

SARN HELEN

Teifi 10 Mile Road Race 2009



<u>No.</u>	<u>Pos</u>	<u>Name</u>	<u>Age</u>	<u>Club</u>	<u>Class</u>	<u>Time</u>	<u>Welsh</u>
628	1	Christopher Davies	32	Telford AC	M	50.12	*
708	2	Dewi Griffiths	17	Carmarthen Harriers	M	53.02	
687	3	Rob Samuel	23	Eryri	M	53.43	*

670	4	Stephen Paterson	31	San Domenico	M	54.08	*
611	5	Steven Rees	31	Port Talbot	M	54.41	*
669	6	Lee Aherne	42	Les Croupiers	M40	54.47	*
698	7	Brendan Rothery	30	Eryri Harriers	M	55.58	*
684	8	Paul Talbot	42	Neath Harriers	M40	56.52	*
656	9	Glyn Price	41	Sarn Helen	M40	56.56	*
731	10	Nick Frost	48	Pontypridd Rodents	M40	57.03	
751	11	Dennis Walmsley	46	Bourton Roadrunners	M40	57.09	
714	12	Afan Humphries	21	Cwmbran Harriers	M	57.45	
603	13	Michael Davies	40	Sarn Helen	M40	57.58	*
608	14	Carwyn Thomas	21	Sarn Helen	M	58.58	*
674	15	Chris Parker	43	Swansea Harriers	M40	59.16	*
614	16	Michael Kallenburg	18	Ingli Runners	M	59.30	*
647	17	Stacey Morgan	35	Croft Ambrey	M	59.54	*
689	18	Scott Howell	48	Les Croupiers	M40	60.07	*

668	19	Mick McGeoch	53	Les Croupiers	M50	60.27	*
694	20	Daniel Bodman	18	Aberdare Valley AAC	M	60.55	*
636	21	Carl Ellis	33	Port Talbot	M	61.22	*
661	22	Paul Wathan	20	Eryri	M	61.24	*
683	23	Caryl Jones	22	Trots	F	62.09	*
609	24	Mark Dunscombe	47	Sarn Helen	M40	62.20	*
703	25	Arwel Lewis	50	Eryri Harriers	M50	63.03	*
622	26	Adrian Weaver	31	Port Talbot	M	63.15	*
667	27	Dic Evans	62	Cardiff AC	M50	63.24	*
616	28	Chris Fulcher	41	Port Talbot	M40	63.31	*
720	29	Andrew Thomas	43	Sospan Road Runners	M40	64.21	
604	30	Melaine Ellis	44	Shaftesbury Barnet	F35	64.25	*
757	31	Tim James	31	Ingli Runners	M	64.40	
610	32	Shan Roberts	41	Ingli Runners	F35	64.56	*
688	33	Clifford Evans	50	Aberystwyth Harriers	M50	65.05	*

675	34	Paul Dyson	50	Swansea Harriers	M50	65.35	*
633	35	Richard Marks	59	Sarn Helen	M50	65.35	*
712	36	Keith Powell	56	Cornelly Striders	M50	65.46	
755	37	Kat Steed	32	Pembs Harriers	F	65.57	
631	38	Charles Thomas Walsh	34	Port Talbot	M	66.14	*
763	39	Kevin James	46		M40	66.18	
682	40	Mike Lawrence	52	Pembs Harriers	M50	66.26	*
729	41	Sturart Reeves	40	Les Croupiers	M40	66.29	
620	42	Dawn Gibbs	53	York Acorn	F45	66.37	Eng
730	43	Ian Mc Donald	45	San Domenico	M40	66.50	
665	44	Erika Schmid	28	Buckley Runners	F	66.54	*
642	45	Huw Price	46	Sarn Helen	M40	67.02	*
744	46	Martin Davies	27	Trots	M	67.31	
746	47	Dave Powell	48	Aberystwyth AC	M40	67.59	
602	48	Michael Taylor	49		M40	68.01	

