

## Teifi 10 - 2007

<u>No.</u>	<u>Position</u>	<u>Name</u>	<u>Age</u>	<u>Club</u>	<u>Class</u>	<u>Time</u>	<u>Welsh</u>	<u>£</u>
345	1	Carwyn Jones	27	Cardiff AAC	M	54.49	*	6
301	2	Steve Rees	29	Port Talbot Harries	M	54.56	*	6
303	3	Stephen Paterson	29	San Domenico	M	55.18	*	6
318	4	Lee Aherne	40	Club 69	M40	56.51	*	6
389	5	Paul Griffiths	39	Neath Harriers	M	57.01	*	6
366	6	Mike Evans	31	Cardiff AAC	M	57.22	*	6
341	7	Glyn Price	39	Sarn Helen	M	58.40	*	6
313	8	Steve Smith	44	Swansea Harriers	M40	58.42	*	6
432	9	Michael Davies	38	UWA Harriers	M	59.00		6
363	10	Carwyn Thomas	19	Sarn Helen	M	59.04	*	6
354	11	David Noel Davies	51	Spa-Tans RC	M50	59.19	*	6
335	12	Mick Mc Geoch	51	Les Croupiers RC	M50	60.24	*	6
453	13	Les Hewitson	43	Ingli Runners	M40	60.28		6
349	14	Stuart Reeves	38	Les Croupiers RC	M	60.42	*	6
355	15	Thomas Morgan	48	Mynydd Du	M40	60.50	*	6
368	16	Scott Howell	46	Les Croupiers RC	M40	60.55	*	6
350	17	Paul Wathan	18	Eryri Harriers	M	61.03	*	6
422	18	Carl Ellis	31	Port Talbot Harries	M	61.10		6
423	19	Martin Webborn	45	Swansea Harriers	M40	61.24		6
420	20	Richard Jones	49	Swansea Harriers	M40	61.51		6
311	21	Ann Thomas	39	Trots	F35	62.08	*	6
359	22	Gary Wynne Irving	47	Swansea Harriers	M40	62.24	*	6
353	23	Arwel Lewis	48	Eryri Harriers	M40	63.09	*	6
348	24	Irfon Thomas	18	Sarn Helen	M	63.23	*	6

408	25	Charles Walsh	32	Port Talbot Harries	M	63.24		6
319	26	Andrew Abbott	35	Sarn Helen	M	63.50	*	6
351	27	Emma Parry	33	Wrexham AC	F	63.58	*	6
334	28	Clifford Evans	48	Aberystwyth Uni	M40	64.02	*	6
402	29	James Thomas	33	U.W.A.	M	64.07		6
395	30	Jessica Leech	24	Aber Uni Harriers	F	64.22	*	6
305	31	Dinah Cheverton	42	Tamar Trotters	F35	64.29	*	6
326	32	Richard Marks	57	Sarn Helen	M50	64.41	*	6
374	33	Dic Evans	60	Cardiff AAC	M50	64.46	*	6
383	34	Clare Phillips	37	Swansea Harriers	F35	64.49	*	6
361	35	Kevin Taylor	46	Amman Valley	M40	64.50	*	6
448	36	Barry Wilson	54	Ludlow Runners	M50	65.02		7
304	37	Mark Dunscome	45	Sarn Helen	M40	65.40	*	6
401	38	Glyn Fletcher	45	Maldwyn Harriers	M40	65.56		6
449	39	Martin Davies	25	Trots	M	66.32		6
413	40	Dave Powell	46	Aberystwyth A C	M40	66.34		6
454	41	Graham Colvin	44	3M Gorseinon	M40	63.36		6
320	42	Chris Fulcher	39	Port Talbot Harries	M	66.44	*	6
378	43	Tony Hall	51	Sarn Helen	M50	66.50	*	6
386	44	Leslie Chapman	58	Amman Valley	M50	67.06	*	6
379	45	Steve Brace	45	Bridgend AC	M40	67.16	*	6
339	46	Huw Price	44	Sarn Helen	M40	67.28	*	6
409	47	Gordon Orme	64	Cardigan R C	M50	68.00		6
461	48	Steven Bridges	42		M40	68.07		7
327	49	Claire Cleathero	33	Trots	F	68.16	*	6
433	50	Hywel Jones	45		M40	68.19		7

