

Sarn Helen Hill Race 2013 - 16.5miles

<u>No.</u>	<u>Position</u>	<u>Name</u>	<u>Club</u>	<u>Age</u>	<u>Class</u>	<u>Time</u>
350	1	Gareth Ayers	Port Talbot Harriers	30	M	1.50.33
320	2	Mike Evans	Trots	38	M	1.52.04
365	3	Dylan Lewis	Sarn Helen	30	M	1.58.13
340	4	Glyn Price	Sarn Helen	46	M40	1.58.41
348	5	Gethin Jones	Sarn Helen	40	M40	2.02.36
347	6	Daniel Hooper	Sarn Helen	40	M40	2.03.16
338	7	Michael Davies	Sarn Helen	44	M40	2.05.14
364	8	Gareth Davey	Neath Harriers	37	M	2.05.47
316	9	Chris Lewis		32	M	2.08.48
341	10	Steven Holmes	Sarn Helen	39	M	2.09.29
315	11	Alex Lewis	Neath Harriers	33	M	2.10.40
358	12	Peter Osborne	Llanelli AAC	52	M50	2.11.22
314	13	Katie Beecher	Les Croupiers	34	F	2.11.37
325	14	Shan Roberts	Trots	45	F45	2.12.40
321	15	Aled Jones Davies		31	M	2.14.28
328	16	Dave Powell	Aberystwyth AC	52	M50	2.15.18
372	17	Carwyn Thomas	Sarn Helen	25	M	2.15.28
369	18	Nicola Quinn	Rhedwyr Emlyn	45	F45	2.15.34
313	19	Mark Dunscombe	Sarn Helen	51	M50	2.15.45
302	20	Paul Scullion	Aberystwyth AC	49	M40	2.16.08
336	21	Simon Hall	Sarn Helen	33	M	2.16.19
360	22	Ian Williams	Port Talbot Harriers	47	M40	2.19.09
333	23	Ian Evans	Aberystwyth AC	34	M	2.19.35
339	24	Geraint Evans	Llandovery	43	M40	2.24.17
344	25	Tony Hall	Sarn Helen	58	M50	2.26.10
342	26	Michael Baggott	Woking AC	31	M	2.26.20
355	27	Mandy Morris	Port Talbot Harriers	40	F35	2.26.26
349	28	Mark Kallenberg	Carmarthen Harriers	52	M50	2.26.39
317	29	Nigel Davies	Sarn Helen	41	M40	2.27.11
307	30	Gordon Orme	Cardigan RC	70	M50	2.27.15
323	31	Caryl Davies	Sarn Helen	25	F	2.27.17

322	32	Carwyn Davies		36	M	2.28.31
332	33	Murray Kisbee	Sarn Helen	63	M50	2.28.38
312	34	Kev Joyce	Pembs Harriers	48	M40	2.29.25
346	35	Rhys Williams	Newcastle Emlyn	23	M	2.29.48
329	36	Paul Rose	Aberystwyth AC	49	M40	2.30.05
337	37	Dee Jolly	Sarn Helen	26	F	2.30.27
343	38	Kevin Regan	Sarn Helen	31	M	2.30.33
371	39	John Gwynn Evans	Aberystwyth AC	67	M50	2.31.19
362	40	Gari Thomas	Rhedwyr Emlyn	46	M40	2.33.15
335	41	Julia Tello Velamazan	Aberystwyth AC	25	F	2.34.36
319	42	Helen Willoughby	Sarn Helen	48	F45	2.35.56
368	43	Michael Taylor		53	M50	2.37.46
359	44	Eric Davey	Llanelli AAC	63	M50	2.39.42
309	45	Judith Oakley	Port Talbot Harriers	48	F45	2.40.43
304	46	Toby Hellman		46	M40	2.44.23
361	47	Sue Thomas	Rhedwyr Emlyn	35	F45	2.45.42
334	48	Graham Colvin	Celtic Tri	50	M50	2.45.46
326	49	Michael Brown	Sarn Helen	35	M	2.46.02
367	50	Eric Rees	Sarn Helen	41	M40	2.47.27
353	51	Alan Perkins	Port Talbot Harriers	62	M50	2.48.19
327	52	Mitchel Readwin	Sarn Helen	33	M	2.48.33
308	53	Yvonne Brown	Port Talbot Harriers	53	F45	2.51.26
357	54	Pauline Williams	Port Talbot Harriers	54	F45	2.53.14
303	55	Maggie Collingborn	Aberystwyth AC	49	F45	2.54.35
324	56	Eleri Rivers	Sarn Helen	39	F35	2.56.09
345	56	Terry Jones	Sarn Helen	36	M	2.56.09
310	58	Ewen Mc Laughlin		43	M40	2.59.06
354	59	Anthony Holling	Port Talbot Harriers	57	M50	3.00.23
311	60	Robert Smith	Pembs Harriers	52	M50	3.01.22
363	61	Janet Richards		48	F45	3.03.34
352	62	John Ayers	Port Talbot Harriers	57	M50	3.03.41
373	63	Gareth Jones	Sarn Helen	47	M40	3.04.44
331	64	Ormaond Williams	Sarn Helen	52	M50	3.26.07

305	65	Roland Sherwood	Carmarthen Harriers	67	M50	3.49.00
330		Phoebe Williams	Sarn Helen	27	F	dnf
356		Mario Rabiotti	Port Talbot Harriers	50	M50	dnf
1st TEAM - Sarn Helen Club						
365	3	Dylan Lewis				
340	4	Glyn Price				
348	5	Gethin Jones				
347	6	Daniel Hooper				