679	49	Tony Hall	53	Sarn Helen	M50	68.04	*
715	50	Sean Treloar	41	Port Talbot	M40	68.12	
627	51	Rachel Allcock	35	Amman Valley	F35	68.16	*
721	52	Daniel Thomas	19	Swansea Harriers	M	68.26	
716	53	Michael Curran	27		M	68.37	
756	54	Andrew Dawe	42	Pembs Harriers	M40	68.38	
659	55	Sandra Pintcham	45	Port Talbot	F45	68.44	*
702	56	Bernard Henderson	54	Port Talbot	M50	68.46	*
606	57	Mark Terry	51	Trots	M50	68.53	*
740	58	Paul Jelley	44	Port Talbot	M40	69.08	
706	59	Shaun Broome	36	Neath Harriers	M	69.48	
655	60	Jason Dickinson	41	Trots	M40	69.53	*
760	61	James Murphy	42		M40	70.07	
711	62	Dominic Shields	44	San Domenico	M40	70.13	
719	63	Daniel Burgess	33	Aberystwyth AC	M	70.16	

680	64	Simon Hall	29	Sarn Helen	M	70.46	*
739	65	Darren Stevens	37		M	70.57	
632	66	Carys Davies	18	Sarn Helen	F	71.02	*
752	67	Alec Williams	42	Ingli Runners	M40	71.05	
657	68	Richard Webster	54	3M Gorseinon RR	M50	71.19	*
718	69	Murray Kisbee	59	Sarn Helen	M50	71.39	
635	70	Carol Moseley	32	Port Talbot	F	71.42	*
654	71	Uku Kumari	57	Swansea Harriers	M50	71.53	*
701	72	Mike Green	51		M50	71.53	
732	73	Jason Wilkins	39	Cardigan	M	71.56	
637	74	Robert Fowler	63	Amman Valley	M50	72.00	*
697	75	Ian Rothery	54	Cybi Stiders	M50	72.21	*
641	76	Helen Thomas	28	Pembs Harriers	F	72.42	*
741	77	Neil Davies	51	NYRRC	M50	72.55	
748	78	Paul Rose	44	Aberystwyth AC	M40	73.00	

671	79	Micheal.H.Davies	59	Les Croupiers	M50	73.02	*
630	80	Dawn Kenwright	53	Sarn Helen	F45	73.12	*
686	81	Cliff Thomas	63	Aberystwyth AC	M50	73.43	*
722	82	Paul Edwards	49	Pembs Harriers	M40	73.52	
691	83	John Gwyn Evans	63	Aberystwyth AC	M50	73.57	*
672	84	Mark-Marcello Davies	41	Port Talbot	M40	74.16	*
629	85	Lindy Eynon	48	Trots	F45	74.32	*
696	86	Neil Williams	45	Pontypridd Rodents	M40	74.36	*
713	87	Gary Waters	59	Swansea Harriers	M50	75.02	
644	88	Gethin Jenkins	18	Sarn Helen	M	75.30	*
676	89	Sarah Gibby	22	Emlyn Runners	F	75.32	*
653	90	Tony Holling	53	Port Talbot	M50	75.43	*
651	91	Anita Worthing	53	Aberystwyth AC	F45	75.51	*
749	92	Carwyn Davies	31		M	75.59	
626	93	Christopher Sexton	45	Ingli Runners	M40	77.10	*

607	94	Jack Thomas	67	Buckley Runners	M50	77.16	*
673	95	Alan Perkins	58	Part Talbot	M50	77.18	*
662	96	Gemma Morgans	19	Eryri	F	77.19	*
652	97	Delyth Davies	28		F	78.02	
615	98	Tony Wenlock	54	Aberystwyth AC	M50	78.09	*
617	99	Monica Barlow	56	Sarn Helen	F45	78.18	*
678	100	Dee Jolly	22	Sarn Helen	F	78.24	*
640	101	Jeanette Ashton	51	Witney Roadrunners	F45	78.27	Eng
754	102	Haydn Lloyd	36	Sarn Helen	M	79.19	
692	103	Lyn Rees	59	Sarn Helen	M50	79.26	*
762	104	Paul Padget	53	Ingli Runners	M50	79.26	
753	105	Clare Williams	42	Ingli Runners	F35	79.33	
699	106	Brenda Avery	58	Chepstow Harriers	F45	79.36	*
634	107	Richard Springett	45		M40	79.54	
681	108	Helen Walker	53	Ingli Runners	F45	79.56	*

