46	263	Sally Wilder	34	San Domenico	F	65.35
47	286	Nick Griffiths	44	Amman Valley Harriers	M40	65.54
48	268	Kevin Regan	32	Sarn Helen	M	65.59
49	291	Dave Powell	53	Aberystwyth AC	M50	66.08
50	230	Mick Mc Geoch	58	Les Croupiers	M50	66.27
51	301	Alex Lewis	34	Neath	M	66.30
52	340	Andrew Davis	46	Sarn Helen	M40	66.59
53	214	Mark Dunscombe	52	Sarn Helen	M50	67.02
54	201	Kevin Jones	48	Les Croupiers	M40	67.22
55	323	Nerys Jones	29		F	67.34
56	250	Steven Holmes	40	Sarn Helen	M40	67.59
57	331	Balazas Pinter	45		M40	68.03
58	244	Mark Terry	56	Trots	M50	68.16
59	293	Louise Barker	39	Aberystwyth AC	F35	68.30.25
60	213	Libby O'Duffy	45	Les Croupiers	F45	68.30.93
61	219	Paul Mc Dermott	51	Sarn Helen	M50	68.33

62	221	Peter Crowther	59	Aberystwyth AC	M50	68.36
63	228	Huw Price	51	Sarn Helen	M50	69.00
64	209	Paul Lewis	48	Swansea Harriers	M40	69.11
65	207	Tony Hall	58	Sarn Helen	M50	69.34
66	256	Georgie Dando	36	Bridgend AC	F35	70.05
67	292	Paul Rose	49	Aberystwyth AC	M40	70.23
68	346	Ioan Davies	35		M	70.41
69	208	Deborah Matthews	48	Swansea Harriers	F45	70.50
70	298	Murray Kisbee	64	Sarn Helen	M50	71.09
71	318	Sam Jones	21	Aberdare	M	71.18
72	329	John Marson	40	Sospan Road Runners	M40	71.58
73	348	Lawrence Worth	51	Pembrokeshire Harriers	M50	72.12
74	283	Brian Dias	29	Les Croupiers	M	72.14
75	242	Dominic Shields	49	San Domenico	M40	72.22
76	341	Michael Taylor	54		M50	72.41.27
77	339	Llinos Jones	33	Amman Valley	F	72.41.91
78	296	Nigel Davies	42	Sarn Helen	M40	72.51
79	276	Antony Phillips	49	Bridgend AC	M40	73.05
80	233	Sian Phillips	52	Swansea Harriers	F45	73.10
81	332	Hannah Parry	25		F	73.14
82	215	Dawn Kenwright	58	Sarn Helen	F45	73.22
83	328	Eric Rees	42	Sarn Helen	M40	73.36
84	321	Charmaine Wood	35	Congleton Harriers	F35	74.01
85	309	David Thomas	51	Sarn Helen	M50	74.44
86	224	Mike Green	56	Vegan Runners UK	M50	74.53

87	235	Lisa Cleary	49	Penarth an Dinas Runners	F45	75.01
88	243	John Evans	68	Aberystwyth AC	M50	75.06
89	245	Anita Worthing	58	Aberystwyth AC	F45	75.08
90	284	Tony Mackay	49		M40	75.22
91	241	Andrea Hurman	47	Penarth an Dinas Runners	F45	75.33
92	204	Aneurin James	46	Sarn Helen	M40	75.40
93	271	Mark Kallenberg	53	Carmarthen	M50	75.55
94	316	Steffan Jones	24		M	76.01
95	290	Gary Jones	39		M	76.06
96	217	Caryl Davies	26	Sarn Helen	F	76.14
97	315	Mitchell Readwin	31	Sarn Helen	M	76.25
98	311	Sian Roberts-Jones	33	Sarn Helen	F	76.54
99	240	Abbie Cheetham	18	Prestatyn Running Club	F	77.04
100	227	Annie Bagnall	19	Prestatyn Running Club	F	77.23
101	314	Marcia Gouveia	33	San Domenico	F	78.02
102	303	Kevin Jenkins	52	TROTS	M50	78.39
103	313	Rob Luxton	54	Cardigan	M50	78.40
104	334	Irfon Thomas	25		M	79.34
105	295	Malcolm Bradley	63	Penarth & Dinsa	M50	79.35
106	330	Nick Venables	34	Sospan Road Runners	M	79.37
107	287	Robert Smith	53	Pembrokeshire Harriers	M50	79.55
108	299	Gerry Crispie	52	Les Croupiers	M50	80.46
109	269	Pawel Bakalarz	36		M	81.42
110	267	Eleri Rivers	39	Sarn Helen	F35	83.14
111	300	Aled Hall	45		M40	83.54

112	344	Rebecca Johnson	37		F35	83.58
113	317	Dennis Collins	49	Rhondda Valley	M40	84.18
114	336	Phillip Russell Lowther	47	Aberystwyth AC	M40	84.48
115	302	David Pye	62	Amazing Feet RC	M50	85.08
116	324	Lina Lesutiene	31	Aberystwyth AC	F	85.54
117	297	Elaine Rowlands	48	Aberystwyth AC	F45	86.50
118	239	Ralph Davey	69	Les Croupiers	M50	86.54
119	253	Jill Colman	49	Pembrokeshire Harriers	F45	87.23
120	236	Lon Morgan	56	Emlyn Runners	F45	87.35
121	347	Catrin Davies	24		F	87.36
122	212	Yvonne Williams	60	Penarth an Dinas Runners	F45	87.51
123	277	Karen Phillips	47	Porthcawl Runners	F45	88.38
124	320	Heather Hughes	34		F	89.09
125	275	Sue Lloyd	49	Pembrokeshire Harriers	F45	89.50
126	289	Andy Rothwel	56		M50	90.48
127	345	Siôn Mason-Evans	38		M	91.57
128	333	Sue Lee	43	Aberystwyth AC	F35	93.30
129	305	Gareth Jones	48	Sarn Helen	M40	96.03
130	322	Corina Holley	48	Pembrokeshire Harriers	F45	96.18
131	337	Steve Jones	51		M50	104.12
132	257	Barbara Thomas	69	Pembrokeshire Harriers	F45	106.21
133	249	Katherine Beaumont	29		F	108.42
134	210	Sheila Symonds	81	Bro Dysynni AC	F45	156.00
135	285	Allen Watts	84	Sarn Helen	M50	159.50
	202	Michelle Rivett	42	Les Croupiers	F35	DNS

205	Dee Jolly	27	Sarn Helen	F	DNS
220	Robert Daines	30	Pembrokeshire Harriers	M	DNS
234	Judi Rhys	54	Les Croupiers	F45	DNS
238	Paul Talbot	47	Neath	M40	DNS
251	Ann Thomas	46	Trots	F45	DNS
258	Meinir Eleri Jones	42	Run 4 All	F35	DNS
260	Brenda Avery	63	Chepstow Harriers	F45	DNS
261	Royston Whitehouse	51	Neath	M50	DNS
264	Stephen Jones	50	Emlyn Runners	M50	DNS
266	Helen Willoughby	49	Sarn Helen	F45	DNF
279	Carwyn Jones	34	Cardiff AAC	M	DNF