

	RAS TEIFI 10 ~ 2005			
POSITION	NAME	CLUB	CLASST	TIME
1	Marc Evans	Amman Valley	M	56.50
2	Andrew Abbott	Sarn Helen	M	58.54
3	Michael Evans	Trots	M	59.05
4	Stephen Paterson	Peagusus	M	59.33
5	Les Hewitson	Ingli Runners	MV	59.50
6	Malcolm Adams	Trots	MV	62.17
7	Michael Davies		M	62.42
8	Richard Marks	Sarn Helen	MV	62.59
9	Robert Dyde	Pembs Harriers	M	63.21
10	Paul Rose	Cardigan	MV	63.31
11	Graham Jeffries	Cardigan	MV	65.11
12	Paul Oughton		MV	65.19
13	Dai Roberts	Aberystwyth	MV	65.24
14	Hywel Jones	Amman Valley	MV	66.02
15	Peter Davies	Sarn Helen	MV	66.35
16	Keith Paterson	Peagasus	MV	66.46
17	John Sinnett	Pembs Harriers	MV	66.47
18	Paul Bowen	Sosapn Road Runners	M	66.57
19	Dennis Collins	Rhandda Valley	MV	67.09

20	Dylan Davies	Sarn Helen	M	67.36
21	Mark Duscombe	Sarn Helen	MV	68.18
22	Richard Ellison	Rhyader	MV	68.38
23	Claire Cleathero	Trots	F	68.44
24	Francis Robinson	Barney A.C	M	68.53
25	Calvin Williams	Sarn Helen	MV	69.03
26	Lyn Rees	Sarn Helen	MV	70.13
27	Alison Cooke	Hereford Couriers	FV	70.17
28	Lynn Green	Ingli Runners	FV	71.15
29	Carwyn Thomas	Sarn Helen	M	72.13
30	Dorian Jones		MV	72.14
31	Harford Evans	Amman Valley	MV	72.27
32	Alun Smith	Rhondda Valley	MV	72.36
33	John Evans	Aberystwyth	MV	72.55
34	Shan Cuthbert	Ingli Runners	FV	73.06
35	Gareth Jones	Sarn Helen	M	73.37
36	Dorian Rees		M	73.54
37	Monica Barlow	Sarn Helen	FV	74.19
38	Roger Mansell	Trent Park Runners	MV	74.21
39	Philip Hoskins		MV	75.18
40	Brian Thomas	Sarn Helen	MV	75.34

41	Brian Healey	Cardigan	MV	75.47
42	Jenny Parkes	Sarn Helen	FV	75.48
43	Jane Buck	Cardigan	FV	75.58
44	Lucy Elcomb	Pembs Tri	F	76.00
45	Jill Colman	Pembs Harriers	FV	76.29
46	Dr D R Evans		MV	77.09
47	Ryszard Piotrowicz		MV	77.10
48	Eric Rees	Sarn Helen	M	78.08
49	Helen Mc Namara	Pembs Harriers	FV	78.18
50	Neville Roberts		MV	78.41
51	Mike Hodges	Trots	MV	80.09
52	Neville Davies		M	80.38
53	Carol Howard	Pembs Harriers	FV	80.51
54	Lon Morgan	Trots	FV	81.44
55	Helen Williams	Trots	FV	81.46
56	Jan Jones	Sarn Helen	FV	81.55
57	Alan Johnstone	Ingli Runners	MV	82.16
58	David Howells	Pembs Tri	MV	83.09
59	Hefin Jones		MV	83.09
60	Susan Jenkins	Sarn Helen	FV	85.31
61	Meirion Williams		M	89.55

62	Paul Jones		M	91.43
63	Jan Younger	Pembs Harriers	FV	94.55
64	Pauline Charlett	Pembs Harriers	FV	97.57
65	Gudrun Jones	Sarn Helen	FV	101.40
66	James Kelley	Woodbridge Shuffles	MV	104.40
67	Allen Watts	Sarn Helen	MV	111.41