

Ras y Mast 9th January 2011 - Seniors

| <u>No.</u> | <u>Position</u> | <u>Name</u>     | <u>Club</u>            | <u>Age</u> | <u>Class</u> |
|------------|-----------------|-----------------|------------------------|------------|--------------|
| 219        | 1               | Carwyn Thomas   | Sarn Helen             |            | M            |
| 183        | 2               | Daniel Hooper   | Sarn Helen             | 37         | M            |
| 114        | 3               | Mark Thomas     | Cardigan RC            | 36         | M            |
| 151        | 4               | Glyn Price      | Sarn Helen             | 43         | M40          |
| 126        | 5               | John Lloyd      | MTB Marathon           | 63         | M Bike       |
| 138        | 6               | Michael Davies  | Sarn Helen             | 41         | M40          |
| 197        | 7               | Dylan Lewis     | Sarn Helen             | 28         | M            |
| 180        | 8               | Dave Powell     | Aberystwyth AC         | 50         | M50          |
| 181        | 9               | Gethin Jones    | Sarn Helen             | 37         | M            |
| 169        | 10              | Steve Ouseley   | Ingli Runners          | 36         | M            |
| 188        | 11              | Jonathan Jones  | Carmarthen Harriers    | 40         | M40          |
| 190        | 12              | Rhodri Evans    | Pontypridd Roadents    | 34         | M            |
| 101        | 13              | Eric Rees       | Sarn Helen             | 39         | M Bike       |
| 135        | 14              | Gethin Holland  | Aberystwyth AC         | 19         | M            |
| 170        | 15              | Louise Darker   | Aberystwyth AC         | 35         | F35          |
| 195        | 16              | Richard Marks   | Sarn Helen             | 61         | M50          |
| 171        | 17              | Daniel Colman   | Pembrokeshire Harriers | 16         | M Bike       |
| 158        | 18              | Simon Hall      | Sarn Helen             | 31         | M            |
| 230        | 19              | Keith Evans     |                        | 35         | M Bike       |
| 162        | 20              | Graham Spencer  | Mercia                 | 58         | M50          |
| 148        | 21              | Tony Hall       | Sarn Helen             | 55         | M50          |
| 216        | 22              | Alex Lewis      |                        | 31         | M            |
| 205        | 23              | Gordon Orme     | Cardigan RC            | 68         | M50          |
| 176        | 24              | Calvin Williams | Sarn Helen             | 48         | M40          |
| 165        | 25              | Huw Price       | Sarn Helen             | 47         | M40          |
| 108        | 26              | Kev Joyce       | Pembrokeshire Harriers | 45         | M40          |
| 203        | 27              | Martin Davies   | Trots                  | 28         | M            |
| 193        | 28              | Barry Owen      | Emlyn Runners          | 36         | M            |
| 191        | 29              | David Langford  | Pembs Tri              | 51         | M50          |
| 215        | 30              | Gareth Elliott  | Pembrokeshire Harriers | 28         | M            |
| 202        | 31              | Ioan Davies     |                        | 32         | M            |

