

Ras Cors Caron 1/2 2017

Pos	Time	Family	First	Num	Gen	Age	Cat	Club	M/S
1	1:15:09	Rees	Steve	32	M	39	OM	Neath Harriers	0:05
2	1:16:40	Johnson	Rob	122	M	39	OM	Aberystwyth AC	0:05
3	1:16:50	Davies	Gary Wyn	200	M	30	OM	Aberystwyth AC	0:05
4	1:18:02	Price	Sion	82	M	22	OM	Sarn Helen	0:05
5	1:18:36	Grady	Tom	30	M	37	OM	Hereford Couriers	0:06
6	1:19:14	Collier	John	76	M	29	OM	West Coast Tri	0:06
7	1:19:22	Hodgson	Gareth	135	M	29	OM	Sarn Helen	0:06
8	1:20:20	Schiavone	Owian	85	M	36	OM	Aberystwyth AC	0:06
9	1:20:46	Payne	Gareth	140	M	43	M40	Sarn Helen	0:06
10	1:22:08	Horsman	Mark	64	M	38	OM	Cardigan Running Club	0:06
11	1:22:52	Childs	Shelley	128	M	43	M40	Aberystwyth AC	0:06
12	1:24:32	Lewis	Dylan	148	M	34	OM	Sarn Helen	0:06
13	1:24:43	Hall	Simon	46	M	37	OM	Sarn Helen	0:06
14	1:25:01	Thomas	James	52	M	43	M40		0:06
15	1:25:30	Yelland	Matt	29	M	37	OM	Amman Valley Harriers	0:06
16	1:25:45	Astins	David	129	M	47	M40	Pembrokeshire Tri	0:06
17	1:25:53	Rees	Stafford	117	M	47	M40	Rhayader RC	0:06
18	1:26:19	Davies	Carwyn	35	M	39	OM	Sarn Helen	0:06
19	1:26:33	Pinter	Balazs	53	M	47	M40	Aberystwyth AC	0:06
20	1:26:55	Shannon	Lee	99	M	35	OM	Pembrokeshire Harriers	0:06
21	1:27:17	Janney	Hugh	28	M	45	M40	Amman Valley Harriers	0:06
22	1:28:06	Evans	Ian	127	M	37	OM	Aberystwyth AC	0:06
23	1:28:34	Evans	Heddwyn	138	M	38	OM	Cardigan Running Club	0:06
24	1:28:39	Lewis	Wayne	26	M	41	M40	Amman Valley Harriers	0:06
25	1:29:01	Powell	Dave	87	M	56	M50	Aberystwyth AC	0:06
26	1:29:14	Davies	Nigel	43	M	45	M40	Sarn Helen	0:06
27	1:29:24	Holmes	Steven	139	M	42	M40	Sarn Helen	0:06
28	1:29:33	Jones	Glyn	48	M	57	M50		0:06
29	1:30:31	Jones	Ellie	130	F	36	F35	Pembrokeshire Tri	0:06
30	1:30:57	Griffiths	Huw	83	M	41	M40		0:06
31	1:31:11	Jones	Llinos	77	F	36	F35	Amman Valley Harriers	0:06
32	1:32:01	Harvey	Adrian	125	M	33	OM		0:07
33	1:32:13	Worley	Sarah	33	F	24	OF	Swansea Harriers	0:07
34	1:32:25	Davies	Michael	24	M	48	M40	Sarn Helen	0:07
35	1:32:27	Garcia Pelayo	Javick	40	M	35	OM		0:07
36	1:32:39	Jones	Nerys	144	F	32	OF	TROTts	0:07
37	1:33:11	Tremlett	Elizabeth	78	F	38	F35		0:07
38	1:33:27	Roberts	Eiryn	145	F	29	OF		0:07
39	1:33:28	Price	Wendy	12	F	39	F35		0:07

