

## Sarn Helen Hill Race 2010 - 16.5miles

<u>No.</u>	<u>Position</u>	<u>Name</u>	<u>Club</u>	<u>Age</u>	<u>Class</u>	<u>Time</u>
335	1	Glyn Price	Sarn Helen	43	M40	1.51.36
333	2	Michael Davies	Sarn Helen	41	M40	1.56.08
375	3	Carwyn Thomas	Sarn Helen	22	M	1.56.21
340	4	Chris Fulcher	Port Talbot	42	M40	1.56.29
339	5	Gareth Ayers	Port Talbot	27	M	1.56.37
345	6	Kevin Griffiths	Trots	46	M40	1.59.24
348	7	Crispin Flower	Brecon A C	41	M40	2.01.36
332	8	Mike Evans	Trots	35	M	2.03.38
312	9	Dave Powell	Aberystwyth AC	49	M40	2.04.48
314	10	Phoebe Webster	Aberystwyth AC	29	F	2.06.33
327	11	Iwan Edgar	Eryri	53	M50	2.07.03
310	12	Phil Adams	Neath	48	M	2.07.22
325	13	Simon Hall	Sarn Helen	30	M	2.07.43
373	14	Alex Williams	Port Talbot	42	M40	2.08.59
346	15	Tony Hall	Sarn Helen	55	M50	2.10.21
336	16	Adrian Weaver	Neath	32	M	2.10.25
349	17	Rob Falconer		51	M50	2.11.21
338	18	Sean Treloar	Port Talbot	42	M40	2.11.42
334	19	Huw Price	Sarn Helen	47	M40	2.12.17
316	20	Daniel Hooper		37	M	2.12.54
374	21	James Thomas	Sarn Helen	28	M	2.14.28
319	22	Kev Joyce	Pembroke Harriers	45	M40	2.16.03
326	23	Gethin Jones	Sarn Helen	37	M	2.16.57
357	24	Ruan Austin	Sarn Helen	32	M	2.17.14
307	25	Dylan Davies	Sarn Helen		M	2.17.22
331	26	Richard Simpson		37	M	2.19.00
343	27	Murray Kisbee	Sarn Helen	60	M50	2.19.07
330	28	Peter Walters	Trots	49	M40	2.19.18
360	29	Martin Davies	Trots	28	M	2.20.01
365	30	Charles Walsh	Port Talbot	35	M	2.21.55
371	31	David Thomas	Sarn Helen	47	M40	2.22.08
351	32	Peter Garson	Aberystwyth AC	44	M40	2.23.28.58
358	33	John Evans	Aberystwyth AC	64	M50	2.23.28.88
350	34	Heddwyn Evans		32	M	2.23.36

342	35	Kieran Mackintosh	Port Talbot	20	M	2.23.41
368	36	Graham Covin	Gorseinon 3M's	47	M40	2.24.12
328	37	Jonathan Jones	Cardiff Harriers	40	M40	2.25.25
301	38	Glyn Rowlands	Meirionnydd	52	M50	2.27.26
347	39	Roger Coombs	Trots	44	M40	2.27.33
367	40	Haydn Lloyd	Sarn Helen	38	M	2.29.09
320	41	Gareth Elliott	Pembroke Harriers	27	M	2.29.21
366	42	David Thomas	Gorseinon 3M's	38	M	2.29.31
324	43	Alyson Hayes	Cardigan R C	40	F35	2.32.02
315	44	Adriano Evola	Aberystwyth AC	51	M50	2.32.23
321	45	Paul Edwards	Pembroke Harriers	50	M50	2.33.57
329	46	Eric Rees	Sarn Helen	38	M	2.34.27
361	47	Andrew Edgell	Sarn Helen	33	M	2.35.29
372	48	Ceri Brambley-Tucker	Port Talbot	42	F35	2.35.36
370	49	Alan Perkins	Port Talbot	59	M50	2.35.58
341	50	Mario Rabaiotti	Port Talbot	47	M40	2.36.09
355	51	Paul Rose	Aberystwyth AC	46	M40	2.36.18
369	52	Pauline Williams	Port Talbot	51	F45	2.36.45
322	53	Sue Lloyd	Pembroke Harriers	46	F45	2.39.36
353	54	Gareth Jones	Sarn Helen	44	M40	2.40.21
311	55	Caryl Davies	Sarn Helen	22	F	2.44.37
313	56	Roy Silver	WFRA	54	M50	2.44.38
354	57	Stephen Harries	WFRA	52	M50	2.45.42
364	58	Chris Terry		38	M	2.51.12
363	59	David Ling		45	M40	2.51.21
359	60	D Thomas	Pembroke Harriers	38	M	2.51.31
356	61	Robert Smith	Pembroke Harriers	49	M40	2.52.08
304	62	Alison Griffiths	Pembroke Harriers	40	F35	2.52.28
317	62	Martin Dyde	Pembroke Harriers	51	M50	2.52.28
323	62	Elen Jones	Pembroke Harriers	27	F	2.52.28
362	65	Hilary Mc Carthy	Cardigan R C	43	F35	2.56.21
309	66	Peter Harding	Trots	70	M50	2.57.27
308	67	Ormond Williams		49	M40	3.00.41
337	68	John Ayres	Port Talbot	54	M50	3.03.23
344	69	Alan Roberts	Port Talbot	54	M50	3.04.39
352	70	Jan Jones	Sarn Helen	44	F35	3.07.39

305	71	Jan Bell	Pembroke Harriers	64	F45	3.23.25
303	72	Madeleine Bland	Pembroke Harriers	58	F45	3.41.04
302		Gudrun Jones	Sarn Helen	52	F45	DNS
1st Team - Sarn Helen						
335	1	Glyn Price				
333	2	Michael Davies				
375	3	Carwyn Thomas				
325	13	Simon Hall				