

SARN HELEN

16.5mile Hill Race 2009



<u>No</u>	<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>	<u>Age</u>	<u>C</u>
307	1	Matthew Roberts	Eryri	1.45.31	29	
338	2	Julian Baker	Les Croupiers	1.48.09	40	M
313	3	Steve Rees	Port Talbot	1.48.30	31	
332	4	Martin Shaw	Mynydd Du	1.51.45	37	
353	5	Michael Davies	Sarn Helen	1.52.04	40	M
376	6	Glyn Price	Sarn Helen	1.52.31	42	M
306	7	Iain Ridgway	Eryri	1.56.30	29	
386	8	Carwyn Thomas	Sarn Helen	1.59.23	21	
312	9	Scott Butterworth	Eryri	2.00.03	39	
317	10	Adrian Weaver	Port Talbot	2.00.43	31	
318	11	Chris Fulcher	Port Talbot	2.01.34	41	M
333	12	Charles Walsh	Port Talbot	2.03.37	34	

346	13	Dean John	Trots	2.04.17	42	M
357	14	Glyn Fletcher	Maldwyn Harriers	2.06.01	47	M
349	15	Shan Roberts	Ingli Runners	2.06.56	41	F
339	16	Dave Powell	Aberystwyth AC	2.07.21	48	M
378	17	Kevin Griffiths	Trots	2.07.48	45	M
380	18	Martin Cortvriend	Clwydan Range Runners	2.11.47	57	M
344	19	Mark Dunscombe	Sarn Helen	2.11.54	47	M
336	20	Peter Gareth	MDC	2.12.10	50	M
331	21	Phoebe Webster	Aberystwyth AC	2.12.16	28	
322	22	Ross Powell	Mercia	2.12.19	53	M
368	23	Huw Price	Sarn Helen	2.12.48	46	M
382	24	James Murphy		2.14.29	42	M
340	25	Geraint Evans	Llandovery Roadents	2.14.33	39	
377	26	Jason Wilins	Cardigan RC	2.15.56	39	M
370	27	Tony Hall	Sarn Helen	2.17.36	54	M
325	28	Neil Lewis	Hereford Couriers	2.17.54	42	M
354	29	Alex Williams	RRC	2.18.16	41	M
387	30	Geoff Oldrid	Aberystwyth AC	2.18.24	54	M
324	31	Steve Herington	Hereford Couriers	2.18.54	60	M
347	32	Mike Evans		2.19.11	34	
372	33	Sean Treloar	Port Talbot	2.19.20	41	M
358	34	Paul Beeson	Maldwyn Harriers	2.19.33	43	M
355	35	Clare Phillips	Swansea Harriers	2.19.34	40	F
369	36	Michael Curran		2.19.47	27	
356	37	Brian Hardcastle	MDC	2.19.49	56	M
342	38	Bernard Henderson	Port Talbot	2.19.50	54	M
330	39	Murray Kisbee	Sarn Helen	2.20.36	59	M
341	40	Colin Lancaster	Telford AC	2.21.19	48	M

362	41	Simon Hall	Sarn Helen	2.21.40	29	
305	42	Nick Bayliss		2.22.17	35	
390	43	James Thomas	Sarn Helen	2.23.23	27	
389	44	Haydn Lloyd	Sarn Helen	2.23.42	37	
375	45	Peter Garson	Aberystwyth AC	2.24.17	43	M
385	46	Richard Marks	Sarn Helen	2.25.22	59	M
329	47	Kieran Mackintosh	Port Talbot	2.25.36	19	
323	48	Kev Joyce	Pembs Harriers	2.25.51	44	M
383	49	Peter Davies	Sarn Helen	2.28.00	54	M
304	50	Lyn Rees	Sarn Helen	2.28.16	59	M
334	51	Alan Perkins	Port Talbot	2.30.41	58	M
361	52	Andrew Blackmore	MDC	2.30.47	41	M
315	53	Tony Holling	Port Talbot	2.31.28	53	M
363	54	Andy Stott	Myndydd Du	2.33.17	50	M
364	55	Gill Stott	Chepstow Harriers	2.33.43	51	M
359	56	Gethin Jenkins	Sarn Helen	2.34.03	18	
326	57	Alwyn Oliver	Eryri	2.37.13	64	M
366	58	Sue Ashton	Chepstow Harriers	2.38.40	55	M
309	59	Eric Rees	Sarn Helen	2.39.13	37	
308	60	Caryl Davies	Sarn Helen	2.40.28	21	
360	61	Andrew Edgell	Sarn Helen	2.41.42	32	
311	62	Monica Barlow	Sarn Helen	2.42.25	56	F
320	63	Sue Lloyd	Pembs Harriers	2.42.34	45	F
365	64	Dick Finch	Chepstow Harriers	2.42.46	65	M
302	65	Helen Walker	Ingli Runners	2.42.53	53	F
303	65	Peter Walker	Ingli Runners	2.42.53	53	M
345	67	Sally Wilson	Ingli Runners	2.43.55	33	
348	68	Jill Willcox	Ingli Runners	2.43.58	37	F

381	69	Jane Wilkins	Cardigan RC	2.44.40	46	M
367	70	Gerry Ashton	Chepstow Harriers	2.46.51	55	M
351	71	Chris Sexton	Ingli Runners	2.47.20	49	M
314	72	Janet Richards	Griffithstown Harriers	2.47.25	44	F
350	73	Steve Harris		2.49.27	51	M
328	74	Margaret Oliver	Eryri	2.52.11	61	F
337	75	Mario Rabaiotti	Port Talbot	2.53.11	46	M
310	76	Robin Barlow	Sarn Helen	2.53.16	58	M
343	77	Roy Silver	WFRA	2.54.29	53	M
373	78	Jan Jones	Sarn Helen	2.55.01	43	M
371	79	Gareth Jones	Sarn Helen	2.56.32	43	M
374	80	Marion Garson	Aberystwyth AC	2.57.03	45	F
335	81	John Ayres	Port Talbot	2.59.27	53	M
301	82	Kathrine Devonald		2.59.37	29	
319	83	Peter Harding	Trots	3.02.04	69	M
388	84	Laurence Worth	Pembs Harriers	3.03.51	46	M
384	85	David Thomas	Sarn Helen	3.04.52	46	M
316	86	Alison Griffiths	Pembs Harriers	3.07.18	39	F
321	86	Martin Dyde	Pembs Harriers	3.07.18	50	M
352	88	Gudrun Jones	Sarn Helen	3.25.12	51	F
379	9999	Alan Roberts	Port Talbot	DNF	53	M

9999 Did not Finish or Run