

## Teifi 10 - 2008

<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>
644	1	Richard Gardiner	34	Cardiff A C	M	51.47	*	6
543	2	Lee Aherne	41	Les Croupiers RC	M40	54.32	*	6
604	3	Steven Rees	30	Port Talbot Harriers	M	54.54	*	6
542	4	Peter Coles	45	Pontypridd Roadents	M40	55.02	*	6
576	5	Paul Griffiths	40	Neath Harriers	M40	55.21	*	6
548	6	Glyn Price	40	Sarn Helen	M40	58.14	*	6
582	7	Michael Kallenburg	17	Ingli Runners	M	58.23	*	6
517	8	Barrie Griffiths	43	Pembroke Harriers	M40	58.44	*	6
635	9	Tim Hindle	39	Brecon A C	M	59.26		6
609	10	Michael Davies	39	Sarn Helen	M	59.27		6
637	11	Mike Evans	32	Cardiff A C	M	59.34		6
510	12	Carl Ellis	32	Port Talbot Harries	M	59.37	*	6
565	13	Andrew Abbott	36	Sarn Helen	M	60.00	*	6
509	14	Les Hewitson	44	Ingli Runners	M40	60.04	*	6
608	15	Rhys Pitman	33	Pntypridd Roadents	M	60.36		6
551	16	Kevin Griffiths	44	Trots	M40	60.48	*	6
535	17	Mick Mc Geoch	52	Les Croupiers RC	M50	60.51	*	6
603	18	Andrew Baker	42	Pontypridd Roadents	M40	60.56		6
564	19	Peter Osborne	47	Swansea Harriers	M40	61.11	*	6
598	20	Stephen King	34	Aberystwyth A C	M	62.02		6
653	21	Steffan Hughes	24	Carmarthen Harriers	M	62.37		6
519	22	Ann Thomas	40	Trots	F35	62.40	*	6
605	23	Phoebe Webster	27	U W A Harriers	F	63.17		6
572	24	Gerard Crispie	46	Les Croupiers RC	M40	63.22	*	6
536	25	Adrian Mark Weaver	30	Port Talbot Harries	M	63.52	*	6
594	26	Jos Jones	31	Aberystwyth A C	M	63.54		6
649	27	Kieran Mackintosh	18	Port Talbot Harriers	M	63.55		6
540	28	Richard Marks	58	Sarn Helen	M50	63.58	*	6
530	29	Cliford Evans	49	Aberystwyth Uni	M40	64.05	*	6
567	30	Carwyn Thomas	20	Sarn Helen	M	64.15	*	6
503	31	David Astins	38	Pembrokeshire Tri	M	64.16		7
573	32	Clem Clement	48	Penarth & Dinas R	M40	64.17	*	6
563	33	Barry Wilson	55	Ludlow Runners	M50	64.18		6