727	109	Peter Walker	53	Ingli Runners	M50	79.56	
709	110	Caryl Davies	21	Sarn Helen	F	80.09	*
645	111	Bethan Ouseley	32	Ingli Runners	F	80.19	*
758	112	Stephen Williams	52	Les Croupiers	M50	80.21	
704	113	Paul Jones	36	Mumbles Milers	M	80.25	
733	114	Jane Wilkins	46	Cardigan	F45	81.11	
759	115	Raymond Hasler	58		M50	81.11	
723	116	David Thomas	37	Pembs Harriers	M	81.37	
710	117	Ian Ralfs	61		M50	82.37	
745	118	Clive Williams	53	Aberystwyth AC	M50	82.42	
735	119	John Ayres	53	Port Talbot	M50	83.02	
717	120	Dennis Collins	44	Rhondda Valley Runners	M40	83.18	
750	121	Ray James	48	Port Talbot	M40	84.57	
764	122	Simon Cox	45		M40	85.21	
690	123	Jan Jones	43	Sarn Helen	F35	85.31	*

742	124	Joanne Davies	21		F	85.38	
650	125	Brenda Jones	67	Bro Dysynni AC	F45	86.10	*
747	126	Samantha Parsons	35		F35	86.21	
600	127	Janice Clement	50	Penarth Dinas Runners	F45	87.23	*
658	128	Pauline Williams	50	Port Talbot	F45	87.43	*
761	129	Laurence Worth	46	Pembs Harriers	M40	87.46	
737	130	Bernard Stevens	65		M50	88.24	
677	131	Linda De Orte Jimenz	27	Emlyn Runners	F	88.47	*
765	132	David Andrew Edgell	32	Sarn Helen	M	89.08	
724	133	Jill Colman	44	Pembs Harriers	F35	89.23	
663	134	Syd Wheeler	71	Chepstow Harriers	M50	90.04	*
695	135	Neil Lewis	49	Mumbles Milers	M40	91.02	*
693	136	Eleri Connor	26		F	92.07	
743	137	Vivienne Dean	45		F45	93.47	
649	138	Angharad Hull	27		F	94.23	

736	139	Catherine Llewellyn	45		F45	94.33	
738	140	Sandra Stevens	61		F45	94.41	
621	141	Katherine Devonald	29		F	96.24	
643	142	Sian Jenkins	19	Sarn Helen	F	99.54	*
734	143	Graham Singer	54		M50	101.36	
707	144	Gary Taylor	27	Mumbles Milers	M	102.19	
725	145	Alison Griffiths	39	Pembs Harriers	F35	102.43	
728	146	Martin Dyde	50	Pembs Harriers	M50	102.43	
612	147	Gudrun Jones	51	Sarn Helen	F45	106.16	*
623	148	Glyn Rowlands	51		M50	106.17	
726	149	Jan Bell	63	Pembs Harriers	F45	107.39	
613	150	Sheila M Symonds	75	Bro Dysynni AC	F45	137.50	*
705		Rowena Melbourne	28	Instinctive Sport	F	DNF	
601		Clem Clement	49	Penarth Dinas Runners	M40	DNF	*
605		Emma Simpkins	40		F35	DNS	

618	Brian Russell	50	Cardigan	M50	DNS	*
619	Gordon Jones	50	Prestatyn RC	M50	DNS	*
624	Mandy Jones	48	Islwyn	F45	DNS	*
638	Irene Cooper	55		F45	DNS	
639	David W Jones	56		M50	DNS	
646	Steve Ouseley	35	Ingli Runners	M	DNS	*
648	Alan Peters	59		M50	DNS	
660	Haydn Hartnell	46	Islwyn	M40	DNS	*
664	David Davies	60	Neath Harriers	M50	DNS	*
666	Jerome Evans	18	Port Talbot	M	DNS	*
685	Allen Watts	80	Sarn Helen	M50	DNS	*
700	Frankie Vaughan	54	Meirionydd RC	M50	DNS	*
625	Stephen Jones	51	Islwyn	M50	DNS	*