

Ras Hwyl Cwrtnewydd 2017 - 4 miles

<u>No.</u>	<u>Position</u>	<u>Name</u>	<u>Club</u>	<u>Age</u>	<u>Class</u>	<u>Time</u>
332	1	Sion Price	Sarn Helen	22	M	22.08
336	2	Mark Horsman	Cardigan Running C	38	M	23.55
345	3	Aled Sion Jones	Sarn Helen	16	M	25.11
350	4	David Warren	Cardigan Running C	56	M50	25.23
371	5	Richard Marks	Sarn Helen	67	M50	25.56
347	6	Tomos Morgans	Sarn Helen	16	M	26.05
331	7	Nigel Davies	Sarn Helen	45	M40	26.27
396	8	Carwyn Thomas	Sarn Helen		M	26.36
342	9	Ken Caulkett	Sarn Helen	36	M	26.41
313	10	Mark Rivers	Sarn Helen	40	M40	26.55
318	11	Thomas Willoughby	Sarn Helen	17	M	27.18
333	12	Mike Davies	Sarn Helen	48	M40	27.24
386	13	Kevin Hughes	Sarn Helen	43	M40	27.46
389	14	Matthew Swain		27	M	28.11
317	15	Dee Jolly	Sarn Helen	30	F	28.26
372	16	Huw Price	Sarn Helen	54	M50	28.55
373	17	Glyn Price	Sarn Helen	50	M50	28.57
326	18	Lee James		29	M	29.13
395	19	Ben Gaskell	Rhayader Runners	32	M	29.35
322	20	Ioan Davies		38	M	29.55
312	21	Eleri Rivers	Sarn Helen	42	F35	30.21
306	22	Mitchell Readwin	Sarn Helen	34	M	30.33
394	23	Catrin Gaskell	Rhayader Runners	27	F	31.01
355	24	Keith Evans		42	M40	31.02
314	25	Dawn Kenwright	Sarn Helen	61	F45	31.08
327	26	Elin Wozencraft		28	F	31.26
339	27	Kyra Kirkham		41	F35	31.51
304	28	Dewi Jones		46	M40	32.26
310	29	Carwyn Davies	Sarn Helen	21	M	32.33
325	30	Carys Davies		26	F	32.44
315	31	Sian Roberts-Jones	Sarn Helen	37	F35	32.48

301	32	Eric Rees	Sarn Helen	45	M40	32.54
391	33	Arwel Davies		36	M	33.05
340	34	Delyth Crimes	Sarn Helen	49	F45	33.19
334	35	Donna Davies	Sarn Helen	39	F35	33.49
388	36	Marc Evans		28	M	33.5
308	37	Dorian Rees	Sarn Helen	41	M40	34.07
338	38	Leah Treharne		29	F	34.14
324	39	Anwen Davies	Sarn Helen	38	F35	36.54
387	40	David Priddey		17	M	36.56
337	41	Kim Williams		38	F35	37.30
376	42	Mariusz Kainniarczyk			M	37.37
321	43	Wendy Evans		43	F35	37.51
380	44	Liz Pugh		52	F45	37.53
351	45	Caroline Jones		46	F45	38.49
346	46	Kay Bowen		39	F35	39.23
365	47	Nicola Davies	Sarn Helen	30	F	40.51
307	48	Wendy Readwin		32	F	41.15
316	49	Jane Burtenshaw-Jone	Sarn Helen	35	F35	41.17
330	50	Janet Davies		50	F45	41.45
379	51	Jane Holmes	Sarn Helen	46	F45	43.21
369	52	Dylan Davies		35	M	43.31
309	53	Meinir Davies		19	F	43.47
311	54	Emma Davies	Sarn Helen	38	F35	45.17
390	55	Eirian Davies			M40	45.17
343	56	Isabella Caulkett	Sarn Helen	14	F	45.35
341	57	Jenny Caulkett	Sarn Helen	40	F35	45.36
368	58	Emma Gray	Sarn Helen	40	F35	46.38
378	59	John Heath		20	M	50.42
370	60	Elen Davies		32	F	51.56
359	61	Sioned Davies		22	F	51.56
353	62	Sophie Jones		21	F	51.56
392	63	Briallt Williams		17	F	53.28
357	64	Elin Davies	Bro Pedr	15	F	53.28

297	65	Llyr Rees	Sarn Helen	10	M	54.08
398	66	Wendy Davies	Sarn Helen	46	F45	55.31
399	67	Eleri Jenkins		44	F35	55.31
400	68	Carol Rees		38	F35	55.31
356	69	Lauren Jones		21	F	57.56
360	70	Gwawr Hatcher		21	F	57.56
361	71	Eiddwen Hatcher		52	F45	62.12
367	72	Eleri Davies		58	F45	63.35
362	73	Nia Morgans		13	F	64.56
402	74	Hafwen Davies			F	64.56
358	75	Morfydd Davies		46	F45	65.54
384	76	Sirian Davies		40	F35	66.30
363	77	Sharon Morgans		46	F45	68.31
403	78	Carys Davies		46	F45	68.31
348	79	Julie Davies		45	F45	69.34
349	80	Carys Rees		36	F35	69.34
404	81	Marian Morgan		43	F35	73.14
385	82	Eryl Jones		45	M40	75.07
393	83	Byron Williams		52	M50	75.07

TEAM		SARN HELEN
1	Sion Price	
3	Aled Sion Jones	
5	Richard Marks	
6	Tomos Morgans	