

Ras Hwyl Cwrtnewydd 2015 - 4 miles

<u>No.</u>	<u>Position</u>	<u>Name</u>	<u>Club</u>	<u>Age</u>	<u>Class</u>	<u>Time</u>
19	1	Ken Caulkett	Aberystwyth	34	M	23.11
38	2	Jamie Biggs		42	M40	23.47
61	3	Shelley Childs	Aberystwyth	41	M40	24.06
23	4	Glyn Price	Sarn Helen	48	M40	24.35
26	5	Carwyn Davies	Sarn Helen	37	M	24.55
25	6	Sion Price	Sarn Helen	20	M	24.57
16	7	Simon Hall	Sarn Helen	35	M	25.08
28	8	Michael Davies	Sarn Helen	46	M40	25.16
31	9	Gethin Jones	Sarn Helen	42	M40	25.20
8	10	Kevin Regan	Sarn Helen	33	M	25.55
59	11	Richard Marks	Sarn Helen	65	M50	26.03
24	12	David Thomas	Sarn Helen	52	M50	26.34
53	13	George Eadon	Sarn Helen	29	M	26.49
45	14	Nigel Davies	Sarn Helen	43	M40	27.07
74	15	Llyr Roberts		23	M	27.20
39	16	Rhys Williams	Castell Newydd Emlyn	25	M	27.39
51	17	Ioan Davies		36	M	28.01
21	18	Kevin Hughes	Sarn Helen	41	M40	28.23
64	19	Hywel Jones	Amman Valley Harriers	53	M50	28.27
77	20	Carwyn Thomas	Sarn Helen	27	M	28.38
41	21	Caryl Davies	Sarn Helen	27	F	28.40
27	22	Paul Edwards	Vegan Runners	61	M50	28.55
5	23	Gordon Orme	Carmarthen Harriers	72	M50	29.11
52	24	Kevin Pye	Charnwood AC	55	M50	29.16
12	25	Dawn Kenwright	Sarn Helen	59	F45	29.23
30	26	Siân Roberts-Jones	Sarn Helen	35	F35	29.38
36	27	Clive Evans	Cardigan RC	46	M40	29.48
20	28	Terry Wyn Jones	Sarn Helen	38	M	30.04
55	29	Bill Leslie	Amman Valley Harriers	44	M40	30.19
17	30	Dee Jolly	Sarn Helen	28	F	30.41
44	31	Tony Hall	Sarn Helen	60	M50	30.42

62	32	Katie McDermott	Sarn Helen	25	F	30.55
4	33	Eric Rees	Sarn Helen	43	M40	31.31
34	34	Jane Wilkins	Cardigan RC	52	F45	31.38
1	35	Dewi Jones		44	M40	31.53
63	36	Eleri Rivers	Sarn Helen	41	F35	32.19
35	37	Jason Wilkins	Cardigan RC	45	M40	32.30
3	38	Dorian Rees	Sarn Helen	39	M	32.40
56	39	Ray James	PT Harriers	54	M50	33.29
15	40	Delme Rees	Sarn Helen	39	M	33.54
72	41	Caryl Rees		25	F	34.02
11	42	Gareth Jones	Sarn Helen	49	M40	34.37
76	43	Catryn Rees		23	F	34.49
22	44	Heather Hughes	Sarn Helen	36	F35	35.24
68	45	Anne Marie Jones	Amman Valley Harriers	36	F35	36.09.01
14	46	Carwyn Davies	Sarn Helen	19	M	36.09.91
60	47	Caroline Jones		44	F35	36.10
71	48	Monica Barlow	Llandovery	62	F45	36.56
69	49	Janet Davies		48	F45	38.11
6	50	Wendy Readwin	Sarn Helen	30	F	39.03
33	51	Delyth Crimes		47	F45	39.04
70	52	Robin Barlow	Llandovery	64	M50	42.03
65	53	Daneille Lewis	Amman Valley Harriers	16	F	42.19
37	54	Emma Gray	Sarn Helen	38	F35	43.12
18	55	Helen Willoughby	Sarn Helen	50	F45	43.14
50	56	Eirian Davies		63	M50	49.03
13	57	Elfryn Evans		51	M50	50.30
29	58	Roger Bennett	Aberystwyth	55	M50	55.08
9	59	Allen Watts	Sarn Helen	88	M50	72.10
		TEAM - SARN HELEN				
		Glyn Price				
		Carwyn Davies				

		Sion Price				
		Simon Hall				