

Sarn Helen Hill Race 2014 - 16.5miles

<u>No.</u>	<u>Position</u>	<u>Name</u>	<u>Club</u>	<u>Age</u>	<u>Class</u>	<u>Time</u>
233	1	Jon Bowie	Mercia Fell Runners	34	M	1.51.29
245	2	Mike Evans	Trots	39	M	1.53.55
263	3	Richard Johnson	Mynydd Du	41	M40	1.54.28
269	4	Matt Stott	Mynyddwyr De Cymru	26	M	1.56.33
258	5	Glyn Price	Sarn Helen	47	M40	1.57.10
237	6	John Collier	Westbury Harriers	26	M	1.59.05
271	7	Loisma Gonzalez	Mynyddwyr De Cymru	39	M	2.00.29
225	8	Tom Cringle	Manx Fell Runners	32	M	2.03.24
277	9	Gareth Davey	Neath Harriers	38	M	2.03.32
276	10	Peter Osborne	Llanelli	53	M50	2.04.03
270	11	Ben Moon	Mynyddwyr De Cymru	34	M	2.05.13
275	12	Alex Lewis	Neath Harriers	34	M	2.06.22
251	13	Simon Hall	Sarn Helen	34	M	2.06.34
224	14	Jackie Lee	Eryri Harriers	38	F35	2.07.32
296	15	Carwyn Phillips	Rhedwyr Preseli	43	M40	2.08.46
240	16	Gethin Jones	Sarn Helen	41	M40	2.10.32
252	17	Dave Powell	Aberystwyth AC	53	M50	2.13.40
253	18	Mark Dunscombe	Sarn Helen	52	M50	2.13.48
256	19	Richard Copp		29	M	2.14.40
246	20	Shan Roberts	Trots	46	F45	2.14.41
280	21	Andrew Davis	Sarn Helen	46	M40	2.15.39
205	22	Meinir Jones	Run 4 All	42	F35	2.16.41
261	23	Paul Mc Dermott	Sarn Helen	51	M50	2.17.07
260	24	Tony Hall	Sarn Helen	59	M50	2.17.43
288	25	David Thomas	Sarn Helen	51	M50	2.19.30
243	26	Colin Cottell	Reading Road Runners	54	M50	2.21.42
283	27	Geraint Evans	Llandovery	44	M40	2.21.51
234	28	Paul Rose	Aberystwyth AC	50	M50	2.23.18
273	29	James Murphy		47	M40	2.23.26
267	30	Mark Terry	Trots	57	M50	2.24.17
249	31	Oliver Webster		25	M	2.26.07

221	32	Steve Herington	Hereford Couriers	65	M50	2.26.21
247	33	Aneurin James	Sarn Helen	46	M40	2.27.05
294	34	Gari Thomas	Rhedwyr Emlyn	47	M40	2.27.42
268	35	Jon Hancock	Trots	44	M40	2.27.52
254	36	Tim Green	Les Croupiers	47	M40	2.28.50
241	37	Murray Kisbee	Sarn Helen	64	M50	2.30.27
207	38	Rachel Evans	Run 4 All	41	F35	2.30.44
226	39	Caryl Davies	Sarn Helen	26	F	2.30.55
287	40	Hywel Jones	Amman Valley Harriers	52	M50	2.31.00
292	41	Calvin Williams	Sarn Helen	52	M50	2.31.12
227	42	Helen Willoughby	Sarn Helen	49	F45	2.31.40
262	43	John Gwynn Evans	Aberystwyth AC	68	M50	2.32.10
255	44	Roy Silver	Les Croupiers	58	M50	2.32.39
281	45	Allan Jones	Brackla Harriers	60	M50	2.34.00
223	46	Dawn Kenwright	Sarn Helen	58	F45	2.34.39
259	47	Eric Rees	Sarn Helen	42	M40	2.35.43
265	48	Gareth Davies		50	M50	2.36.01
248	49	Nigel Davies	Sarn Helen	42	M40	2.36.31
297	50	Carwyn Thomas	Sarn Helen	26	M	2.38.09
286	51	Katie Mc Dermott	Sarn Helen	24	F	2.38.22
239	52	Sian Robert Jones	Sarn Helen	34	F	2.39.27
274	53	Haydn Lloyd	Sarn Helen	42	M40	2.40.42
290	54	Eleri Rivers	Sarn Helen	40	F35	2.40.48
264	55	Mitchell Readwin	Sarn Helen	31	M	2.42.18
232	56	Celia Mills	Mercia Fell Runners	49	F45	2.42.44
238	57	Malcom Leith		60	M50	2.42.48
231	58	Alastair Mc Laughlin		42	M40	2.42.52
298	59	Teifion Davies	Sarn Helen	19	M	2.43.41
293	60	Sue Thomas	Rhedwyr Emlyn	46	F45	2.46.35
250	61	Andy Farrell		33	M	2.49.59
219	62	Ewen Mc Laughlin		44	M40	2.50.07
236	63	Gary Gunner	Croft Ambrey	68	M50	2.50.11
285	64	Dewi Jones		43	M40	2.50.53

272	65	Lon Morgan	Emlyn	56	F45	2.54.25
242	66	Michael Terry	Trots	63	M50	2.55.07
295	67	Terry Jones	Sarn Helen	37	M	2.57.42
289	68	Kate Lewis		27	F	3.01.30
212	69	Dorian Rees	Sarn Helen	38	M	3.10.03
282	70	Dawn Davies		48	M40	3.11.56
284	71	Kate Hovers	Brecon Tri	54	F45	3.15.18
230	72	Phillip Griffiths	Mynyddwyr De Cymru	55	M50	3.17.15
222	73	Peter Harding	Trots	74	M50	3.33.07
218		Robert Daines	Pembs Harriers	30	M	dns
229		Peter Williams	Mynyddwyr De Cymru	55	M50	dnf
257		Gareth Ayers	Port Talbot Harriers	31	M	dnf
279		Rhys Williams	Emlyn	24	M	dnf
291		Mark Kallenberg	Carmarthen Harriers	53	M50	dnf
1st TEAM - Sarn Helen Club						
258	5	Glyn Price				
251	13	Simon Hall				
240	16	Gethin Jones				
253	18	Mark Dunscombe				