|     |    |                    |                        |    |        |
|-----|----|--------------------|------------------------|----|--------|
| 217 | 32 | Ana O'neill        | Pembrokeshire Harriers | 37 | F35    |
| 179 | 33 | Dewi Jones         | Trots                  | 56 | M Bike |
| 218 | 34 | Dave O'neill       | Pembrokeshire Harriers | 40 | M40    |
| 131 | 35 | Goronwy Evans      | Aberystwyth AC         | 54 | M50    |
| 107 | 36 | Nicola Quinn       | Emlyn Runners          | 43 | F35    |
| 113 | 37 | Glyn Rowlands      | Meirionydd             | 53 | M50    |
| 144 | 38 | Gwydion Williams   | Sarn Helen             | 17 | M      |
| 173 | 39 | Paul Colman        | Pembrokeshire Harriers | 50 | M50    |
| 134 | 40 | Kevin Holland      | Aberystwyth AC         | 52 | M50    |
| 178 | 41 | Megan Thomas       | Trots                  | 21 | F      |
| 192 | 42 | Alyson Hayes       | Cardigan RC            | 40 | F35    |
| 226 | 43 | Laurence Worth     | Pembrokeshire Harriers | 47 | M40    |
| 194 | 44 | Gari Thomas        | Emlyn Runners          | 44 | M40    |
| 227 | 45 | Andrew Egell       | Sarn Helen             |    | M      |
| 182 | 46 | Sian Roberts Jones | Sarn Helen             | 30 | F      |
| 231 | 47 | Jason Moseley      |                        | 36 | M Bike |
| 168 | 48 | Helen Walker       | Ingli Runners          | 54 | F45    |
| 111 | 49 | Caryl Davies       | Sarn Helen             | 22 | F      |
| 129 | 50 | Sue Lloyd          | Pembrokeshire Harriers | 46 | F45    |
| 199 | 51 | Gareth Jones       | Sarn Helen             |    | M40    |
| 139 | 52 | Ormond Williams    | Sarn Helen             | 50 | M50    |
| 196 | 53 | Peter Davies       | Sarn Helen             | 55 | M50    |
| 220 | 54 | Kelvin Evans       |                        | 37 | M Bike |
| 103 | 55 | Lyn Rees           | Sarn Helen             | 60 | M50    |
| 166 | 56 | Keith Pipe         |                        | 25 | M      |
| 184 | 57 | Jane Wilkins       | Cardigan RC            | 47 | F45    |
| 189 | 58 | Mike Hodges        | Trots                  | 57 | M50    |
| 187 | 59 | David Thomas       | Sarn Helen             | 47 | M40    |
| 123 | 60 | Alison Griffiths   | Pembrokeshire Harriers | 41 | F35    |
| 186 | 61 | Wendy Evans        |                        | 36 | M35    |
| 118 | 62 | Lorraine Dyde      | Pembrokeshire Harriers | 53 | F45    |
| 128 | 63 | Jan Bell           | Pembrokeshire Harriers | 65 | F45    |
| 175 | 64 | Jill Colman        | Pembrokeshire Harriers | 46 | F45    |

|                       |                    |               |             |    |     |
|-----------------------|--------------------|---------------|-------------|----|-----|
| 112                   | 65                 | Gudrun Jones  | Sarn Helen  | 53 | F45 |
| 198                   | 66                 | Eirian Davies |             | 59 | M50 |
| 204                   |                    | Rhys Haines   | Cardigan RC | 24 | M   |
|                       |                    |               |             |    |     |
|                       |                    |               |             |    |     |
| 1st TEAM - SARN HELEN |                    |               |             |    |     |
|                       | Carwyn Thomas      |               |             |    |     |
|                       | Glyn Price         |               |             |    |     |
|                       | Sian Roberts Jones |               |             |    |     |
|                       |                    |               |             |    |     |

| <u>Time</u> |
|-------------|
| 41.17       |
| 44.24       |
| 44.38       |
| 44.50       |
| 45.12       |
| 46.29       |
| 46.42       |
| 47.07       |
| 48.26       |
| 48.29       |
| 48.43       |
| 49.39       |
| 49.45       |
| 50.22       |
| 50.23       |
| 50.27       |
| 50.44       |
| 50.47       |
| 50.51       |
| 51.00       |
| 51.16       |
| 51.53       |
| 52.00       |
| 52.21       |
| 52.24       |
| 52.30       |
| 52.45       |
| 52.53       |
| 53.00       |
| 53.07       |
| 53.33       |

|          |
|----------|
| 53.37    |
| 54.05    |
| 54.32    |
| 55.13    |
| 55.39    |
| 56.09    |
| 57.07.07 |
| 57.07.93 |
| 57.16    |
| 57.40    |
| 58.07.21 |
| 58.07.85 |
| 58.30    |
| 58.32    |
| 60.13    |
| 60.24    |
| 60.36    |
| 61.22    |
| 61.25    |
| 61.30    |
| 62.24    |
| 62.47    |
| 63.02    |
| 63.22    |
| 64.03    |
| 64.13    |
| 68.20    |
| 70.25    |
| 70.43    |
| 74.53    |
| 79.05    |
| 82.41    |
| 83.04    |

|         |
|---------|
| 84.04   |
| 86.04   |
| DNF     |
|         |
|         |
|         |
| 41.17   |
| 44.50   |
| 60.13   |
| 2.22.36 |