

	RAS TEIFI 10 ~ 2006			
POSITION	NAME	CLUB	CLASS	TIME
1	Steve Rees	Port Talbot	M	55.30
2	Geoff Ayers	Cumberland Fell Runners	M40	56.28
3	Stephen Paterson	Pegasus R.C.	M	57.15
4	Carwyn Thomas	Sarn Helen	M	57.17
5	Michael Davies	U.W.A. Harriers	M	57.24
6	Les Hewitson	Ingli Runners	M40	58.28
7	Robert Dyde	Pembs Harriers	M	59.10
8	Arwel Lewis	Eryri Harriers	M40	59.38
9	Andrew Abbott	Sarn Helen	M	62.31
10	Clifford Evans	Aberystwyth Uni	M40	62.43
11	Richard Marks	Sarn Helen	M50	62.51
12	Dave Powell		M40	62.56
13	Irfon Thomas	Sarn Helen	M	63.04
14	Ann Thomas	Trots	F35	63.07
15	Glyn Price	Sarn Helen	M	63.37
16	Tim Hindle	Brecon A.C.	M	64.25
17	Mark Duscombe	Sarn Helen	M40	64.26
18	Huw Price	Sarn Helen	M40	64.29
19	Stephen King	U.W.A. Harriers	M	64.54
20	Haydn Lloyd	Sarn Helen	M	65.01
21	Jos Jones	Bro Dysynni	M	65.02
22	John Sinnett	Pembs Harriers	M40	65.10
23	Dave Griffiths	Trots	M40	65.11
24	Phil Goodchild	Strfford Upon Avon	M40	65.25
25	Gordon Orne	Cardigan Running	M50	65.42
26	Jamie Thomas	Sarn Helen	MV	66.10
27	Tony Hall	Sarn Helen	M50	66.22
28	Alan Perkins	Port Talbot	M50	66.34
29	Peter Davies	Sarn Helen	M50	67.13
30	Peter Deacon	Swansea Harriers	M40	67.46
31	Jamie Biggs		M	67.56
32	Calvin Williams	Sarn Helen	MV	67.58

33	Jessica Leitch	O.U.C.C.C.	F	68.07
34	Keith Paterson	Pegasus	M50	68.11
35	Gwilyn Owen Jones	Aberystwyth	M50	68.49
36	Charles Thomas King	Port Talbot Harriers	M	69.10
37	Lynn Green	Ingli Runners	F45	69.20
38	Shan Roberts	Ingli Runners	F35	69.22
39	John Evans	Aberystwyth A.C.	M50	69.33
40	Hywel Jones	Amman Valley	M40	69.34
41	Dallas Wiseman	Sarn Helen	M	69.49
42	Adriano Evola	Aberystwyth	M40	70.41
43	Dawn Kenwright	Sarn Helen	F45	70.52
44	Ray James	Port Talbot	M40	70.53
45	Eric Rees	Sarn Helen	M	72.36
46	Sandy Urro	Wye Valley Runners	F45	72.46
47	Martin Dyde	Pembs Harriers	M40	72.47
48	Dr Antal Sandor	Canada Dry Team	M	73.36
49	Aled Williams	Sarn Helen	M40	73.40
50	Samantha Ayers	Cumberland Fell Runners	F35	73.43
51	Jane Buck	Cardigan	F35	73.45
52	Monica Barlow	Sarn Helen	F45	73.46
53	Neil Lewis	Hereford Couriers	M	73.52
54	Jenny Gray	Port Talbot	F	74.31
55	Martin Foster	Bounville Harriers	M50	74.48
56	Alun Barlow		M	75.43
57	Dennis Collins	Rhondda Valley	M40	76.50
58	Allan Smith	3m's Gorseinon	M50	77.05
59	Steve Orrells	Maldwyn Harriers	M50	77.11
60	Peter Farenden		M40	77.33
61	Richard Biggin		M	78.01
	Charmeline Biggin		F35	78.01
63	Kevin Christie		M40	78.16
64	Jemma Nurse	Les Croupiers R.C.	F	79.54
65	Rhiannon Jones	Cumberland Fell Runners	F	80.08
66	Mike Hodges	Trots	M50	80.12

67	Alan Johnstone	Ingli Runners	M50	80.17
68	Hilary Mc Carthy	Cardigan R.C.	F35	80.48
69	Tony George	Cardigan R.C.	M40	81.27
70	Malcolm Leitch		M50	81.34
71	Paul Gillard		M40	82.40
72	Richard Donne	3m's Gorseinon	M40	83.12
73	Jan Jones	Sarn Helen	F35	83.25
74	Jason Wilkins		M	84.02
75	Tanis Hand	Trots	F45	84.54
76	David Oldaker		M50	86.23
77	Daniel Phillips	Pembs Harriers	M50	86.51
78	Lindsay Buck	Cumberland Fell Runners	F45	89.32
79	Alun Powell		M50	90.13
80	Ruth Hall	Sarn Helen	F	91.08
81	Jan Younger	Pembs Harriers	F45	93.40
82	Ruth Higginson	Rhyader	F35	96.44
83	Sam Cooper	RSAC	F35	96.54
84	Caron Mc Kee Hands		F35	96.57
85	Gudrun Jones	Sarn Helen	F45	105.54
86	James Kelley	Farmlingham Flyers	M50	106.03
87	Allen Watts	Sarn Helen	M50	120.17