

TEIFI 10 MILE ROAD RACE

2004

POSITION	NAME	CLUB	CLASS	TIME
1	Mike Evans	Trots	S/M	55.27
2	Columba Peoples	UWA Harriers	S/M	57.29
3	Andrew Abbott	Sarn Helen	S/M	58.15
4	Arwel Lewis	Eryri Harriers	M40	58.43
5	Richard Marks	Sarn Helen	M40	59.23
6	Kevin Taylor	Amman Valley	M40	59.42
7	David Astins	Pembrokeshire Tri	S/M	60.36
8	Oystein Davies	UWA Harriers	S/M	61.32
9	Dennis Collins	Rhondda Valley Runners	S/M	61.49
10	Clifford Evans	Aberystwyth Uni	M40	61.58
11	Paul Edwards		S/M	61.59
12	Gary Thomas	Amman Valley	M40	63.22
13	Robert Dyde	Pembrokeshire Harriers	S/M	63.55
14	Tony Hall	Sarn Helen	M40	64.01
15	Paul Oughton		M40	64.05
16	Mark Davies	Port Talbot Runners	S/M	64.51
17	G Jeffries	Cardigan	M40	65.19
18	Dallas Wiseman	Sarn Helen	S/M	65.25
19	Alan Perkins	Port Talbot	M40	65.39
20	Calvin Williams	Sarn Helen	M40	65.41
21	Jonathon Evans	Highgate Harriers	S/M	66.03
22	Ann Thomas	Trots	F35	66.05
23	Alun Smith	Rhondda Valley	M40	66.20
24	Mike Brown	Spatans R.C	S/M	66.28
25	Kev Joyce	Pembrokeshire Harriers	S/M	66.44
26	Richard Brown	Pembrokeshire Tri	S/M	68.10
27	Haydn Lloyd	Sarn Helen	S/M	68.14
28	Steve Davies	Port Talbot	S/M	68.16
29	Dorian Aled Jones		S/M	68.44
30	Lyn Rees	Sarn Helen	M40	68.46
31	Peter Walters		M40	68.48
32	M Lawrence	Pembrokeshire Harriers	M40	68.51
33	Robert Davies	Rhondda Valley	S/M	69.02
34	Paul Bowen	Sospan Road Runners	S/M	69.11
35	Rhian Evans	Rhondda Valley Runners	F35	69.31
36	Alison Cooke	Hereford Couriers	F35	69.35
37	Kenneth Medcraft	Rhondda Valley	M40	69.46

38	Owen Derrick	Pembrokeshire Harriers	S/M	71.23
39	Len Richards	Port Talbot Harriers	M40	72.12
40	Gareth Jones	Sarn Helen	S/M	72.53
41	Clive Stevenson	Sospan Road Runners	M40	73.04
42	Roger Mansell	Trent Park Running	M40	73.05
43	Sarah Swaysland		F	73.22
44	Roland Sherwood	Amman Valley	M40	73.57
45	Ray James	Port Talbot Runners	M40	74.22
46	William Kevin Christie	Coventry Saracens	M40	74.42
47	Mike Nash	3M's Gorseinon	M40	74.44
48	Brian Healey	Cardigan	M40	74.57
49	Brian Thomas	Sarn Helen	M40	75.10
50	Dewi West	3M's Gorseinon	M40	75.19
51	Monica Barlow	Sarn Helen	F35	75.43
52	Paul Sinclair		S/M	75.53
53	Ian Swanson	Port Talbot	M40	76.28
54	Vivienne Kavanagh	3M's Gorseinon	F35	76.36
55	Geoff Johnson		M40	76.49
56	Ryszard Piotravicz		M40	77.07
57	Allan Smith	3M's Gorseinon	M40	77.36
58	John Davies	Port Talbot	M40	77.46
59	D R Evans		M40	78.03
60	Jane Buck	Cardigan	F35	78.06
61	Steven Lewis	Port Talbot	S/M	78.27
62	Gaynor Hlland	3M's Gorseinon	F35	79.19
63	Helen Mc Namara	Pembrokeshire Harriers	F35	79.27
64	Hilary Mc Carthy	Cardigan	F35	79.33
65	Louise Miskell	3M's Gorseinon	F35	80.38
66	Linda Hutchinson	3M's Gorseinon	F35	80.39
67	Carol Howard	Pembrokeshire Harriers	F35	81.04
68	Jill Colman	Pembrokeshire Harriers	F35	81.16
69	Janet Jones	Sarn Helen	F35	82.11
70	Mark Taylor	Port Talbot Harriers	S/M	82.42
71	Anthony Holling	Port Talbot	M40	83.41
72	Eric Rees	Sarn Helen	S/M	84.07
73	Fay Sharpe	3M's Gorseinon	F35	84.17
74	Andy Beetham		S/M	84.18
75	James Johnson		M40	84.39
76	Christine Hurdige	3M's Gorseinon	F35	85.19
77	Lorraine Dyde	Pembrokeshire Harriers	F35	86.38

78	Susan Jenkins	Sarn Helen	F35	88.15
79	Tim Elias	Port Talbot Harriers	S/M	88.18
80	David Howells	Pembrokeshire Tri	S/M	88.39
81	Victoria Ann Hogg	3M's Gorseinon	F	89.25
82	Jan Younger	Pembrokeshire Harriers	F35	92.10
83	Amanda Jayne Bayliss	Sospan Runners	F	94.53
84	Tracey Williams	3M's Gorseinon	F35	103.08
85	Karen Grey	3M's Gorseinon	F	114.19
86	Allen Watts	Sarn Helen	M40	115.36
87	Andrew Stoll		M40	118.37