

Ras y Mast 2007 - Seniors

<u>No.</u>	<u>Position</u>	<u>Name</u>	<u>Club</u>	<u>Age</u>	<u>Class</u>	<u>Time</u>
197	1	Andrew Abbott	Sarn Helen (New Record)	36	M	40.54
193	2	Dylan Stephens		35	M Cyc	40.57
198	3	Kevin Griffiths	Trots	44	M40	43.33
162	4	Glyn Price	Sarn Helen	40	M40	43.41
194	5	John Lloyd	MT8 Marathon.co.uk	60	M Cyc	43.50
129	6	Michael Kallenburg	Ingli	16	M	43.52
176	7	Les Hewitson	Ingli	44	M40	44.46
177	8	Michael Davies	UWA Harriers	38	M	45.03
126	9	Carwyn Thomas	Sarn Helen	20	M	47.11
179	10	Gethin Jenkins	Sarn Helen	16	M	47.29
151	11	Phoebe Webster	UWA Harriers (New Record)	27	F	47.36
137	12	Steve Ouseley	Ingli	33	M	47.47
165	13	Dave Marshall		52	M Cyc	47.54
178	14	Irfon Thomas	Sarn Helen	18	M	47.57
147	15	Stephen King	Aberystwyth A C	34	M	48.04
118	16	Dewi Jones	Trots		M Cyc	48.22
130	17	Haydn Lloyd	Sarn Helen	35	M	48.37
192	18	Mark Dunscombe	Sarn Helen	46	M40	49.34
200	19	Neil Lewis	M D C	40	M40	49.55
166	20	Mark Terry	Trots	50	M50	50.21
136	21	Gordon Orme	Cardigan	65	M50	50.36
184	22	Robert Williams	Ingli	41	M40	50.38
131	23	Mark Kallenberg	Ingli	47	M40	50.50
138	24	Shan Roberts	Ingli	40	F35	51.03
117	25	Richard Marks	Sarn Helen	57	M50	51.08
139	26	Jason Williams	Cardigan	37	M	51.19
152	27	Louise Barker	Aberystwyth A C	32	F	51.21
167	28	Huw Price	Sarn Helen	44	M40	51.30
134	29	Kat Driver	Pembrokeshire Harriers	31	F	51.44
123	30	Paul Hughes	Pembs Tri Club	39	M	51.54
175	31	Lynn Green	Ingli	50	F45	52.04
156	32	Darryl Evans	Maldwyn Harriers	46	M40	52.35
157	33	Megan Thomas	Carmarthen Harriers	18	M	53.14

172	34	Murray Kisbee	Sarn Helen	58	M50	54.03
148	35	Huw Rowcliffe	Sarn Helen	19	M	54.22
168	36	Claire Cleathroe	Trots	33	F	54.27
122	37	Paul Padget	Ingli	53	M50	54.30
140	38	Jane Buck	Cardigan	44	F35	54.42
195	39	Dylan Davies	Sarn Helen	35	M	55.12
190	40	Lindy Eynon	Trots	47	F45	55.46
120	41	Caroline John	Sarn Helen	42	F35	56.02
173	42	Adriano Evola	Aberystwyth	49	M40	56.17
174	43	Terry Gover	Pembs Tri Club	59	M50	56.46
116	44	Lyn Rees	Sarn Helen	57	M50	57.32
191	45	Angela Payne	Ingli	35	F35	57.32
171	46	Chris Birch	Trots	48	M40	58.20
196	47	Roland Sherwood	Amman Valley		M50	58.24
169	48	Penelope Ann Rees	Trots	34	F	58.32
155	49	Tony Furlong		42	M40	58.36
128	50	Andrew Edgell	Sarn Helen	30	M	59.21
189	51	Helen Williams	Trots	47	F45	59.32
143	52	Gareth Jones	Sarn Helen	41	M40	59.38
142	53	Chris White		22	M	59.40
164	54	Paul Colman	Pembrokeshire Harriers	46	M40	62.35
146	55	Toby Rogers	Ingli	29	M	63.23
144	56	Jan Jones	Sarn Helen	42	F35	63.43
125	57	Julia Hill	Pembs Tri Club	33	F	64.40
188	58	Caryl Davies	Sarn Helen	19	F	65.52
135	59	Shaun Mc Cann		37	M Cyc	68.04
158	60	David Phillips	Pembrokeshire Harriers	63	M50	68.52
186	61	Alan Williams	Ingli	37	M	69.58
187	62	Frances Cooke	Ingli	24	F	70.45
183	63	Alison Griffiths	Pembrokeshire Harriers	38	F35	72.13
181	64	Martin Dyde	Pembrokeshire Harriers	49	M40	72.14
180	65	Sian Jenkins	Sarn Helen	18	F	75.50
182	66	Pauline Charlett	Pembrokeshire Harriers	46	F45	76.06
170	67	Barbara Thomas	Pembrokeshire Harriers	63	F45	76.51
185	68	Madeleine Bland	Pembrokeshire Harriers	56	F45	77.07

163	69	Jill Colman	Pembrokeshire Harriers	43	F35	77.08
199		Janette Reynolds	Trots	28	F	DNS
1 st TEAM - INGLI						
		Michael Kallenburg				43.52
		Les Hewitson				44.46
		Shan Roberts				51.03
						2.19.41