

## *SARN HELEN*

### *Teifi 10 Mile Road Race 2010*



<u>Pos</u>	<u>No</u>	<u>Name</u>	<u>Club</u>	<u>Class</u>	<u>Time</u>	<u>Age</u>	<u>Split</u>
1	706	Richard Roberts	Eryri Harriers	M	54.07	31	5.41
2	664	Michael Kallenberg	Carmarthen Harriers	M	55.23	19	5.52
3	733	Peter Coles	Pontypridd Roadents	M40	56.13	47	5.61

4	700	Robert Dyde	Pembs Harriers	M	57.01	27	5.70
5	751	Glyn Price	Sarn Helen	M40	57.32	42	5.73
6	675	Daniel Bodman	Aberdare	M	58.17	19	5.82
7	694	Michael Davies	Sarn Helen	M40	58.23	41	5.82
8	728	Eddy Ball	Rhondda Valle Runners	M40	58.45	44	5.85
9	508	Carwyn Thomas	Sarn Helen	M	60.57	22	6.06
10	665	Barrie Griffiths	Pembs Harriers	M40	61.28	46	6.13
11	783	Andrew Abbott	Sarn Helen	M	61.40	38	6.14
12	793	Kevin Griffiths	Trots	M40	61.57	46	6.16
13	765	Caryl Mair Jones	Trots	F	61.58	23	6.16
14	674	Arwel Lewis	Eryri Harriers	M50	62.02	51	6.20
15	705	Andrew Dawe	Pembs Harriers	M40	62.11	43	6.21
16	752	Phoebe Webster	Aberystwyth AC	F	62.14	29	6.21
17	739	Edward Fletcher	Aberystwyth Uni	M	62.19	30	6.22
18	745	Martin Webborn	Swansea Harriers	M	62.23	38	6.22
19	720	Ann Thomas	Trots	F35	62.24	42	6.22
20	714	Mickey Havard	San Domeinco	M40	62.55	44	6.26
21	726	Mark Dunscombe	Sarn Helen	M40	63.05	48	6.31
22	725	Charles Walsh	Port Talbot Harriers	M	63.17	35	6.32
23	687	Lee Morris		M	63.40	28	6.34

24	772	Alec Williams	Ingli	M40	63.51	43	6.35
25	716	Ian Mc Donald	San Domeinco	M40	64.20	45	6.42
26	684	Adam Daykin	Serpentine Running	M40	65.06	43	6.51
27	744	Sean Treloar	Port Talbot Harriers	M40	65.08	42	6.51
28	761	Steve Ouseley	Ingli	M	65.14	36	6.51
29	770	Simon Hall	Sarn Helen	M	65.18	30	6.52
30	750	Alex Williams	Port Talbot Harriers	M40	65.25	42	6.53
31	782	Shelley Childs	Aberystwyth AC	M	65.29	36	6.53
32	677	John Diffey	Les Croupiers	M40	65.30	46	6.53
32	785	Daniel Evans	Rhondda Valle Runners	M	65.30	20	6.53
34	787	John Hopkins	Port Talbot Harriers	M40	65.56	47	6.56
35	773	Tony Hall	Sarn Helen	M50	66.05	54	6.61
36	713	Steve Walsh	Port Talbot Harriers	M40	66.06	41	6.61
37	711	Paul Rees	Port Talbot Harriers	M40	66.08	45	6.61
38	796	Glyn Sansom	San Domenico	M40	66.37	48	6.64
39	766	Robert Davies	Islwn	M	66.37	38	6.64
40	717	Victoria Jackson	Cardiff AAC	F	66.53	18	6.65
41	754	Huw Price	Sarn Helen	M40	67.07	47	6.71
42	683	David O'Neill	Pembs Harriers	M40	67.26	40	6.73
43	696	Mark Terry	Trots	M50	67.28	52	6.73

