

# *SARN HELEN*

## *Felinfach 6mile Race 2016*

<u>No.</u>	<u>Position</u>	<u>Name</u>	<u>Club</u>	<u>Age</u>	<u>Class</u>	<u>Time</u>
453	1	Daniel Bodman	Aberdare	25	m	31.55
420	2	Michael Lai		19	m	34.57
404	3	Jamie Biggs		43	m40	35.22
435	4	Ian Evans	Aberystwyth AC	37	m	35.51
413	5	Glyn Price	Sarn Helen	49	m40	35.58
414	6	Simon Hall	Sarn Helen	37	m	36.00
437	7	Norman Biggs	Aberystwyth AC	45	m40	36.04
442	8	Llyr Ab Einion	Aberystwyth AC	17	m	36.23
425	9	Carwyn Davies	Sarn Helen	39	m	36.33
431	10	Richard Marks	Sarn Helen	66	m50	37.10
419	11	Michael Davies	Sarn Helen	47	m40	38.25
403	12	Nigel Davies	Sarn Helen	44	m40	38.52
427	13	Richard Phillips	Trots	40	m40	39.21
430	14	George Eadon	Sarn Helen	30	m	40.02
416	15	Eilir Evans		40	m40	40.03
418	16	Huw Griffiths		40	m40	40.21
428	17	Tony Hall	Sarn Helen	61	m50	40.24
448	18	John Marson	Llanelli AC	43	m40	40.37
440	19	Mick Taylor	Sarn Helen	56	m50	40.53
412	20	Huw Price	Sarn Helen	53	m50	40.54
429	21	Emma Dalfrey	Cardiff ACC	32	f	41.17
456	22	Rhys Williams	Rhedwyr Emlyn	26	m	41.34
405	23	Helen Willoughby	Sarn Helen	51	f45	41.53
422	24	Charlie Bleasdale		19	m	42.11
433	25	Tasha Sexton	Pembs Harriers	42	f35	42.23
455	26	Eurig Davies	Rhedwyr Emlyn	34	m	42.30
449	27	Dafydd Davies		35	m	42.34
415	28	Dee Jolly	Sarn Helen	29	f	42.42
421	29	John Camani	Trots	30	m	43.03

424	30	Catherine Bleasdale	Trots	47	f45	43.06
401	31	Sian Roberts Jones	Sarn Helen	36	f35	43.14
454	32	Aimee Ferguson	Brecon AC	31	f	43.44
417	33	Angharad Starr		34	f	44.17
447	34	Murray Kisbee	Sarn Helen	67	m50	44.18
402	35	Dawn Kenwright	Sarn Helen	60	f45	44.37
436	36	Phillip Lowther	Aberystwyth AC	50	m50	45.00
434	37	Chris Sexton	Pembs Harriers	52	m50	45.22
432	38	Peter Hinxman	Aberystwyth AC	50	m50	45.57
423	39	Mark Bleasdale	Trots	48	m40	46.20
407	40	Mitchell Readwin	Sarn Helen	33	m	46.34
409	41	Jenny Caulkett	Sarn Helen	39	f35	48.54
450	42	Alice Harrison	Emlyn Runners	37	f35	49.02
408	43	Pamela Carter		35	f35	49.08
441	44	Einion Gruffudd		48	m40	49.57
411	45	Carys Davies	Sarn Helen	40	f35	50.58
451	46	Delyth Crimmes	Sarn Helen	48	f45	51.08
410	47	Keith Daniels		48	m40	52.24
444	48	Bronwyn Cottman	Sarn Helen	24	f	52.44
445	49	Marriola Ponomarwu		29	f	53.23
406	50	Nicola Higgs	Sarn Helen	30	f	55.19
446	51	Gareth Jones	Sarn Helen	50	m50	55.23
439	52	Liz Pugh		51	f45	59.38
426	53	Emma Davies	Sarn Helen		f35	64.56
438	54	Marian Stewart		55	f45	65.35
452	54	Jane Burtenshaw Jones		34	f	65.35
443	56	Jane Holmes	Sarn Helen	45	f45	66.11

1st Team SarnHelen

- 5 Glyn Price
- 6 Simon Hall
- 9 Carwyn Davies
- 10 Richard Marks

