

Ras y Mast 2016 - Seniors

<u>No.</u>	<u>Position</u>	<u>Name</u>	<u>Club</u>	<u>Age</u>	<u>Class</u>	<u>Time</u>
259	1	Andres Jones		39	M	41.35
215	2	Sion Price	Sarn Helen	22	M	41.56
250	3	Felipe Jones	Sarn Helen	41	M40	42.41
251	4	Ryan Jenkins	Carmarthen Harriers	18	M	43.46
242	5	Billy Starling	Mercia Fell Runners	17	M	44.24
260	6	Gareth Hodgson	Sarn Helen	29	M	45.20
272	7	Llewelyn Lloyd	Sarn Helen	25	M	45.35
211	8	Dan Hooper	Sarn Helen	40	M40	45.37
209	9	Simon Hall	Sarn Helen	37	M	46.24
228	10	Glyn Price	Sarn Helen	49	M40	47.26
244	11	Joe Starling	Mercia Fell Runners	16	M	47.39
226	12	Carwyn Davies	Sarn Helen	39	M	48.43
248	13	Dave Powell	Aberystwyth AC	56	M50	49.29
254	14	Trys Johns	Aberteifi	36	M	50.21
238	15	Calvin Williams	Sarn Helen	54	M50	50.57
201	16	Michael Davies	Sarn Helen	47	M40	51.10
245	17	Marc Beasley		29	M	51.27
235	18	Thomas Willoughby	Sarn Helen	17	M	51.48
207	19	Tomos Morgans	Sarn Helen	16	M	52.35
266	20	Richard Marks	Sarn Helen	66	M50	52.58
247	21	Louise Barker	Aberystwyth AC	41	F35	53.08
205	22	Tony Hall	Sarn Helen	61	M50	53.28
256	23	Huw Davies	Carmarthen Harriers	48	M40	53.33
231	24	Megan Artemova Thomas	BRAT	27	F	53.44
213	25	Dee Jolly	Sarn Helen	29	F	54.03
262	26	Geroge Eadon	Sarn Helen	31	M	54.14
217	27	Mark Terry	Trots	59	M50	55.17
233	28	Murray Kisbee	Sarn Helen	67	M50	55.54
258	28	Hywel Wyn Jones		54	M50	55.54
267	30	Mick Taylor	Sarn Helen	57	M50	56.21

222	31	Dorian Rees	Sarn Helen	40	M40	57.01
216	32	John Camani	Trots	30	M	57.05
270	33	Gavin Harry	Trots	33	M	57.28
229	34	Huw Price	Sarn Helen	53	M50	57.55
214	35	Eleri Rivers	Sarn Helen	43	F35	58.51
204	36	Mitchell Readwin	Sarn Helen	33	M	59.40
234	37	Mat Terry		42	M40	61.06
257	38	Mark Bleasdale	Trots	48	M40	61.45
241	39	Andrew Starling	Mercia Fell Runners	51	M50	62.31
203	40	Dawn Kenwright	Sarn Helen	61	F45	63.13
264	41	Marc Evans		27	M	63.50
232	42	Nesta Thomas		25	F	65.10
263	43	Eric Rees	Sarn Helen	45	M40	65.27
271	44	Joseff Thomas	Sarn Helen	17	M	65.36
202	45	Lon Morgan	Emlyn Runners	59	F45	68.55
236	46	Helen Willoughby	Sarn Helen	52	F45	71.06
252	47	Pamela Carter		35	F35	72.46
237	48	Heather Hughes	Sarn Helen	37	F35	74.34
253	49	Jenny Caulkett	Sarn Helen	40	F35	75.12
219	50	Andrea Brabrock	let's Run	44	F35	78.14
218	51	Alison Terry	Trots	56	F45	78.31
246	52	Tracy Lewis	Couch	37	F35	83.30
224	53	Emma Davies	Sarn Helen	37	F35	98.48
223	54	Jane Burtenshaw Jones		35	F35	98.51
227		Emma Gray	Sarn Helen	39	F35	DNF

1st TEAM - Sarn Helen

Sion Price

Felipe Jones

Dee Jolly