44	774	Kim Wehden	Islwyn Running Club	F45	67.38	47	6.74
45	723	Clifford Evans	Aberystwyth Uni	M50	67.42	51	6.74
46	784	Ian Jones		M40	67.44	49	6.74
47	693	Barry Wilson	Ludlow Runners	M50	67.53	57	6.75
48	734	Gareth Ayres	Port Talbot Harriers	M	67.55	26	6.76
49	668	James Thomas	Sarn Helen	M	68.09	28	6.81
50	767	Dominic Shields	San Domenico	M40	68.12	45	6.81
51	682	Ann Lynch	Pembs Harriers	F35	68.39	37	6.84
52	749	Sandra Pinkham	Port Talbot Harriers	F45	69.01	46	6.90
53	778	David Thomas	Sarn Helen	M40	69.11	47	6.91
54	780	Murray Kisbee	Sarn Helen	M50	69.20	60	6.92
55	788	Gethin Jones		M	69.28	37	6.93
56	730	Brian Russell	Cardigan	M50	69.30	51	6.93
57	759	Jessica Leitch	Sarn Helen	F	69.33	27	6.93
58	710	David Parfitt	Port Talbot Harriers	M40	69.34	40	6.93
59	746	Kev Joyce	Pembs Harriers	M40	69.56	44	6.96
60	768	Laurence Worth	Pembs Harriers	M40	70.35	47	7.04
61	676	Richard Phillips	Trots	M	70.36	33	7.04
62	666	Mark Jones		M50	70.39	51	7.04
63	762	Martin Smith		M	71.03	27	7.10

64	729	Carol Moseley	Port Talbot Harriers	F	71.07	33	7.11
65	742	Jason Wilkins	Cardigan	M40	71.08	40	7.11
66	695	Dawn Kenwright	Sarn Helen	F45	71.10	54	7.11
67	704	Paul Rose	Aberystwyth AC	M40	71.27	45	7.13
68	671	Sam Clarke		M	71.35	34	7.14
69	663	Mike Green	Vegan Runners Uk	M50	71.49	52	7.15
70	703	Paul Edwards	Pembs Harriers	M50	71.51	50	7.15
71	797	Ioan Davies	Rwpy Harriers	M	71.56	31	7.16
72	799	Alvin Phillips	Rwpy Harriers	M	71.57	31	7.16
73	757	Eric Davey	Llanelli AAC	M50	71.59	60	7.16
74	719	John Evans	Aberystwyth AC	M50	72.28	64	7.23
75	678	Anita Worthing	Aberystwyth AC	F45	72.49	54	7.25
76	769	Dee Jolly	Sarn Helen	F	72.50	23	7.25
77	669	Phillip Turner	Llanelli Tri.	M40	73.16	42	7.32
78	718	Lindy Eynon	Trots	F45	73.24	49	7.32
79	722	Clive Denton	Rhondda Valle Runners	M40	73.25	42	7.33
80	679	Tony Wenlock	Aberystwyth AC	M50	73.58	55	7.36
81	743	Alyson Hayes	Cardigan	F35	74.21	39	7.42
82	661	Glyn Rowlands	Meirionydd	M50	74.22	52	7.42
83	760	Bethan Ouseley	Ingli	F	74.35	33	7.44

