

## *Cwrtnwydd 2016 4mile*

<u>No.</u>	<u>Position</u>	<u>Name</u>	<u>Club</u>	<u>Age</u>	<u>Class</u>	<u>Time</u>
317	1	Sion Price	Sarn Helen	21	M	22.20
326	2	Rob Johnson	Aberystwyth	39	M	23.11
321	3	Sion Lewis	Carmarthen Harriers	18	M	24.40
318	4	Glyn Price	Sarn Helen	49	M40	25.05
333	5	Simon Hall	Sarn Helen	36	M	25.15
313	6	Carwyn Davies	Sarn Helen	38	M	25.53
325	7	Nigel Davies	Sarn Helen	44	M40	26.57
346	8	Richards Marks	Sarn Helen	66	M50	27.13
315	9	Michael Davies	Sarn Helen	47	M40	27.24
341	10	Tony Hall	Sarn Helen	61	M50	28.04
330	11	Hywel Jones		54	M50	28.30
319	12	Mark Kallenberg	Cardigan RC	55	M50	28.48
305	13	Catrin Lewis		23	F	28.57
331	14	Gordon Orme	Carmarthen Harriers	73	M50	29.19
340	15	Murray Kisbee	Sarn Helen	66	M50	29.23
334	16	Dee Jolly	Sarn Helen	29	F	29.32
329	17	Ioan Davies		37	M	29.46
307	18	Helen Willoughby	Sarn Helen	51	F45	30.09
308	19	Thomas Willoughby	Sarn Helen	16	M	30.13
311	20	Eleri Rivers	Sarn Helen	41	F35	30.17
348	21	Joseff Thomas	Sarn Helen	17	M	30.30
322	22	Paul Edwards	Vegan Runners	62	M50	30.38
316	23	Sian Jones	Sarn Helen	36	F35	30.45
306	24	Dawn Kenwright	Sarn Helen	60	F45	30.55
301	25	Dewi Jones		45	M40	31.13

337	26	Keith Evans		40	M40	31.23
349	27	Andrew Davies		37	M	32.31
335	28	Mitchell Readwin	Sarn Helen	33	M	33.18
309	29	Carwyn Davies		20	M	33.35
338	30	Bryn Williams		31	M	34.28
345	31	Heather Hughes	Sarn Helen	37	F35	35.02
332	32	Dorian Rees	Sarn Helen	40	M40	35.03
304	33	Eric Rees	Sarn Helen	44	M40	35.38
328	34	Jenny Caulkett	Sarn Helen	39	F35	36.12
312	35	Delyth Crimes	Sarn Helen	48	F45	36.58
336	36	Caroline Jones		45	F45	37.52
327	37	Menna Williams	Sarn Helen	25	F	38.17
324	38	Bethan Hudson	Lampeter Couch	46	F45	38.50
339	39	Gareth Jones	Sarn Helen	50	M50	39.44
310	40	Meinir Davies		18	F	41.25
343	41	Dylan Davies			M	42.23
314	42	Emma Davies	Sarn Helen	37	F35	43.50
342	43	Emma Gray	Sarn Helen	39	F35	45.18
347	44	Eirian Davies		64	M50	45.53

TEAM - SARN HELEN

Sion Price

Glyn Price

Simon Hall

Carwyn Davies