

Sarn Helen Hill Race 2017 - 16.5miles

<u>No.</u>	<u>Name</u>	<u>Club</u>	<u>Age</u>	<u>Class</u>	<u>Time</u>
45	Rob Johnson	Aberystwyth	40	(M40)	1.53,31
33	Andrew Oliphant	Aberystwyth AC	31	O/M	2.01,26
14	Dan Hooper	Sarn Helen	44	(M40)	2.01,33
18	Glyn Price	Sarn Helen	50	(M50)	2.04,25
19	Wayne Lewis	Amman Valley	42	(M40)	2.11,10
30	Catherine Cole	Halden Trail Runners	30	O/F	2.11,31
50	Carwyn Thomas	Sarn Helen	50	O/M	2.11,31
24	Dave Powell	Aberystwyth	56	(M50)	2.13,20
22	Michael Davies	Sarn Helen	48	(M40)	2.14,04
2	Lee Shannon	Pembrokeshire Harries	35	O/M	2.14,43
1	Dee Jolly	Sarn Helen	30	O/F	2.14,44
37	Andrew Clement	TROTS	51	(M50)	2.16,34
36	Claire Cleathero	TROTS	43	(F35)	2.17,09
26	Louise Barker	Aberystwyth	42	(F35)	2.19,02
6	Dafydd James	not affiliated	29	O/M	2.21,43
29	Gari Thomas	Rhedwyr Emlyn	50	(M50)	2.22,20
12	Jason Wilkins	Cardigan Running Club	47	(M40)	2.25,24
41	Richard Marks	Sarn Helen	67	(M60)	2.26,10
13	Mark Terry	TROTS	60	(M60)	2.29,07
7	Eleri Rivers	Sarn Helen	43	(F35)	2.29,48
20	Richard Davies	Amman Valley	39	O/M	2.29,49
15	Nick Venables	Llanelli AC	37	O/M	2.36,10
16	Alex Jungmyr	In the Welsh Wind	35	O/M	2.36,49
40	Kyra Kirkham		41	(F35)	2.37,34
42	Barry Owen	Emlyn Flyers	42	(M40)	2.37,34
43	Marcus Foster	Emlyn Flyers	45	(M40)	2.38,11
17	Huw Price	Sarn Helen	54	(M50)	2.38,27
48	Owen Thomas		49	(M40)	2.39,29
3	Jonathan Morris		37	O/M	2.39,39
38	Simon Scurrall	TROTS	36	O/M	2.39,53
5	Dawn Kenwright	Sarn Helen	61	(F55)	2.41,09
25	Peter Garson	Aberystwyth	51	(M50)	2.44,54
21	Anthony Warden	Amman Valley	45	(M40)	2.46,06
9	Wendy Tromans	Emlyn Runners	49	(F45)	2.49,05
44	Cara Ashworth	Aberystwyth AC	36	(F35)	2.50,29

11	Ali Rees	Emlyn Runners	45	(F35)	2.50,35
27	Andrew Edgell	Sarn Helen	40	(M40)	2.50,58
28	Jana Weidermann		23	O/F	2.53,50
49	Delyth Crimes	Sarn Helen	49	(F45)	2.55,09
4	Robert Smith	Pembrokeshire Harries	56	(M50)	2.55,18
39	Sian Spencer	Emlyn Runners	30	O/F	2.56,19
35	Eric Rees	Sarn Helen	45	(M40)	3.04,11
10	Heulwen James	Emlyn Runners	50	(F45)	3.07,51
23	Mike Catling	WFRA	57	(M50)	3.08,22
31	Heather Hughes	Sarn Helen	38	(F35)	3.08.18
47	Nicola Davies	Sarn Helen	30	O/F	3.37,08
34	Jenny Caulkett	Sarn Helen	40	(F35)	3.37,08
8	Emma Gray	Sarn Helen	40	(F35)	3.41,36
32	Ken Caulkett	Sarn Helen	36	O/M	DNF
46	Paul Reismann	Swansea Harries	43	(M40)	DNF