

Ras y Mast 2011 - Seniors

<u>No.</u>	<u>Position</u>	<u>Name</u>	<u>Club</u>	<u>Age</u>	<u>Class</u>
180	1	Michael Kallenberg	Cardiff	20	M
233	2	Felipe Jones	Aberystwyth AC	36	M
316	3	Carwyn Thomas	Sarn Helen	20	M
235	4	Gareth Jones		30	M Bike
182	5	Daniel Hooper	Sarn Helen	38	M
238	6	Glyn Price	Sarn Helen	44	M40
123	7	John Lloyd	MTB Marathon.co.uk	64	M Bike
162	8	Robert Dyde	Pembrokeshire Harriers	28	M
144	9	Michael Davies	Sarn Helen	42	M40
269	10	Dylan Lewis	Sarn Helen	29	M
272	11	Chris Schroder		41	M Bike
219	12	Dave Powell	Aberystwyth AC	51	M50
319	13	Teifion Davies	Sarn Helen	17	M
196	14	Rob Thomson		33	M
165	15	Richard Simpson	Pembrokeshire Harriers	38	M
134	16	Andrew Dawe	Pembrokeshire Harriers	44	M40
188	17	Jonathan Jones	Carmarthen Harriers	41	M40
227	18	Mike Lindsay		45	M40
118	19	Eric Rees	Sarn Helen	40	M40
171	20	Gareth Elliott	Pembrokeshire Harriers	29	M
178	21	Mark Dunscombe	Sarn Helen	50	M50
195	22	Simon Hall	Sarn Helen	32	M
190	23	Tony Hall	Sarn Helen	56	M50
218	24	Louise Barker	Aberystwyth AC	36	F35
179	25	Kevin Taylor	Amman Valley Harriers	51	M50
220	26	Anna O'Neill	Pembrokeshire Harriers	38	F35
241	27	Huw Price	Sarn Helen	48	M40
231	28	Shelley Childs	Aberystwyth AC	38	M
197	29	Ian Evans	Aberystwyth AC	32	M
176	30	David O'Neill	Pembrokeshire Harriers	41	M40
217	31	Barry Owen	Rhedwyr Emlyn	37	M

138	32	Dan Colman	Pembrokeshire Harriers	16	M Bike
175	33	David Langford	Pembs Tri	52	M50
139	34	Hywel Jones	Amman Valley Harriers	49	M40
170	35	Mark Terry	Trots	54	M50
205	36	Paul Rose	Aberystwyth AC	47	M40
300	37	Elizabeth Jones	Trots	33	F
226	38	Nicola Quinn	Rhedwyr Emlyn	44	F35
112	39	Anne Marie Harris	Mynydd Du	41	F35
273	40	Clive Williams	Aberystwyth AC	44	M40
113	41	Dylan Davies	Sarn Helen	39	M
187	42	Calvin Williams	Sarn Helen	49	M50
252	43	Daryl Evans	Maldwyn Harriers	50	M50
184	44	Mark Kallenberg		51	M50
183	45	Glyn Rowlands	Meirionydd	54	M50
259	46	Goronwy Evans	Aberystwyth AC	55	M50
274	47	Haydn Lloyd	Sarn Helen	39	M
108	48	Callum Price		14	M
250	49	Gari Thomas	Rhedwyr Emlyn	45	M40
260	50	Paul Padget	Ingli Runners	56	M50
131	51	Gareth Jones	Sarn Helen	45	M40
216	52	Kyra Kirkham	Rhedwyr Emlyn	35	F35
198	53	Murray Kisbee	Sarn Helen	62	M50
193	54	Dave Griffiths	Trots	48	M40
292	55	Kelvin Evans		38	M Bike
186	56	Carwyn Hicks		36	M Bike
215	57	John Gwynn Evans	Aberystwyth AC	65	M50
289	58	Tudur Jones		35	M
246	59	Sian Roberts Jones	Sarn Helen	31	F
173	60	John Gardener	Pembrokeshire Harriers	70	M50
261	61	Gwen Moris	Ingli Runners	27	F
202	62	Adriano Evola	Aberystwyth AC	53	M50
129	63	Nigel Evans	Trots	41	M40
199	64	Laurence Worth	Pembrokeshire Harriers	48	M40

114	65	Caryl Davies	Sarn Helen	23	F
236	66	James Raw		36	M Bike
249	67	Gareth Jones		16	M
247	68	Aled Evans		43	M40
243	69	Cynyr Ifan		36	M
181	70	Aneurin James	Sarn Helen	43	M40
126	71	Robert Smith	Pembrokeshire Harriers	50	M50
191	72	Ormond Williams	Sarn Helen	51	M50
101	73	Simon Davies		35	M
254	74	Karl Sutton	Pembs Tri	42	M40
151	75	Alison Griffthis	Pembrokeshire Harriers	42	F35
244	76	Richard Thomas		34	M
148	77	Ann Marie Jones	Amman Valley Harriers	32	F
166	78	Hannah Austin	Pembrokeshire Harriers	15	F
194	79	Dee Jolly	Sarn Helen	25	F
168	80	Martin Dyde	Pembrokeshire Harriers	53	M50
230	81	Terry Wyn Jones	Sarn Helen	34	M
253	82	Dewi Price		57	M50
128	83	Sue Lloyd	Pembrokeshire Harriers	47	F45
169	84	Elen Page	Sarn Helen	46	F45
107	85	Lynn Price		45	M40
248	86	Arwyn Jones		49	M40
306	87	Jordan Jenkins		11	M Bike
313	87	Jason Moseley		37	M Bike
135	89	Paul Edwards	Pembrokeshire Harriers	52	M50
296	90	Julie Short	Cardigan	40	F35
295	91	Julie Clark	Rhedwyr Emlyn	41	F35
189	92	Gudrun Jones	Sarn Helen	54	F45
111		Siân Williams	Pembs Tri	40	F35

1st Team - Pembrokeshire Harriers

Robert Dyde

Andy Dawe

	Ana O Neill

<u>Time</u>
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