

## Teifi 10 - 2012

<u>No.</u>	<u>Position</u>	<u>Name</u>	<u>Age</u>	<u>Club</u>	<u>Class</u>	<u>Time</u>	<u>£</u>
730	1	David Bruce	27	Highgate Harriers	M	53.31	10
550	2	Gareth Green	35	San Domenico RR	M	58.02	10
648	3	Glyn Price	44	Sarn Helen	M40	59.06	10
707	4	Michael Davies	43	Sarn Helen	M40	59.58	10
773	5	Mickey Havard	46	San Domenico RR	M40	60.56	10
290	6	Dylan Lewis	29	Sarn Helen	M	61.03	10
528	7	Raul Reismann	38	Swansea Harriers	M	61.31	10
558	8	Richard Marks	62	Sarn Helen	M50	61.57	10
765	9	Arwel Lewis	53	Eryri Harriers	M50	62.19	10
527	10	Gethin Jones	39	Sarn Helen	M	62.30	10
297	11	Jonathan Jones	41	Carmarthen Harriers	M40	63.03	10
288	12	Carwyn Thomas	23	Sarn Helen	M	63.07	10
767	13	Kevin Griffiths	48	Trots	M40	63.14	10
646	14	Jack Tremlett	31	Trots	M	63.19	10
587	15	Shelley Childs	38	Aberystwyth AC	M	63.33	10
790	16	Mark Richmond	40	San Domenico RR	M40	63.38	10
692	17	Steve Holmes	37	Sarn Helen	M	63.53	10
293	18	Andrew Abbott	40	Sarn Helen	M40	64.04	10
788	19	Glyn Sansom	50	San Domenico RR	M50	64.38	10
686	20	Mark Dunscombe	50	Sarn Helen	M50	64.56	10
656	21	Ian Evans	32	Aberystwyth AC	M	65.05	10
775	22	Keith Thompson	50	Rhondda Valley Runners	M50	65.18	10
705	23	Lee Morris	30	3M's Gorseinion RR	M	65.41	10
579	24	Dave Powell	51	Aberystwyth AC	M50	66.04	10
740	25	Jessica Leitch	29	Sarn Helen	F	66.12	10
785	26	Clem Clement	52	Penarth & Dinas Runners	M50	66.17	10
554	27	Llewelyn Lloyd	20	Sarn Helen	M	66.32	10
660	28	Huw Price	49	Sarn Helen	M40	66.33	10
774	29	Ian Mc Donald	48	San Domenico RR	M40	67.05	10
796	30	Barry Wilson	59	Ludlow Runners	M50	67.17	12

664	31	Paul Rose	47	Aberystwyth AC	M40	67.58	10
780	32	Jeffrey Cox	49	San Domenico RR	M40	68.10	10
769	33	Gafin Griffiths	31	Les Croupiers	M	68.39	10
642	34	Elizabeth Goodwin-Jones	33	Trots	F	68.47	10
766	35	Simon Scurrrell	31	Trots	M	68.54	10
567	36	Kevin Hughes	38	Sarn Helen	M	68.58	10
286	37	Teifion Davies	17	Sarn Helen	M	69.02	10
618	38	Gareth Davey	36	Llanelli AAC	M	69.07	10
657	39	Gordon Orme	69	Cardigan RR	M50	69.12	10
658	40	Hywel Jones	50	Amman Valley Harriers	M50	69.18	10
524	41	Simon Hall	32	Sarn Helen	M	69.53	10
534	42	Paul David Smith	24	L C Cobras	M	69.54	10
582	43	Joanne Thatcher	43	Aberystwyth AC	F35	70.15	10
515	44	Tony Hall	56	Sarn Helen	M50	70.19	10
679	45	Lynn Green	54	Cardigan RR	F45	70.27	10
768	46	Mark Terry	54	Trots	M50	70.31	10
777	47	Andrew Blair	49	Ellesmere Port	M40	70.48	10
771	48	Eric Rees	40	Sarn Helen	M40	71.16	10
549	49	Dave Griffiths	48	Pembs Harriers	M40	71.26	10
565	50	Wayne Morgan	46		M40	71.44	10
292	51	Dennis Collins	47	Rhondda Valley Runners	M40	72.08	10
685	52	Murray Kisbee	62	Sarn Helen	M50	72.30	10
632	53	Laurence Worth	49	Pembs Harriers	M40	73.30	10
584	54	Dawn Kenwright	56	Sarn Helen	F45	73.43	10
718	55	Lindy Eynon	51	Trots	F45	73.46	10
782	56	Dominic Shields	47	San Domenico RR	M40	73.54	10
531	57	Robert Ford	59	Pontypridd Roadents	M50	74.18	10
794	58	Mike Green	54	Vegan Runners UK	M50	74.22.53	10
588	59	Catharine Bleasdale	43	Trots	F35	74.22.94	10
559	60	Steffan Jones	22	Sarn Helen	M	74.26	10
586	61	Bryan Meredith	48	Rhondda Valley Runners	M40	74.27	10
553	62	Aled Davies	24	Cardigan RR	M	74.28	10

