

Ras y Mast 2008 - Seniors

<u>No.</u>	<u>Position</u>	<u>Name</u>	<u>Club</u>	<u>Age</u>	<u>Class</u>
147	1	Carwyn Thomas	Sarn Helen ( new record )	20	M
86	2	Dylan Stephens	Ystwyth Cycle	36	M Cyc
95	3	Les Hewitson	Ingli Runners	45	M40
92	4	Michael Kallenberg	Ingli Runners	17	M
89	5	Lily Matthews	Builth Wells ( new record )	19	F Cyc
93	6	Michael Davies	Sarn Helen	39	M
82	7	John Lloyd	MTB Marathon.co.uk	61	M Cyc
97	8	Glyn Price	Sarn Helen	41	M40
148	9	Andrew Abbott	Sarn Helen	37	M
109	10	Gethin Holland	Aberystwyth A.C	17	M
91	11	Kevin Lewis	Neath Harriers	47	M40
162	12	Gareth Elliott	Pembs Harriers	26	M
117	13	Kate Bailey	Meirionydd Running Club	27	F
99	14	Dave Powell	Aberystwyth A.C	48	M40
108	15	Mark Dunscombe	Sarn Helen	47	M40
90	16	Steve Williams	Neath Harriers	50	M50
137	17	Richard Marks	Sarn Helen	58	M50
142	18	Martin Davies	Trots	26	M
143	19	Caryl Jones	Trots	21	F
87	20	Mark Terry	Trots	51	M50
140	21	Lynn Green	Cardigan R.C	51	F45
115	22	Shelley Childs	Aberystwyth A.C	35	M
146	23	Geoff Oldrid	Aberystwyth A.C	54	M50
139	24	Alex Lewis		29	M
101	25	Alec Williams	Ingli Runners	41	M40
114	26	Jason Wilkins	Cardigan R.C	38	M
111	27	Helen Marshall	Aberystwyth A.C	29	F
136	28	Haydn Lloyd	Sarn Helen	36	M
103	29	Cat Steed	Pembs Harriers	32	F
156	30	Andy John		44	M40
100	31	Louise Barker	Aberystwyth A.C	33	F

84	32	Celia Brothman	Pembs Harriers	32	F
129	33	Tony Hall	Sarn Helen	52	M50
130	34	Calvin Williams	Sarn Helen	46	M40
123	35	Simon Hall		29	M
96	36	Dewi Jones	Trots	54	M Cyc
135	37	Geraint Evans	Llandoverly Rodents	39	M
157	38	Caroline John	Sarn Helen	44	F35
116	39	Kevin Holland	Aberystwyth A.C	50	M50
69	40	Dylan Davies	Sarn Helen	36	M
125	41	Murray Kisbee	Sarn Helen	59	M50
113	42	Helen Thomas	Pembs Harriers	27	F
98	43	Darryl Evans	Maldwyn Harriers	47	M40
79	44	Martin Dyde	Pembs Harriers	50	M50
163	45	Dave Griffiths	Trots	44	M40
122	46	Jane Wilkins	Cardigan R.C	45	F45
83	47	Dee Hurley	Pembs Harriers	28	F
151	48	Lyn Rees	Sarn Helen	58	M50
120	49	Claire Cleathero	Trots	34	F
94	50	Helen Walker	Ingli Runners	52	F45
134	51	Martin Phillips	Llandoverly Rodents	57	M50
65	52	Gareth Jones	Sarn Helen	42	M40
126	53	Andrew Edgell	Sarn Helen	31	M
128	54	Dee Jolly		21	F
158	55	Megan Thomas	Carmarthen Harriers	19	F
107	56	Caryl Davies	Sarn Helen	20	F
77	57	David Thomas	Pembs Harriers	37	M
131	58	Dawn Davies	Llandoverly Rodents	43	F35
118	59	Tony Furlong		43	M50
71	60	Sue Lloyd	Pembs Harriers	44	F35
66	61	Jan Jones	Sarn Helen	43	F35
78	62	Stephen Thomas	Pembs Harriers	16	M
106	63	Richard Simpson		36	M
138	64	Mike Hodges	Trots	55	M50

112	65	David Phillips	Pembs Harriers	64	M50
76	66	Jan Bell	Pembs Harriers	63	F45
85	67	Pauline Charlett	Pembs Harriers	47	F45
144	68	Steffan Jones	Sarn Helen	18	M
75	69	Barbara Thomas	Pembs Harriers	64	F45
68	70	Gudrun Jones	Sarn Helen	51	F45
67	71	Allen Watts	Sarn Helen	80	M50

1st TEAM - SARN HELEN

Carwyn Thomas

Glyn Price

Caroline John

<u>Time</u>
40.23
41.09
42.23
43.39
44.24
44.25
44.25
44.32
47.12
47.47
48.19
48.58
49.01
49.04
49.08
49.09
49.16
49.18
49.22
49.24
49.45
50.14
50.38
51.00
51.16
51.24
51.26
51.44
51.52
51.57
52.03

52.15
52.26
52.38
52.58
53.07
53.15
54.21
54.25
54.38
55.04
55.07
55.23
55.26
55.32
58.49
59.13
59.41
59.47
59.59
60.11
60.49
61.21
61.37
63.30
63.45
64.36
64.39
64.50
65.50
66.48
67.16
68.40
71.36

75.25
77.57
80.09
81.09
83.05
84.06
127.50
40.23
44.32
54.21
2.19.16