40	1:34:16	Bowen	Andrew	63	M	41	M40		0:07
41	1:34:52	Williams	Alec	89	M	50	M50	Pembrokeshire Harriers	0:07
42	1:34:55	Thompson	Richard	132	M	53	M50	Pembrokeshire Tri	0:07
43	1:35:03	Sherman	Mike	73	M	37	OM		0:07
44	1:35:06	Lewis	Huw	81	M	37	OM		0:07
45	1:35:12	Gardiner	Rhys	69	M	31	OM		0:07
46	1:35:31	Wyn	Osian	116	M	24	OM		0:07
47	1:35:41	Marks	Richard	146	M	67	M60	Sarn Helen	0:07
48	1:35:48	Davies	Eurig	102	M	35	OM	Emlyn Runners	0:07
49	1:36:04	Camani	John	103	M	30	OM	TROTts	0:07
50	1:36:59	Rivers	Mark	110	M	40	M40	Sarn Helen	0:07
51	1:37:21	Barker	Louise	90	F	41	F35	Aberystwyth AC	0:07
52	1:37:24	Homer	Darren	39	M	43	M40		0:07
53	1:37:28	Kisbee	Murray	58	M	67	M60	Sarn Helen	0:07
54	1:37:59	North	Nicholas	133	M	54	M50	Cardigan Running Club	0:07
55	1:38:00	James	Clara	8	F	35	F35	Amman Valley Harriers	0:07
56	1:38:01	Davies	Caryl Wyn	62	F	28	OF	Sarn Helen	0:07
57	1:38:07	Jolly	Dee	45	F	30	OF	Sarn Helen	0:07
58	1:38:34	Roberts	Eifion	95	M	54	M50		0:07
59	1:40:02	Snelson	Dewi Llyr	67	M	37	OM	TROTts	0:07
60	1:40:20	Evans	Clive	106	M	48	M40	Cardigan Running Club	0:07
61	1:40:36	Lawson	Shan	108	F	43	F35	Aberystwyth AC	0:07
62	1:40:39	Thomas	David Huw	88	M	53	M50	Sarn Helen	0:07
63	1:40:48	Jones	Arwel	111	M	34	OM		0:07
64	1:41:20	Taylor	Michael	18	M	57	M50	Sarn Helen	0:07
65	1:41:59	Bowen Rees	Mary	100	F	54	F45	TROTts	0:07
66	1:42:46	Skupies	Lukasz	131	M	38	OM		0:07
67	1:42:49	Lesie	Bill	25	M	45	M40	Amman Valley Harriers	0:07
68	1:43:20	Worthing	Anita	14	F	61	F55	Aberystwyth AC	0:07
69	1:43:45	Lewis	Julian	21	M	42	M40		0:07
70	1:45:14	Bryan	Kevin	86	M	47	M40		0:08
71	1:45:41	James	Gwyn	7	M	45	M40		0:08
72	1:45:45	Starr	Angharad	109	F	35	F35	Caerphilly Runners	0:08
73	1:46:03	Sidnell	Damian	84	M	56	M50	Aberystwyth AC	0:08
74	1:46:05	Wilkins	Jason	57	M	47	M40	Cardigan Running Club	0:08
75	1:46:13	Goodwin	David	13	M	49	M40	Sandwell Valley RC	0:08
76	1:46:17	Jones	Lynette	72	F	30	OF	Aberystwyth AC	0:08
77	1:46:34	Pope	Cameron	41	M	61	M60	Aberystwyth AC	0:08
78	1:47:00	Jones	Gwilyn	134	M	61	M60	Aberystwyth AC	0:08
79	1:47:09	Taylor	Neil	3	M	59	M50	CroFt AMbrey Runners	0:08
80	1:47:29	Lowther	Phillip	6	M	50	M50	Aberystwyth AC	0:08
81	1:47:54	Rivers	Elen	115	F	42	F35	Sarn Helen	0:08
82	1:48:15	Rees	John	42	M	52	M50	Rhedwyr Preseli	0:08
83	1:48:36	Clemmens	Sam	68	M	38	OM		0:08