312	51	Paul Allen	60	Halesowen	M50	68.27	*	6
323	52	Dawn Kenwright	51	Sarn Helen	F45	68.37	*	6
343	53	Keith Paterson	63	San Domenico	M50	69.08	*	6
414	54	Paul Charles	49	Pegasus R C	M40	69.15		6
394	55	Hannah Jarvis	22	Cardiff AAC	F	69.30	*	6
310	56	Steve Owen	49	Les Croupiers RC	M40	69.33	*	6
425	57	Paul Edwards	46	Pembroke Harriers	M40	69.48		6
381	58	Robert Fowler	61	Amman Valley	M50	70.06	*	6
463	59	James Thomas	25	Sarn Helen	M	70.12		6
358	60	John Evans	61	Aberystwyth A C	M50	70.15	*	6
325	61	Tony Holling	51	Port Talbot Harries	M50	70.18	*	6
371	62	Peter Davies	52	Sarn Helen	M50	70.22	*	6
306	63	Kent Watson	42	Tamar Trotters	M40	70.36		7
302	64	Graeme Donnan	53	Les Croupiers RC	M50	70.50	*	6
405	65	Daniel Burgess	31	Aberystwyth A C	M	71.01		6
398	66	Tasha Sexton	33	Ingli Runners	F	71.15		6
411	67	Ashley Cooke	50	Hereford Couriers	M50	71.19		6
356	68	Tim O'Sullivan	48	Les Croupiers RC	M40	71.26	*	6
309	69	Jonathan Kersting	69	Swansea Harriers	M50	71.36	*	6
390	70	Alex Williams	39	Road Runners Club	M	71.39		7
329	71	John Collins	69	Swansea Harriers	M50	71.49	*	6
427	72	Adrian Weaver	29	Port Talbot Harries	M	71.50		6
418	73	Michael Halsall	33		M	71.53		7
410	74	Alison Cooke	46	Hereford Couriers	F45	71.59		6
434	75	Dorian Jones	24	Trots	M	72.18		6
460	76	Haydn Lloyd	34	Sarn Helen	M	72.36		6

452	77	Shan Roberts	39	Ingli Runners	F35	72.44		6
406	78	Wayne Dewis	47		M40	72.49		7
352	79	Erika Schmid	26	Buckley Runners	F	73.14	*	6
391	80	Caroline John	42	Sarn Helen	F35	73.31	*	6
316	81	Stephen Jones	49	Islwyn RC	M40	73.36	*	6
324	82	Alan Perkins	56	Port Talbot Harries	M50	73.49	*	6
407	83	Keith Jones	40		M40	73.55		7
315	84	Carolyn Eynon	46	Trots	F45	74.21	*	6
443	85	Lisa Thomas	30	Amman Valley	F	74.32		7
317	86	Mandy Jones	46	Islwyn RC	F45	74.46	*	6
337	87	Andrew Nicholas	39	Crymych Tri Club	M	74.55		7
360	88	Alan Mann	49	Les Croupiers RC	M40	75.15	*	6
397	89	Chris Sexton	43	Ingli Runners	M40	75.29		6
399	90	Steve Orrells	54	Maldwyn Harriers	M50	75.34		6
431	91	Adriano Evola	48	Aberystwyth AC	M	76.55		6
382	92	David Naylor	72		M50	77.08		7
392	93	Celia Boothman	30	Pembroke Harriers	F	77.44	*	6
333	94	John Ayres	51	Port Talbot Harries	M50	77.59		7
380	95	Amanda John	43	Amman Valley	F35	78.08	*	6
321	96	Judi Bowsher	47	Les Croupiers RC	F45	78.14	*	6
340	97	Richard Springett	43		M40	78.19		7
416	98	Raymond James	46	Port Talbot Harries	M40	78.28		6
430	99	Eric Rees	35	Sarn Helen	M	78.41		6
439	100	Samantha Ayers	36	Cumberland Fell	F35	78.43		6
421	101	Malcolm Leitch	53		M50	78.46		7
403	102	Laretta Daley	41	Les Croupiers RC	F35	78.48	*	6

