

# *SARN HELEN*

## *16.5mile Hill Race 2011*

<u>No.</u>	<u>Position</u>	<u>Name</u>	<u>Club</u>	<u>Age</u>	<u>Class</u>	<u>Time</u>
309	1	Steve Rees	Port Talbot Harriers	33	M	1.46.38
315	2	Chris Parker	Port Talbot Harriers	45	M40	1.51.32
313	3	Andrew Reynolds	Port Talbot Harriers	28	M	1.52.27
346	4	Glyn Price	Sarn Helen	44	M40	1.53.51
331	5	Mike Evans	Trots	36	M	1.54.04
318	6	Gareth Ayres	Port Talbot Harriers	28	M	1.55.45
340	7	John Morris	Amman Valley	30	M	1.56.11
374	8	Daniel Hooper	Sarn Helen	38	M	1.57.15
338	9	Michael Davies	Sarn Helen	42	M40	1.57.36
335	10	Richard Simpson	PembrokeHarriers	38	M	1.59.42
323	11	Dave Powell	Aberystwyth AC	50	M50	2.04.09
350	12	Gethin Jones	Sarn Helen	38	M	2.04.47

317	13	Eric Rees	Sarn Helen	39	M	2.06.13
302	14	Michael Baggott	Woking AC	29	M	2.07.37
342	15	Chris Lewis		30	M	2.08.46
306	16	Steven Holmes	Sarn Helen	37	M	2.09.00
344	17	Huw Price	Sarn Helen	48	M40	2.10.26
325	18	Stephen King	Aberystwyth AC	37	M	2.10.32
349	19	Simon Hall	Sarn Helen	31	M	2.10.50
324	20	Phoebe Webster	Aberystwyth AC	30	F	2.11.00
304	21	Rob Falconer		52	M50	2.12.08
369	22	Sandra Pinkham	Port Talbot Harriers	47	F45	2.12.41
337	23	Ana O Neill	PembrokeHarriers	38	F35	2.13.03
343	24	Gareth Elliott	PembrokeHarriers	28	M	2.14.42
322	25	Louise Barker	Aberystwyth AC	36	F35	2.14.59
308	26	Kev Joyce		45	M40	2.17.08
348	27	Mike Jones		50	M50	2.17.16
353	28	Nicola Quinn	Emlyn Runners	43	F35	2.17.44

371	29	Anthony Powell	Rhyader AC	38	M	2.18.27
332	30	Geraint Evans		41	M40	2.19.44
341	31	Alex Lewis		31	M	2.20.16
314	32	David Cornish	Port Talbot Harriers	45	M40	2.21.20
377	33	Teifion Davies	Sarn Helen	17	M	2.22.40
363	34	Calvin Williams	Sarn Helen	49	M40	2.23.15
364	35	Peter Garson	Aberystwyth AC	45	M40	2.25.32
329	36	Richard Phillips	Trots	34	M	2.25.47
320	37	Richard Copp		26	M	2.25.54
376	38	Richards Marks	Sarn Helen	61	M50	2.26.29
328	39	Jonathan Owen		43	M40	2.26.47
330	39	Jonathan Hancock	Trots	41	M40	2.26.47
347	41	Carwyn Davies		34	M	2.28.08
358	42	Michael Taylor		51	M50	2.28.34
301	43	Glyn Rowlands	Meirionnydd	53	M50	2.29.03
352	44	Richard James	Emlyn Runners	48	M40	2.29.10

361	44	Barry Owen	Emlyn Runners	36	M	2.29.10
357	46	John Sweeting	Mynyddwyr De Cymru	64	M50	2.31.21
310	47	Roy Silver	Les Croupiers	55	M50	2.32.29
312	48	Caryl Davies	Sarn Helen	23	F	2.34.01
368	49	Ceri Brambley Tucker	Port Talbot Harriers	43	F35	2.34.24
362	50	Kyra Kirkham	Emlyn Runners	35	F35	2.35.01
354	51	Kieran Mackintosh	Port Talbot Harriers	21	M	2.35.20
345	52	Paul Rose	Aberystwyth AC	47	M40	2.35.45
367	53	Alan Perkins	Port Talbot Harriers	60	M50	2.36.18
351	54	Lon Morgan	Emlyn Runners	53	F45	2.38.09
305	55	Laurence Worth	PembrokeHarriers	48	M40	2.38.19
336	56	Sue Lloyd	PembrokeHarriers	47	F45	2.40.11
375	57	Haydn Lloyd	Sarn Helen	39	M	2.40.45
370	58	Robert Nash		52	M50	2.41.35
360	59	Gwydion Williams	Sarn Helen	17	M	2.42.20
326	60	Michael Terry	Trots	60	M50	2.42.34

359	61	Ormond Williams	Sarn Helen	50	M50	2.45.09
321	62	Cameron Pope	Aberystwyth AC	55	M50	2.46.45
355	63	Steve Harris		53	M50	2.48.18
373	64	David Thomas	Sarn Helen	48	M40	2.49.05
366	65	Gareth Jones	Sarn Helen	45	M40	2.51.11
307	66	Helen Willoughby	Sarn Helen	46	F45	2.51.30
372	67	Alan Roberts	Port Talbot Harriers	55	M50	2.53.02
333	68	Kate Hovers	Brecon Tri	51	F45	2.55.31
303	69	Ewen McLaughlin		41	M40	3.03.09
339	70	Gudrun Jones	Sarn Helen	53	F45	3.30.24
311	71	Dorian Rees		35	M	4.08.04
316		Adrian Weaver	Port Talbot Harriers	33	M	DNF

## TEAM Port Talbot

309	1	Steve Rees
315	2	Chris Parker
313	3	Andrew Reynolds
318	6	Gareth Ayres