

Teifi 10 - 2015

<u>No.</u>	<u>Position</u>	<u>Name</u>	<u>Age</u>	<u>Club</u>	<u>Class</u>	<u>Time</u>
192	1	Carwyn Jones	35	Cardiff AC	M	55.37
41	2	Martin Rees	62	Les Croupiers	M50	55.54
194	3	Dylan Lewis	32	Sarn Helen	M	57.49
47	4	Matthew Hurford	42	Les Croupiers	M40	57.50
155	5	Gary Wyn Davies	28	Aberystwyth AC	M	58.03
175	6	Jack Tremlett	34	Trots	M	58.29
164	7	Tim Iveson	33	Builth & District RC	M	58.48
359	8	Ken Caulkett	34	Aberystwyth AC	M	59.21
179	9	Dafydd Davies	32	Aberystwyth Uni	M	59.42
158	10	Doug Nicholls	35	San Domenico	M	59.51
190	11	David Cole	26	West Coast Triathlon	M	59.53
186	12	Gareth Davey	39	Neath Harriers	M	60.11
357	13	Jamie Biggs	42		M40	60.48
187	14	Carwyn Davies	37	Sarn Helen	M	61.06.22
366	15	Jonathan Smith	29	Ranelagh Harriers	M	61.06.59
182	16	Mark Finlayson	38	Les Croupiers	M	61.46
188	17	Daniel Tomlinson	18	Neath Harriers	M	62.02.13
177	18	Chris Fulcher	47	Neath Harriers	M40	62.02.36
195	19	Rhys Harries	28	West Coast Triathlon	M	62.13
251	20	Robert Davies	43	Islwyn RC	M40	62.19
197	21	Peter Osborne	54	Llanelli AAC	M50	62.26
156	22	Michael Davies	46	Sarn Helen	M40	62.29
71	23	Paul Talbot	48	Neath	M40	63.03
376	24	Llewelyn Lloyd	23	Sarn Helen	M	63.28
266	25	Simon Hall	35	Sarn Helen	M	64.09
261	26	Gethin Jones	42	Sarn Helen	M40	65.11
161	27	Steven Holmes	40	Sarn Helen	M40	65.24
198	28	Richard Anthony	39	Aberystwyth AC	M	65.46
173	29	Glyn Price	47	Sarn Helen	M40	65.50
166	30	Kevin Regan	33	Sarn Helen	M	66.11
377	31	Andrew Abbott	43	Sarn Helen	M40	66.33

193	32	Carys Mai Hughes	24	Les Croupiers	F	66.34
368	33	David Thomas	52	Sarn Helen	M50	66.56
59	34	Mick Mc Geoch	59	Les Croupiers	M50	67.16
378	35	Carwyn Thomas	27	Sarn Helen	M	67.33
362	36	Richard Marks	65	Sarn Helen	M50	67.38
189	37	Sion Price	20	Sarn Helen	M	67.39
153	38	Steve Williams	40	Sosban	M40	68.04
327	39	Andrew Davis	47	Sarn Helen	M40	68.05
353	40	Balazs Pinter	46	Aberystwyth AC	M40	68.09
157	41	Kevin Anthony Jones	49	Les Croupiers	M40	68.45
349	42	Claire Cleathero	40	Trots	F35	68.47
148	43	Richard Holmes	31	Les Croupiers	M	68.49
151	44	Phillip Turner	47	Sosban	M40	68.55
150	45	Janet Holmes	33	Les Croupiers	F	68.56
167	46	Nigel Davies	43	Sarn Helen	M40	69.21
358	47	Lee Morris	33	3M's Road Runners	M	69.31
174	48	Eifion Roberts	52	Bro Dysyni	M50	69.35
178	49	Charmaine Wood	36	Congleton Harriers	F35	69.48
374	50	Laurence Worth	52	Pembs Harriers	M50	70.26
141	51	Simon Hazel	45	Les Croupiers	M40	70.48
334	52	Tony Hall	59	Sarn Helen	M50	71.15
152	53	Caryl Davies	26	Sarn Helen	F	71.43
168	54	Murray Kisbee	65	Sarn Helen	M50	71.55
371	55	Michael Taylor	55		M50	72.06
142	56	Angel Champion	38	Les Croupiers	F35	72.09
202	57	Daniel Burgess	39	Aberystwyth AC	M	72.21
172	58	John Gardener	73	Pembrokeshire Harriers	M50	72.27
176	59	Elizabeth Tremlett	36	Trots	F35	73.14
131	60	Clive Osmond	54	Les Croupiers	M50	73.27
147	61	Dawn Kenwright	59	Sarn Helen	F45	73.29
260	62	Sian Roberts-Jones	34	Sarn Helen	F	74.05.18
351	63	Kevin Hughes	41	Sarn Helen	M40	74.05.70
364	64	Kelvin Jones	51	Aberdare	M50	74.11