628	34	Phil Adams	46	Neath Harriers	M40	64.26		6
529	35	Nigel Barnes	42	Port Talbot Harries	M40	64.31	*	6
556	36	Dinah Cheverton	42	Torbay A C	F35	64.39		6
507	37	Chris Fulcher	40	Port Talbot Harries	M40	64.41	*	6
539	38	Huw Price	44	Sarn Helen	M40	64.44	*	6
601	39	David Thomas	36	Gorseinon 3M's	M	64.46		6
654	40	David Lewis	23		M	65.33		7
506	41	Ruth Tyler	23	Les Croupiers RC	F	65.39		7
504	42	Shan Roberts	40	Ingli Runners	F35	65.46	*	6
641	43	Martin Davies	26	Trots	M	65.48		6
611	44	Lee Davies	36	Pontypridd Roadents	M	66.20		6
514	45	Mark Terry	50	Trots	M50	66.51	*	6
640	46	Dave Powell	47	Aberystwyth A C	M40	66.57		6
531	47	Alan Perkins	57	Port Talbot Harries	M50	67.20	*	6
597	48	Eric Rees	36	Sarn Helen	M	67.34		6
523	49	Catherine Beecher	29	Les Croupiers RC	F	68.02	*	6
591	50	Rob Williams	42	Ingli Runners	M40	68.08		6
583	51	Peter Foale	55	Aberystwyth A C	M50	68.15	*	6
615	52	Tasha Sexton	34	Ingli Runners	F	68.21		6
545	53	Leigh James	24	WSEH	F	68.31	*	6
546	54	Huw Rowcliffe	19	Sarn Helen	M	68.37	*	6
502	55	Mark Dunscombe	46	Sarn Helen	M40	68.55	*	6
596	56	Dominic Shields	43	San Domenico	M40	69.02		6
575	57	Caroline John	43	Sarn Helen	F35	69.03	*	6
623	58	Paul Charles	49	Pegasus R.C.	M40	69.05		6
593	59	Rowena Melbourne	27	Instinctive Sport	F	69.22		7
541	60	Cyril Walters	60	Trots	M50	69.28	*	6
632	61	Lynn Green	50	Ingli Runners	F45	69.46		6
614	62	Chris Sexton	44	Ingli Runners	M40	69.53		6
516	63	Clive Osmond	47	Les Croupiers RC	M40	70.19	*	6
626	64	Eric Davey	58	Llanelli Amateur Athlec	M50	70.56		6
622	65	Dylan Davies	35	Sarn Helen	M	71.01		6
650	66	David Thomas	45	Sarn Helen	M40	71.03		6
629	67	Clive Evans	61	Aberystwyth A C	M50	71.08		6
634	68	Jason Williams	38	Cardigan R C	M	71.13		6

606	69	Louise Barker	32	Aberystwyth A C	F	71.30		6
513	70	Jonathon Kersting	70	Swansea Harriers	M50	71.31	*	6
578	71	Haydn Lloyd	35	Sarn Helen	M	71.34	*	6
600	72	Andrew Nicholas	40		M40	71.38		7
555	73	Kent Watson	43	Torbay A C	M40	71.49		6
602	74	Stephen Bendle	44	Gorseinon 3M's	M40	72.12		6
627	75	Tony Wenlock	53	Aberystwyth A C	M50	72.19		6
569	76	John Evans	61	Aberystwyth A C	M50	72.23	*	6
647	77	Paul Padget	53	Ingli Runners	M50	72.25		6
562	78	Stephen Jones	50	Islwyn	M50	72.44	*	6
558	79	Carolyn Eynon	47	Trots	F45	72.57	*	6
505	80	Steve Davies	41	Port Talbot Harries	M40	73.16	*	6
589	81	Alec Williams	41		M40	73.17		7
630	82	Hywel Roderick	39		M	73.18		7
533	83	Carol Moseley	31	Port Talbot Harries	F	73.24	*	6
625	84	Michael Halsall	34	Llanelli Amateur Athlec	M	73.49		6
528	85	John Collins	70	Swansea Harriers	M50	74.07	*	6
587	86	James Green	38	Maldwyn Harriers	M	74.14		6
568	87	Lisa Thomas	31	Amman Valley	F	74.27	*	6
620	88	Robert Fowler	62	Amman Valley	M50	74.28		6
621	89	Geraint Jenkins	40	Amman Valley	M40	74.35		6
648	90	Tudur Jones	31		M	74.02		7
561	91	Mandy Jones	47	Islwyn	F45	75.03	*	6
586	92	Lyn Rees	58	Sarn Helen	M50	75.37		6
607	93	Paul Lewis	42	Gorseinon 3M's	M40	75.41		6
624	94	Gethin Jenkins	17	Sarn Helen	M	75.46		6
532	95	Anita Worthing	52	Aberystwyth A C	F45	75.59	*	6
638	96	John Cunnane	59	100km Association	M50	76.52		7
655	97	Andrew Noble	43		M40	77.00		6
646	98	Ray James	47	Port Talbot Harriers	M40	77.29		6
639	99	Peter Farenden	49		M40	77.42		7
590	100	Jozset Tabajdi S.A.	38	Kiskunhalas A C	M	77.55		6
651	101	Angela Payne	35	Ingli Runners	F35	77.56		6
643	102	Clive Williams	52	Aberystwyth A C	M50	78.40		6
520	103	Richard Springett	44		M40	78.56		7

