

Ras Hwyl Cwrtnwydd 2014 - 4 miles

<u>No.</u>	<u>Position</u>	<u>Name</u>	<u>Club</u>	<u>Age</u>	<u>Class</u>	<u>Time</u>
354	1	Jamie Biggs		41	M40	23.40
330	2	Glyn Price	Sarn Helen	47	M40	23.55
324	3	Simon Hall	Sarn Helen	34	M	25.00
301	4	Sion Lewis	Carmarthen Harriers	16	M	25.43
305	5	Chris Schroder	Sarn Helen	44	M40	25.47
317	6	Carwyn Davies	Sarn Helen	36	M	25.51
347	7	Andrew Davies	Sarn Helen	46	M40	26.10
337	8	Mark Dunscombe	Sarn Helen	52	M50	26.24
349	9	Paul McDermot	Sarn Helen	51	M50	26.43
333	10	Kevin Regan	Sarn Helen	32	M	26.57
345	11	Huw Rowcliffe	Sarn Helen	25	M	27.11
334	12	Wyn Jones	Sarn Helen	42	M40	27.14
344	13	Calvin Williams	Sarn Helen	52	M50	27.25
343	14	Gordon Orme	Cardigan	71	M50	27.34
319	15	Paul Hayes		57	M50	27.35
325	16	Laurence Worth	Pembs Harriers	51	M50	27.42
328	17	Tony Hall	Sarn Helen	59	M50	27.45
351	18	David Thomas	Sarn Helen	51	M50	27.48
307	19	Eric Rees	Sarn Helen	42	M40	28.11
302	20	Nick Vobe		35	M	28.27
322	21	Nigel Davies	Sarn Helen	42	M40	28.38
312	22	Richard Anthony Pugh		40	M40	28.45
311	23	Helen Willoughby	Sarn Helen	49	F45	29.01
359	24	Mark Kallenberg	Carmarthen Harriers	53	M50	29.07
331	25	Murray Kisbee	Sarn Helen	64	M50	29.21
316	26	Iwan Evans		15	M	29.35
310	27	Dawn Kenwright	Sarn Helen	58	F45	30.03
338	28	Aneurin James	Sarn Helen	46	M40	30.11
309	29	Mitchell Readwin	Sarn Helen	31	M	30.18
348	30	Haydn Lloyd	Sarn Helen	41	M	30.21
320	31	Eleri Rivers	Sarn Helen	40	F35	30.49
367	32	Teifion Davies	Sarn Helen	19	M	31.04
350	33	Kate McDermot	Sarn Helen	24	F	31.25
303	34	Dewi Jones		43	M40	32.12
352	35	Arwel Davies		33	M	32.23
356	36	Jane Wilkins	Cardigan	51	F45	32.53
358	37	Caryl Rees		24	F	33.17
339	38	Adriano Evola	Aberystwyth	55	M50	33.22
362	39	Alun Barlow	Guildford	29	M	33.27
304	40	Carwyn Davies	Sarn Helen	18	M	33.37
306	41	Dorian Rees	Sarn Helen	38	M	34.07
336	42	Keith Jones		47	M40	34.55
342	43	Sulwyn Jenkins		40	M40	35.05

321	44	Heather Hughes		35	F35	35.13
357	45	Bethan Rees		48	F45	35.24.51
335	46	Helen Davies		30	F	35.24.89
315	47	Wendy Evans		40	F35	35.40
361	48	Monica Barlow	Rhedwyr Llanymddyfri	61	F45	35.59
332	49	Donna Regan	Sarn Helen	28	F	36.16
323	50	Dee Jolly	Sarn Helen	27	F	36.53
327	51	Fiona Jones		33	F	36.54
355	52	Sarah Chant	Cardigan	37	F35	37.25
340	53	Anwen Davies		35	F35	37.41
365	54	Carwyn Thomas			M	38.05.61
368	55	Llyr Jones		20	M	38.05.91
366	56	Steffan Dafis		25	M	38.06
308	57	Wendy Readwin	Sarn Helen	29	F	39.02
364	58	Erin Robinson	Guildford	27	F	39.34
341	59	Caroline Jones		43	F35	39.41
326	60	Katherine Axten	Sarn Helen	21	F	41.28
363	61	Robin Barlow	Rhedwyr Llanymddyfri	63	M50	42.22
329	62	Jackie Rees		43	F35	43.10
353	63	Eirian Davies		62	M50	44.21
346	64	Katie Smith		26	F	45.12
314	65	Carys Jones		17	F	49.12
318	66	Jeannie Bell	Pembs Harriers	58	F45	49.45
360	67	Helen Howells		29	F	55.40
313	68	Allen Watts	Sarn Helen	85	M50	69.45
		TEAM - SARN HELEN				
		Glyn Price				
		Simon Hall				
		Chris Schroder				
		Carwyn Davies				

