

## Ras Hwyl Cwrtnewydd 2008 - 4 miles

<u>No.</u>	<u>Position</u>	<u>Name</u>	<u>Club</u>	<u>Age</u>	<u>Class</u>	<u>Time</u>
129	1	Ian Williams	Trots	23	M	20.25
101	2	Adam Bitchell	Carmarthen Harriers	16	M	21.09
122	3	Jack Davey	Carmarthen Harriers	19	M	22.05
162	4	Carwyn Davies	Sarn Helen	20	M	22.43
164	5	Andrew Abbott	Sarn Helen	36	M	23.00
131	6	Glyn Price	Sarn Helen	41	M40	23.17
138	7	Michael Davies	Sarn Helen	39	M	23.54
137	8	Gareth Elliott	Pembs Harriers	25	M	24.41
168	9	Gethin Holland	Aberystwyth AC	16	M	25.07
157	10	Richards Marks	Sarn Helen	58	M50	25.26
158	11	Jason Davies	Blaengwynfi	38	M	25.45
135	12	Tom Garrod	Abingdon Amblers AC	40	M40	25.52
159	13	Huw Rowcliffe	Sarn Helen	19	M	26.12
112	14	Mark Dunscombe	Sarn Helen	46	M40	26.20
148	15	Shân Roberts	Ingli Runners	40	F35	26.30
106	16	Eric Rees	Sarn Helen	36	M	26.33
132	17	Mark Terry	Trots	50	M50	26.39
130	18	Huw Price	Sarn Helen	45	M40	26.44
152	19	Gethin Jenkins	Sarn Helen	17	M	26.48
133	20	Jonathan Hancock	Trots	38	M	26.57
118	21	Tudur Jones	Pontsian	31	M	27.26
140	22	Gordon Orme	Cardigan	65	M50	27.40
161	23	Martin Davies	Trots	26	M	27.45
109	24	Carys Mai Davies	Sarn Helen	17	F	27.47
169	25	Dave Griffiths	Trots	45	M	28.30
124	26	Martin Dyde	Pembs Harriers	49	M40	28.50
127	27	John Collins	Swansea Harriers	70	M50	28.54
146	28	Claire Cleathero	Trots	34	F	29.00
149	29	Peter Davies	Sarn Helen	53	M50	29.09
156	30	David Oak	Port Talbot	62	M50	29.12
166	31	Kelvin Evans	Talgarreg	35	M	29.20

104	32	Lyn Rees	Sarn Helen	58	M50	29.54
154	33	Chris Birch	Trots	49	M40	30.11
110	34	Catrin Lewis	Carmarthen Harriers	16	F	30.33
136	35	Lucy Garrod	Abingdon Amblers AC	41	F35	30.47
160	36	David Thomas	Sarn Helen		M40	31.07
108	37	Roland Sherwood	Amman Valley	62	M50	31.36
123	38	Dewi Jones	Cwmsychpant	37	M	31.43
141	39	Terry Gover	Pembs Tri	60	M50	32.09
171	40	Ray James	Port Talbot			32.46
120	41	Sue Lloyd	Pembs Harriers	44	F35	33.29
142	42	Gareth Jones	Sarn Helen	42	M40	33.37
143	43	Andrew Edgell	Sarn Helen	31	M	33.43
150	44	Neil Parsons	Lampeter	32	M	34.18
144	45	Mike Hodges	Trots	55	M50	34.34
128	46	Caryl Davies	Sarn Helen	20	F	34.39
155	47	Oona Crawford	Trots	54	F45	34.42
153	48	Pauline Thomas	Trots	65	F45	34.52
105	49	Dorian Rees	Cwmsychpant	32	M	34.55
167	50	David Phillips	Nr. Warwick	63	M50	35.49
119	51	Pauline Charlett	Pembs Harriers	46	F45	37.15
102	52	Eleri Connor	Aberystwyth AC	25	F	37.35
151	53	Sian Jenkins	Sarn Helen	18	F	39.10
147	54	Suzanne Austin	Falkirk	31	F	39.24
114	55	Jan Bell	Pembs Harriers	62	F45	40.25
121	56	Gudrun Jones	Sarn Helen	50	F45	40.26
113	57	Alison Griffiths	Pembs Harriers	38	F35	41.37
165	58	Eirian Davies	Llanwrda	56	M50	42.49
163	59	Allen Watts	Sarn Helen	79	M50	52.25