

Ras y Mast 2007 - Seniors

<u>No.</u>	<u>Position</u>	<u>Name</u>	<u>Club</u>	<u>Age</u>	<u>Class</u>
197	1	Andrew Abbott	Sarn Helen (New Record)	36	M
193	2	Dylan Stephens		35	M Cyc
198	3	Kevin Griffiths	Trots	44	M40
162	4	Glyn Price	Sarn Helen	40	M40
194	5	John Lloyd	MT8 Marathon.co.uk	60	M Cyc
129	6	Michael Kallenburg	Ingli	16	M
176	7	Les Hewitson	Ingli	44	M40
177	8	Michael Davies	UWA Harriers	38	M
126	9	Carwyn Thomas	Sarn Helen	20	M
179	10	Gethin Jenkins	Sarn Helen	16	M
151	11	Phoebe Webster	UWA Harriers (New Record)	27	F
137	12	Steve Ouseley	Ingli	33	M
165	13	Dave Marshall		52	M Cyc
178	14	Irfon Thomas	Sarn Helen	18	M
147	15	Stephen King	Aberystwyth A C	34	M
118	16	Dewi Jones	Trots		M Cyc
130	17	Haydn Lloyd	Sarn Helen	35	M
192	18	Mark Dunscombe	Sarn Helen	46	M40
200	19	Neil Lewis	M D C	40	M40
166	20	Mark Terry	Trots	50	M50
136	21	Gordon Orme	Cardigan	65	M50
184	22	Robert Williams	Ingli	41	M40
131	23	Mark Kallenberg	Ingli	47	M40
138	24	Shan Roberts	Ingli	40	F35
117	25	Richard Marks	Sarn Helen	57	M50
139	26	Jason Williams	Cardigan	37	M
152	27	Louise Barker	Aberystwyth A C	32	F
167	28	Huw Price	Sarn Helen	44	M40
134	29	Kat Driver	Pembrokeshire Harriers	31	F
123	30	Paul Hughes	Pembs Tri Club	39	M
175	31	Lynn Green	Ingli	50	F45

156	32	Darryl Evans	Maldwyn Harriers	46	M40
157	33	Megan Thomas	Carmarthen Harriers	18	M
172	34	Murray Kisbee	Sarn Helen	58	M50
148	35	Huw Rowcliffe	Sarn Helen	19	M
168	36	Claire Cleathroe	Trots	33	F
122	37	Paul Padget	Ingli	53	M50
140	38	Jane Buck	Cardigan	44	F35
195	39	Dylan Davies	Sarn Helen	35	M
190	40	Lindy Eynon	Trots	47	F45
120	41	Caroline John	Sarn Helen	42	F35
173	42	Adriano Evola	Aberystwyth	49	M40
174	43	Terry Gover	Pembs Tri Club	59	M50
116	44	Lyn Rees	Sarn Helen	57	M50
191	45	Angela Payne	Ingli	35	F35
171	46	Chris Birch	Trots	48	M40
196	47	Roland Sherwood	Amman Valley		M50
169	48	Penelope Ann Rees	Trots	34	F
155	49	Tony Furlong		42	M40
128	50	Andrew Edgell	Sarn Helen	30	M
189	51	Helen Williams	Trots	47	F45
143	52	Gareth Jones	Sarn Helen	41	M40
142	53	Chris White		22	M
164	54	Paul Colman	Pembrokeshire Harriers	46	M40
146	55	Toby Rogers	Ingli	29	M
144	56	Jan Jones	Sarn Helen	42	F35
125	57	Julia Hill	Pembs Tri Club	33	F
188	58	Caryl Davies	Sarn Helen	19	F
135	59	Shaun Mc Cann		37	M Cyc
158	60	David Phillips	Pembrokeshire Harriers	63	M50
186	61	Alan Williams	Ingli	37	M
187	62	Frances Cooke	Ingli	24	F
183	63	Alison Griffiths	Pembrokeshire Harriers	38	F35
181	64	Martin Dyde	Pembrokeshire Harriers	49	M40

180	65	Sian Jenkins	Sarn Helen	18	F
182	66	Pauline Charlett	Pembrokeshire Harriers	46	F45
170	67	Barbara Thomas	Pembrokeshire Harriers	63	F45
185	68	Madeleine Bland	Pembrokeshire Harriers	56	F45
163	69	Jill Colman	Pembrokeshire Harriers	43	F35
199		Janette Reynolds	Trots	28	F

1 st TEAM - INGLI

Michael Kallenburg

Les Hewitson

Shan Roberts

<u>Time</u>
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