84	753	Ceri Brambley-Tucker	Port Talbot Harriers	F35	74.53	42	7.45
85	727	Alan Perkins	Port Talbot Harriers	M50	74.54	59	7.45
86	790	Russell Bown	Pontypridd Roadents	M50	75.02	52	7.50
87	699	Brian Moffett	Trots	M50	75.33	60	7.53
88	670	Simon Scurrrell		M	75.43	29	7.54
89	698	Tony Holling	Port Talbot Harriers	M50	75.50	54	7.55
90	701	Martin Dyde	Pembs Harriers	M50	76.01	51	7.60
91	800	Ian Jones	Rwpy Harriers	M	76.13	29	7.61
92	748	Pauline Williams	Port Talbot Harriers	F45	76.33	51	7.63
93	798	Arwel Davies	Rwpy Harriers	M	76.45	29	7.65
94	721	Helen Williams	Trots	F45	76.48	49	7.65
95	775	Gareth Jones	Sarn Helen	M40	77.19	44	7.72
96	724	Amy Edwards	Rhondda Valle Runners	F	77.43	28	7.74
97	732	Colin Anthony	Port Talbot Harriers	M50	77.46	64	7.75
98	792	Stephen Thomas	Pembs Harriers	M	78.06	18	7.81
99	736	Judith Oakley	Port Talbot Harriers	F45	78.27	45	7.83
100	756	Paul Jones	Mumbles Milers	M	78.29	37	7.83
101	747	Robert Smith	Pembs Harriers	M40	78.58	48	7.86
102	735	David Oak	Port Talbot Harriers	M50	79.10	64	7.91
103	755	Tracy Edwards	Rhondda Valle Runners	F35	79.27	43	7.93

104	791	David Thomas	Pembs Harriers	M	80.05	38	8.01
105	707	Caryl Davies	Sarn Helen	F	80.10	21	8.01
106	789	Sian Roberts-Jones		F	80.57	29	8.06
107	794	Johnathon Cardy		M40	81.03	43	8.10
108	660	Josephine Hooper		F	81.52	33	8.15
109	737	Ray James	Port Talbot Harriers	M40	81.56	49	8.16
110	667	Greg King	Llanelli Tri.	M40	82.02	42	8.20
111	779	Richard Springett		M40	82.04	46	8.20
112	689	Ross Poiner	3M's Road Runners	M	82.16	36	8.22
113	771	Keith Powell	Trots	M50	82.20	53	8.22
114	740	Jane Wilkins	Cardigan	F45	83.03	47	8.30
115	708	Gwydron Williams		M	83.10	16	8.31
116	758	Eleri Connor	Penarth & Dinas Runners	F	83.19	27	8.32
117	712	Ian Williams	Port Talbot Harriers	M40	83.55	40	8.36
118	764	Kirsten Tucker	Swansea Harriers	F	84.16	34	8.42
119	777	Carl Seaman	Rhondda Valle Runners	M40	84.28	40	8.43
120	741	Ian Ralfs		M50	84.40	62	8.44
121	691	Neil Crosby	Rhondda Valle Runners	M40	85.50	42	8.55
121	715	Frances Williams	San Domeinco	F45	85.50	45	8.55
121	786	Hilary Mc Carthy	Cardigan	F35	85.50	43	8.55

124	709	Ormond Williams		M40	86.57	49	8.66
125	781	Angharad Hull	Sarn Helen	F	86.17	28	8.62
126	731	Alan Roberts	Port Talbot Harriers	M50	88.09	54	8.81
127	688	Richard Donne	3M's Road Runners	M40	88.14	48	8.81
128	763	Claire House	San Domenico	F35	88.18	37	8.82
129	795	Clare Thomas	Trots	F	88.43	28	8.84
130	702	Alison Griffiths	Pembs Harriers	F45	89.09	40	8.91
131	690	Sally Powell	Rhondda Valle Runners	F	90.28	32	9.03
132	776	Jan Jones	Sarn Helen	F35	90.49	44	9.05
133	685	Wendy Evans		F35	94.03	36	9.40
134	697	Ian Swanson	Port Talbot Harriers	M50	95.25	60	9.53
135	680	Anthony Peter Molloy	Birchfield Harriers	M50	99.33	54	9.93
136	673	Gudrun Jones	Sarn Helen	F45	102.11	52	10.21
137	738	Shan Breese	Aberystwyth	F45	104.47	51	10.45
138	672	Ian Rees Jones		M40	108.07	49	10.81
139	692	Allen Watts	Sarn Helen	M50	140.24	81	14.02