84	1:48:58	Avery	June	34	F	58	F55	Amman Valley Harriers	0:08
85	1:49:08	Bonner	Huw	104	M	28	OM		0:08
86	1:49:10	Mc Laughlin	Ewen	38	M	47	M40		0:08
87	1:49:22	Leighton	Tasmin	118	F	24	OF	Aberystwyth AC	0:08
88	1:49:31	Williams	John	54	M	52	M50		0:08
89	1:49:53	Readwin	Mitchell	44	M	34	OM	Sarn Helen	0:08
90	1:50:34	Hart	Elizabeth	147	F	34	OF		0:08
91	1:50:41	Powell	Keith	94	M	60	M60	TROTts	0:08
92	1:51:22	Rose	Paul	80	M	52	M50	Aberystwyth AC	0:08
93	1:51:43	Hicks	Steven	10	M	42	M40		0:08
94	1:53:09	Proven	Gary	119	M	54	M50		0:08
95	1:53:10	Johnson	Becki	123	F	40	F35		0:08
96	1:53:25	Lee	Mark	19	M	59	M50	TROTts	0:08
97	1:54:34	Grimes	Delyth	124	F	49	F45	Sarn Helen	0:08
98	1:54:44	Rees	Bethan	98	F	35	F35		0:08
99	1:55:18	Grasham	Sara	75	F	46	F45	Aberystwyth AC	0:08
100	1:56:10	Worth	Laurence	91	M	53	M50	Pembrokeshire Harriers	0:08
101	1:56:51	Davies	Gareth	79	M	46	M40		0:08
102	1:57:04	Morgan	Matthew	107	M	35	OM	West Coast Tri	0:08
103	1:57:53	James	Nichola	15	F	44	F35	Cardigan Running Club	0:09
104	1:59:00	Spencer	Sian	4	F	30	OF		0:09
105	1:59:42	Davies	Daniel	49	M	31	OM	New Quay RC	0:09
106	1:59:59	Gleninie	Mandy	74	F	49	F45	Aberystwyth AC	0:09
107	2:00:38	Roberts	Tomos	51	M	21	M21		0:09
108	2:01:12	Venables	Nick	23	M	36	OM	llaneli AC	0:09
109	2:01:21	Bowen	Meryl	27	F	42	F35		0:09
110	2:01:34	Edgell	David	136	M	39	OM	Sarn Helen	0:09
111	2:02:41	Troelsen	Gunvor	36	M	52	M50	Builth & District RC	0:09
112	2:02:51	Kensler	Elizabeth	5	F	46	F45	Aberystwyth AC	0:09
113	2:03:04	Cothman	Andrew	150	M	23	OM		0:09
114	2:03:13	Williams	Hannah	143	F	27	OF		0:09
115	2:04:12	Daly	Liam	37	M	56	M50	Builth & District RC	0:09
116	2:04:16	Jones	Rhian	114	F	34	OF		0:09
117	2:04:52	Cowan	Sandy	126	M	50	M50	Aberystwyth AC	0:09
118	2:06:23	Morgan	Elinor	121	F	29	OF		0:09
119	2:06:37	Jones	Eifion	50	M	39	OM		0:09
120	2:06:37	Jones	Rhian	66	F	37	F35		0:09
121	2:07:19	Rees	Dorrian	149	M	40	M40	Sarn Helen	0:09
122	2:08:34	Evans	Daniel	142	M	54	M50	reading Joggers	0:09
123	2:09:48	Williams	Simon	20	M	36	OM		0:09
124	2:10:21	Patterson	William	17	M	29	OM		0:09
125	2:10:44	Gee	Patrick	56	M	53	M50		0:09
126	2:11:10	Maguire	Louise	2	F	42	F35	Emlyn Flyers	0:10
127	2:11:33	Rosiak	Joanna	55	M	40	M40		0:10

128	2:12:05	Harmon	Helmut	60	M	51	M50	Aberystwyth AC	0:10
129	2:12:13	Sibona	Bruno	105	M	59	M50		0:10
130	2:12:17	Davies	Kristian	31	M	38	OM		0:10
131	2:12:33	Coltman	Bronwyn	97	F	24	OF	Sarn Helen	0:10
132	2:16:14	Horsman	John	65	M	66	M60		0:10
133	2:16:35	Davies	Steven	112	M	29	OM		0:10
134	2:19:53	Penn	Graham	71	M	62	M60		0:10
135	2:21:19	Owen	Sian	120	F	45	F45		0:10
136	2:22:00	Warrick	Stephanie	93	F	65	F55	Rhayader RC	0:10
137	2:22:04	Davies	William	113	M	23	OM		0:10
138	2:24:08	Birtwistle	Meic	47	M	58	M50		0:11
139	2:25:26	Holmes	Jane	137	F	46	F45	Sarn Helen	0:11
140	2:26:35	Davies	Yvonne	101	F	34	OF	TROTts	0:11
141	2:27:37	Cupok	Anke	59	M	52	M50	Aberystwyth AC	0:11
142	2:33:26	Watkins	Ellie May	70	F	32	OF		0:11
143	2:34:16	Coleshill	Elizabeth	92	M	63	M60		0:11
144	2:42:11	Gray	Emma	96	F	39	F35	Sarn Helen	0:12