387	103	Jude Cassam	41	Les Croupiers RC	F35	79.05	*	6
314	104	Maureen Emmett	49	IIF Group	F45	79.24	*	6
404	105	Paul Gillard	47		M40	80.15		7
393	106	Dave Cassam	28		M	80.41		7
415	107	Cliff Thomas	61	Aberystwyth A C	M50	80.56		6
447	108	Nathan Hartnell	17		M	81.09		7
429	109	Graham Vyner	38	3M Gorseinon	M	81.22		7
437	110	Bob Gardiner	47	Team Weleri	M40	81.31		7
442	111	Jane Buck	44	Cardigan R C	F35	81.33		6
400	112	James Green	37	Maldwyn Harriers	M	82.07		6
372	113	Stephen Williams	50	Les Croupiers RC	M50	82.54	*	6
412	114	Simon Cox	43		M40	82.55		7
456	115	Clive Williams	51	Aberystwyth AC	M50	83.06		7
455	116	Stanley Griffiths	53		M50	83.22		7
336	117	Allan Smith	73	3M Gorseinon	M50	83.42	*	6
458	118	Alan Johnstone	59	Ingli Runners	M50	83.58		6
426	119	Toby Rogers	28	Ingli Runners	M	84.25		6
450	120	Hilary Mc Carthy	40	Cardigan R C	F35	84.38		6
396	121	Roland Sherwood	61	Amman Valley	M50	85.02		0
328	122	Mike Hodges	54	Trots	M50	85.29	*	6
367	123	Brenda Jones	65	Bro Dysynni AC	F45	85.48	*	6
459	124	Robin Barlow	56	Sarn Helen	M50	86.15		6
457	125	Helen Williams	45	Aberystwyth AC	F45	86.16		7
369	126	Jan Jones	41	Sarn Helen	F35	86.35	*	6
441	127	Peter Farenden	48		M40	87.02		7
417	128	Andrew Edgell	30	Sarn Helen	M	88.19		6

419	129	Nigel Jones	52		M50	88.30		7
377	130	Mark Williams	40		M	88.54		7
375	131	Emlyn Mainwaring	22		M	88.54		7
446	132	David Thomas	44	Sarn Helen	M40	89.14		6
376	133	Alun Samuel	42		M40	89.35		7
445	134	Lyn Rees	57	Sarn Helen	M50	89.54		6
424	135	Pauline Charlett	46	Pembroke Harriers	F45	89.57		6
428	136	Rhiannon Jones	29	Cumberland Fell	F	90.37		7
365	137	Gemma Morgan	23		F	90.44		7
370	138	Gareth Jones	41	Sarn Helen	M40	93.59	*	6
451	139	Richard Donne	45	3 M's Road Runners	M40	95.06		6
385	140	Huw Rowcliffe	18	Sarn Helen	M	98.34	*	6
347	141	Caryl Davies	18	Sarn Helen	F	99.24	*	6
462	142	Caron McKee Hands	42		F35	102.59		7
438	143	Samantha Cooper	36	R S A C	F	102.59		6
435	144	Gudrun Jones		Sarn Helen	F	104.38		6
344	145	Robert Winning	70	British Airways RC	M50	104.43		7
357	146	Helen Lousie Davies	36		F35	116.06		7
444	147	James Kelly	74	Framlingham Flyers	M50	118.31		7
330	148	Sheila Symonds	74	Bro Dysynni AC	F45	120.46	*	6
346	149	Allen Watts	78	Sarn Helen	M50	124.58	*	6
307		Cyril Walters	59	Trots	M50	DNR	*	6
308		Mike Lister	54	Les Croupiers RC	M50	DNR	*	6
322		Dave Hughes	41	Bridgend AC	M40	DNR	*	6
331		Brian Blandford	71	Neath Harriers	M50	DNR	*	6
332		Gareth Ayers	23	Port Talbot Harries	M	DNR	*	6

338	Peter Davies	53	Bridgend AC	M50	DNR	*	6
342	Simon Jenkins	46		M40	DNR		7
362	Neil Lewis	39	Hereford Couriers	M	DNR		7
364	Phoebe Webster	26	U.W.A.	F	DNR		7
373	Tim Lewis	39	Bridgend AC	M	DNR	*	6
384	Sharon Leech	37	Amman Valley	F35	DNF	*	6
388	Gary John	52	Les Croupiers RC	M50	DNR	*	6
436	Clive Evans	60	Aberystwyth A C	M50	DNF		6
440	Geoff Ayers	45	Cumberland Fell	F45	DNF		6