180	65	Mark Terry	57	Trots	M50	74.33
169	66	Clifford Evans	56	Aberystwyth Uni	M50	74.47
361	67	Paul Edwards	60	Sarn Helen	M50	75.01
154	68	Steven Jones	42		M40	75.06
63	69	Philippa Christley	21	Brecon AC	F	75.17
184	70	Tanwen Randell-Davies	35	Amman Valley	F35	75.20
38	71	Julie Scholey	55	Les Croupiers	F45	75.54
375	72	Arwel Davies	34		M	75.58
191	73	John Marson	41	VM Bongo	M40	76.01
367	74	Katie McDermott	25	Sarn Helen	F	76.03
356	75	Terry Wyn Jones	38	Sarn Helen	M	76.04
350	76	Howard Thomas	41	Cardigan Running Club	M40	76.40
76	77	Anita Worthing	59	Aberystwyth AC	F45	76.59
264	78	Gari Thomas	48	Rhedwyr Emlyn	M40	77.46
61	79	Howard Christley	57	Builth & District RC	M50	77.59
200	80	Gron Evans	58	Aberystwyth AC	M50	78.13
170	81	Keith Powell	58	Trots	M50	78.33
238	82	Ian Lewis	41	Islwyn RC	M40	78.35
149	83	Lina Lesutiene	32	Aberystwyth AC	F	78.43
53	84	Mike Green	57	Vegan Runners Uk	M50	78.56
285	85	Dee Jolly	28	Sarn Helen	F	79.15
165	86	John Gwynn Evans	69	Aberystwyth AC	M50	79.19
64	87	Miles Newman	52	Deeside Runners	M50	79.51
160	88	Jane Wilkins	52	Cardigan RC	F45	79.56
145	89	Eric Rees	43	Sarn Helen	M40	80.29
355	90	Phillip Lowther	48	Aberystwyth AC	M40	80.40
163	91	Jason Wilkins	45	Cardigan RC	M40	80.46
365	92	Sam Jones	22	Aberdare	M	80.56
363	93	Eleri Rivers	40	Sarn Helen	F35	81.04
159	94	Lisa Mair Griffiths	35	Outdoor fitness	F35	82.22
196	95	Michael Terry	64	Trots	M50	83.19
183	96	Eric Davey	65	Llanelli AC	M50	84.27
143	97	Kate Russell	37	Les Croupiers	F35	85.10

89	98	Jane Kerr	50	Builth & District RC	F45	85.45
144	99	Dorian Rees	39	Sarn Helen	M	86.11
205	100	Fiona Jones	34		F	86.26
354	101	Gwenan Hodgson	26	Sarn Helen	F	86.34
70	102	Ceris Williams	47	Aberystwyth AC	F45	86.47
199	103	Carys Davies	39		F35	87.09
373	104	Sion Mason-Evans	39		M	88.31
352	105	Heather Hughes	35	Sarn Helen	F35	89.01
216	106	Melanie Gaul	42	Aberystwyth AC	F35	89.41
220	107	Mark Gaul	50		M50	91.07
140	108	Pamela Carter	34		F	91.30
185	109	Andrea Brabrook	42		F35	91.34
265	110	Susan Thomas	47	Rhedwyr Emlyn	F45	92.06
369	111	Kyra Kurkham	39		F35	93.22
370	111	Barry Owen	40		M40	93.22
258	113	Karen Chadwell	45	Les Croupiers	F45	93.48
58	114	Claire Johnson	69	Les Croupiers	F45	94.18
49	115	Amanda Thompson	55	Les Croupiers	F45	95.01
162	116	Nicola Kelly	45	Builth & District RC	F45	98.50
171	117	Lesley Evans	56	Pembrokeshire Harriers	F45	99.25
372	118	Nicola Higgs	28		F	100.28
311	119	Gareth Jones	49	Sarn Helen	M40	103.04
181	120	Alison Terry	55	Trots	F45	103.45
348	121	Mike Hodges	62	Trots	M50	107.43
146	122	Gwenda James	54	Aberystwyth AC	F45	113.08
66	123	Catrin Hopkins	33	Aberystwyth AC	F	113.29
360	123	Emma Gray	37		F35	113.29
50	125	Sheila Symonds	82	Meirionydd RC	F45	153.17
234		Rob Dyde	32	Pembs Harriers	M	DNF