

## Teifi 10 - 2016

<u>No.</u>	<u>Position</u>	<u>Name</u>	<u>Age</u>	<u>Club</u>	<u>Class</u>	<u>Time</u>
491	1	Steve Rees	38	Neath Harriers	M	55.20
500	2	Martin Rees	63	Les Croupiers	M50	56.14
478	3	Sion Price	21	Sarn Helen	M	58.19
426	4	Dylan Lewis	33	Sarn Helen	M	58.24
435	5	Gareth Payne	43	Sarn Helen	M40	58.38
455	6	Jack Tremlett	35	Trots	M	58.46
496	7	Ian Owen	36	San Domenico RC	M	59.05
490	8	Royston Whitehouse	53	Neath Harriers	M50	61.25
458	9	Alan Davies	63	Llanelli AC	M50	61.36
462	10	Tim Jones	31	Sarn Helen	M	62.03
499	11	Chris Fulcher	48	Neath Harriers	M40	62.07
441	12	Simon Hall	36	Sarn Helen	M	63.30
477	13	Keith Richards	43	Aberystwyth AC	M40	63.31
497	14	Peter Crane	54	Neath Harriers	M50	65.22
475	15	Glyn Price	48	Sarn Helen	M40	65.39
492	16	Carwyn Davies	38	Sarn Helen	M	65.42
439	17	Kevin Hughes	42	Sarn Helen	M40	66.07
479	18	Andrew Davis	48	Sarn Helen	M40	66.34
493	19	Paul Talbot	48	Neath Harriers	M40	66.59
459	20	Peter Osborne	55	Llanelli AC	M50	67.12
432	21	Richard Marks	66	Sarn Helen	M50	68.04
425	22	Andrew Abbott	43	Sarn Helen	M40	68.50
463	23	Kevin Regan	34	Sarn Helen	M	68.59
494	24	Michael Daies	47	Sarn Helen	M40	69.24
443	25	Claire Cleathero	41	Trots	F35	69.44
472	26	Eifion Roberts	53		M50	69.59
452	27	Nigel Davies	44	Sarn Helen	M40	70.07
449	28	Tony Hall	60	Sarn Helen	M50	70.25
421	29	Carwyn Thomas	28	Sarn Helen	M	70.45
448	30	Hywel Jones	54		M50	71.20
433	31	Simon Surrell	35	Trots	M	71.22

488	32	Simon Peter Rees	36	Llanelli	M	71.35
447	33	David Thomas	53	Sarn Helen	M50	72.23
464	34	Murray Kisbee	66	Sarn Helen	M50	73.01
431	35	Mick Taylor	53		M50	73.26
444	36	Clifford Evans	57	Aberystwyth AC	M50	73.37
442	37	Dee Jolly	29	Sarn Helen	F	73.38
436	38	John Marson	42	Llanelli AC	M40	74.17
476	39	Donna Morris	32	Brecon Tri/Builth & I	F	74.25
489	40	Mark Terry	58	Trots	M50	74.28
482	41	Jason Wilkins	46	Cardigan RC	M40	74.37
495	42	Gordon Orme	73	Carmarthen Harriers	M50	74.42
480	43	Howard Thomas	42	Cardigan RC	M40	76.10
430	44	Owen Thomas	48		M40	76.21
454	45	Catherine Bleasdale	47	Trots	F45	76.29
471	46	Helen Willoughby	51	Sarn Helen	F45	77.13
438	47	Pillip Lowther	49	Aberystwyth AC	M40	77.41
451	48	Paul Rose	51	Aberystwyth AC	M50	77.52
429	49	Katie McDermott	26	Sarn Helen	F	78.16
453	50	Mark Bleasdale	47	Trots	M40	79.06
450	51	Caryl Davies	27	Sarn Helen	F	79.17
481	52	Dawn Kenwright	60	Sarn Helen	F45	79.29
428	53	Terry Jones	39	Sarn Helen	M	81.11
460	54	Eric Davey	66	Llanelli AC	M50	82.06
440	55	Heather Hughes	36	Sarn Helen	F35	83.01
474	56	John Gwynn Evans	62	Aberystwyth AC	M50	84.27
467	57	Beth Phillips	25	West Coast Triathle	F	85.14
466	57	John Collier	28	West Coast Triathle	M	85.14
470	59	Rebecca Johnson	39		F35	85.43
422	60	Donna Davies	38	Sarn Helen	F35	85.52
484	61	Neil Harries	45		M40	86.57
485	62	Jana Weidemann	22		F	87.34
483	63	Ceri Morgan	28		M	87.56
473	64	Ceris Williams	47	Aberystwyth AC	F45	88.39

456	65	Carys Davies	40	Sarn Helen	F35	89.00
461	66	Chris Sexton	52	Pembroke Harriers	M50	89.47
446	67	Monica Paulton	47	Egdon Heath Harrier	F45	90.43
434	68	Alan Monday	69		M50	92.34
427	69	Jenny Caulkett	39	Sarn Helen	F35	93.22
423	70	Rhys Ivemey	24	Pembrokshire Harrie	M	94.25
437	71	Sandy Cowan	49		M40	94.21
457	72	Michael Halsall	42	Llanelli AC	M40	95.11
486	73	Jordan Tweedale	28		M	96.31
424	74	Alison Griffiths	46	Pembrokshire Harrie	F45	107.29
465	74	David Phillips	72	Pembroke Harriers	M50	107.29
469	76	Annabelle Lowe	34	Aberystwyth AC	F	109.44
468	77	Catrin Hopkins	34	Aberystwyth AC	F	112.04
487	78	John Morgan	54		M50	116.26
445	79	Emma Gray	38	Sarn Helen	F35	118.19