538	63	Jonathan Beynon	38	L C Cobras	M	75.23	10
299	64	Rachel Garland-fry	33	Rhondda Valley Runners	F	75.51	10
779	65	Calvin Williams	50	Sarn Helen	M50	76.47	10
526	65	Shan Roberts Jones	31	Sarn Helen	F	76.47	10
647	67	Amy Edwards	30	Rhondda Valley Runners	F	76.58	10
690	68	John Evans	66	Aberystwyth AC	M50	77.15	10
800	69	Anita Worthing	56	Aberystwyth AC	F45	77.21	10
793	70	Richard Springett	48		M40	77.29	12
778	71	Carl Seaman	42	Rhondda Valley Runners	M40	78.57	10
525	72	Gareth Jones	46	Sarn Helen	M40	79.02	10
560	73	Raynond James	51	Port Talbot Harriers	M50	79.44	10
591	74	Adriano Evola	53	Aberystwyth AC	M50	79.47	10
300	75	Samantha Parsons	38		F35	79.56	12
791	76	JM Ross	45		M40	80.18	12
709	77	Aneurin James	44	Sarn Helen	M40	80.20	10
666	78	Caryl Davies	23	Sarn Helen	F	80.38	10
295	79	Dallas Wiseman	39		M	80.42	12
294	80	David Thomas	40	Pembs Harriers	M40	80.51	10
795	81	David Boucher	60		M50	80.59	12
680	82	Wendell Junia	37	Aberystwyth AC	M	82.03	10
659	83	Ann Marie	33	Amman Valley Harriers	F	83.16	10
770	84	Barry Owen	37	Emlyn Runners	M	83.48	10
521	85	Dee Jolly	25	Sarn Helen	F	84.10	10
700	86	Jane Holems	41		F35	85.07	12
789	87	Roland Sherwood	66	Carmarthen Harriers	M50	85.16	10
513	88	Gail Evans	31		F	86.27	12
285	89	Calamelli Antonio	46	Bologna, Italy	M40	86.42	12
762	90	E Rateman	56	Pembs Harriers	M50	87.01	10
787	91	Helen Blyth	42		F35	87.25	12
296	92	Wendy Evans	38		F35	87.28	12
783	93	Sharon Trotman	42	3M's Gorseinion RR	F35	87.45	10
799	94	Helen Lutley	63	Emlyn Runners	F45	89.34	10

289	95	Andrew Edgell	35	Sarn Helen	M	89.57	10
792	96	Lara Hooper	20	3M's Gorseinion RR	F	90.29	10
577	97	Christine Hurdidge	60	3M's Gorseinion RR	F45	91.28	10
298	98	Helen Jones	25	Rhondda Valley Runners	F	92.02	10
742	99	Julia Roworth	48	Emlyn Runners	F45	92.22	10
510	100	Fiona Jones	31		F	92.48	12
743	101	Jessica Roworth	22	Emlyn Runners	F	93.10	10
784	102	Keith Richards	39		M40	93.22	12
291	103	Caroline Jones	41		F35	93.52	12
575	104	Helen Stretch	59	Aberystwyth AC	F45	96.29	10
580	105	Fay Sharpe	52	3M's Gorseinion RR	F45	97.10	10
772	106	Steve Jones	49		M40	99.57	12
585	107	Rebeca Stamatakis	29		F	100.49.62	12
781	108	Cheryl Davies	43		F35	100.49.68	12
574	109	Shan Breese	52	Aberystwyth AC	F45	107.17	10
287	110	Dorian Rees	36	Sarn Helen	M	113.50	12
571	111	Nadine Hall	40	3M's Gorseinion RR	F35	115.45	10
776	113	Allen Watts	83	Sarn Helen	M50	161.58	10
798		Keith Richardson	68		M50	DNS	12
797		Shân Roberts	44	Trots	F35	DNS	10
786		Janice Clement	53	Penarth & Dinas Runners	F45	DNS	10