592	104	Gareth John	53	Les Croupiers RC	M50	79.44		6
633	105	Glenda Roberts	54	Aberystwyth A C	F45	79.48		6
652	106	Simon Cox	44		M40	79.56		7
511	17	Allan Spencer Smith	74	3M Gorseinon	M50	79.56	*	6
552	108	Anthony Holling	52	Port Talbot Harries	M50	80.02	*	6
612	109	Val Brown	42	Pembroke Tri	F35	80.56		7
599	110	Rhiannon Jones	30		F	81.13		7
588	111	Rowland Sherwood	62	Amman Valley	M50	81.25		6
550	112	Alan Maguire	33	Cardigan R C	M	82.06	*	6
547	113	Syd Wheeler	70	Chepstow Harriers	M50	82.16	*	6
613	114	Terry Gover	59	Pembroke Tri	M50	82.36		7
534	115	Malcolm Taylor	65	Bro Dysynni AC	M50	83.45	*	6
645	116	Helen Williams	46	Aberystwyth A C	F45	84.25		6
581	117	Jill Willcox	36	Ingli Runners	F35	85.12		7
610	118	Bernard Stevens	64		M50	85.51		7
574	119	Janice Clement	49	Penarth & Dinas R	F45	86.08	*	6
642	120	Andrew Edgell	31	Sarn Helen	M	86.54		6
537	121	Caryl Davies	19	Sarn Helen	F	87.32	*	6
636	122	Eleri Connor	25	Aberystwyth A C	F	88.06		7
580	123	Gareth Jones	42	Sarn Helen	M40	88.21	*	6
570	124	Peter Samuelson	64	Spectrum Striders	M50	89.22		7
518	125	Ian Swanson	57	Port Talbot Harries	M50	89.44	*	6
577	126	Shan Breese	48	Aberystwyth A C	F45	91.10	*	6
544	127	Helen Stretch	55	Aberystwyth A C	F45	95.05	*	6
557	128	Nigel Best	50		M50	95.27		7
595	129	G T Rogers			M	96.01		6
619	130	Catherine Llewellyn	44		F35	96.20		7
549	131	Louise Maguire	33	Cardigan R C	F	96.24	*	6
631	132	Caron Mc Kee Hands	43		F35	97.08		7
617	133	Delyth Timmins	43		F35	98.46		7
616	134	Sian Jenkins	18	Sarn Helen	F	105.11		6
522	135	Gudrun Jones	50	Sarn Helen	F45	105.33	*	6
566	136	Allen Watts	79	Sarn Helen	M50	136.45	*	6
512		Charles Thomas Walsh	33	Port Talbot Harries	M	DNF	*	6
501		Carwyn Jones	28	Cardiff AAC	M	DNS	*	6

508	Robert G Winning	71	British Airways RC	M50	DNS		6
515	Judith Oakley	43	Port Talbot Harries	F35	DNS	*	6
521	Paul Morris	49	Les Croupiers RC	M40	DNS	*	6
524	Loretta Daley		Les Croupiers RC	F35	DNS	*	6
525	Alan Mann	50	Les Croupiers RC	M50	DNS	*	6
526	Steven Owen	50	Les Croupiers RC	M50	DNS	*	6
527	Martin Rees	55	Neath Harriers	M50	DNS	*	6
538	Judi Rhys	47	Les Croupiers RC	F45	DNS	*	6
553	Mike Nash	47		M40	DNS		7
554	Louise Miskell	37	3M Gorseinon	F35	DNS	*	6
559	Helen Walker	51	Ingli Runners	F45	DNS	*	6
560	Peter Walker	52	Ingli Runners	M50	DNS	*	6
571	Stephen Williams	51	Les Croupiers RC	M50	DNS	*	6
618							
656							
657							