

Ras y Mast 2012 - Seniors

<u>No.</u>	<u>Position</u>	<u>Name</u>	<u>Club</u>	<u>Age</u>	<u>Class</u>	<u>Time</u>
179	1	Glyn Price	Sarn Helen	45	M40	45.25
128	2	Daniel Hooper	Sarn Helen	39	M	45.46
187	3	Dylan Lewis	Sarn Helen	30	M	46.32
151	4	Michael Davies	Sarn Helen	43	M40	47.05
134	5	Alex Lewis	Neath Harriers	33	M	47.44
166	6	Rob Thompson		34	M	49.10
188	7	Tim Jones	Sarn Helen	27	M	49.16
181	8	Jonathon Jones	Trot	42	M40	49.23
178	9	Dave Powell	Aberystwyth AC	52	M50	49.36
173	10	Simon Hall	Sarn Helen	33	M	50.03
170	11	Daniel Bugess	Aberystwyth AC	36	M	50.18
183	12	Calvin Williams	Sarn Helen	50	M50	50.24
169	13	Paul Jenkinson	Eryri	45	M40	51.05
175	14	Louise Barker	Aberystwyth AC	37	F35	51.21
113	15	Gareth Elliott	Pembs Harriers	30	M	53.34
131	16	Carwyn Williams		19	M	53.50
189	17	Rob Watson		40	M40	54.03
114	18	Hywel Jones	Amman Valley	50	M50	54.04
190	19	Claire Cleathro	Trot	38	F35	54.25
107	20	Mark Kellenberg	Carmarthen Harriers	52	M50	54.34
176	21	Huw Price	Sarn Helen	49	M40	54.52
182	22	Tom Bryant	Trot	25	M	55.01
103	23	Celia White	Ingli Runners	47	F45	55.17
168	24	Helen Marshall	Aberystwyth AC	33	F	55.41
195	25	Kyran Walter		17	M	55.59
180	26	Richard Phillips	Trot	36	M	56.17
108	27	Mark Dunscombe	Sarn Helen	51	M50	56.31
171	28	Tony Hall	Sarn Helen	56	M50	56.57
111	29	Mark Terry	Trot	55	M50	57.08
184	30	Murray Kisbee	Sarn Helen	63	M50	57.12
162	31	Aneurin James	Sarn Helen	44	M40	59.01

101	32	Nigel Davies		40	M40	59.09
126	33	Laurence Worth	Pembs Harriers	49	M40	60.40
194	34	Rob Walter		53	M50	60.45
186	35	Tob Bain		36	M	61.59
118	36	Ann Marie	Amman Valley	33	F	62.08
165	37	Gareth Jones	Sarn Helen	46	M40	63.13
135	38	Terry Jones	Sarn Helen	36	M	63.36
123	39	Paul Symmonds	Mynydd Du	47	M40	63.43
139	40	Hannah Austin	Pembs Harriers	16	F	67.09
191	41	Ormond	Sarn Helen	52	M50	68.01
138	42	Alison Griffiths	Pembs Harriers	43	F35	68.41
144	43	Dylan Griffiths	Pembs Harriers	47	M40	70.02
	44	Ann Stickland				70.51
129	45	John Matthews		20	M	73.04
	46	Sue Lee	Aberystwyth AC			74.19
193	47	Anna Rudge		32	F	75.37
112		Teifion Davies	Sarn Helen	18	M	DNF
1st Team Aberystwyth AC						
9	Dave Powell					
11	Daniel Bugess					
14	Louise Barker					