

Teifi 10 - 2017

<u>No.</u>	<u>Position</u>	<u>Name</u>	<u>Age</u>	<u>Club</u>	<u>Class</u>	<u>Time</u>
412	1	Daniel Bodman	26	Aberdare	M	53.16
407	2	Tom Roberts	28	Meirionydd RC	M	54.55
399	3	Sion Price	22	Sarn Helen	M	57.01
145	4	Gareth Payne	44	Sarn Helen	M40	57.30
401	5	Doug Nicholls	37	Les Croupers	M	57.31
356	6	Owain Schiavone	36	Aberystwyth AC	M	58.42
367	7	Nathan Flear	33	3m Gorseinon	M	59.03
266	8	David Hawes	35		M	61.00
374	9	Mark Horsman	38	Cardigan Running Club	M	61.12
166	10	Raul Reismann	43	Swansea Harriers	M40	61.32
348	11	Robert Davies	45	Pontypridd Roadants AC	M40	62.03
261	12	Simon Hall	37	Sarn Helen	M	62.35
409	13	Paul Jones	46	Hereford Courier	M40	63.05
383	14	Simon Rees	37	Llanelli AC	M	63.28
199	15	Andrew Abbott	45	Sarn Helen	M40	63.44
411	16	Carwyn Davies	39	Sarn Helen	M	63.47
463	17	Tom Garrod	49	Witney Road Runners	M40	63.49
163	18	Aled Sion Jones	16	Sarn Helen	M	64.35
388	19	Glyn Price	49	Sarn Helen	M40	64.39
357	20	Owen Lewis	18		M	64.53
385	21	Nigel Davies	45	Sarn Helen	M40	64.56
379	22	Peter Osborne	56	Llanelli Athletic Club	M50	64.59
400	23	Andrew Poole	38		M	65.01
202	24	Richard Marks	67	Sarn Helen	M50	65.36
334	25	David Warren	56	Cardigan Running Club	M50	66.05
142	26	Aled Ward Skym	19		M	66.12
158	27	Max Piotrowicz	20		M	66.19
140	28	Carwyn Thomas	29	Sarn Helen	M	66.28
377	29	Hannah Bateson	25	Leeds AC	F	66.30
375	30	Michael Kallenberg	26	Cardiff AAC	M	66.31

151	31	Matthew Page	32		M	67.12
419	32	Michael Davies	48	Sarn Helen	M40	67.24
418	33	Thomas Willoughby	17	Sarn Helen	M	67.37
408	34	Geraint Williams	45		M40	67.43
179	35	Alec Williams	50	Pembs Harriers	M50	67.53
389	36	Mark Rivers	40	Sarn Helen	M40	68.10
392	37	Clara Davies	35	Amman Valley Harriers	F35	68.33
186	38	Eurig Davies	35	Rhedwyr Emlyn	M	68.43
368	39	Emma Palfrey	33		F	68.49
260	40	Dee Jolly	30	Sarn Helen	F	68.59
354	41	Barry Owen	42	Emlyn Flyers	M40	69.26
406	42	Elliw Haf	28	Eryri Harriers	F	69.38
359	43	Adam Carlile	18		M	70.37
495	44	Carl Walsh	45	Rhondda Valley Runners	M40	71.15
394	45	Nick Venables		Llanelli AC	M	71.29
153	46	Ben Elliott	27		M	71.31
155	47	Mick Taylor	57	Sarn Helen	M50	71.43
350	48	Tony Hall	61	Sarn Helen	M50	71.48
195	49	Huw Thomas	39		M	72.19
141	50	George Eadon	31	Sarn Helen	M	72.45
397	51	Huw Price	54	Sarn Helen	M50	72.52
416	52	Simon Scurrrell	36	Trots	M	73.03
382	53	Dewi Snelson	37	Trots	M	73.18
387	54	Alwyn Williams	48		M40	73.26
393	55	Murray Kisbee	67	Sarn Helen	M50	74.08
205	56	Clive Denton	49	Rhondda Valley Runners	M40	74.15
498	57	Mick Mc Geoch	61	Les Croupers	M50	74.31
390	58	Eleri Rivers	42	Sarn Helen	F35	74.39
148	59	Marc Hughes	53		M50	75.10
396	60	Dominic Shields	52	San Domenico	M50	75.13
417	61	Lindy Eynon	56	Trots	F45	75.18
168	62	John Gardener	75	Pembs Harriers	M50	75.24

173	63	Laurence Worth	54	Pembs Harriers	M50	76.18
183	64	Paul Rose	52	Aberystwyth AC	M50	76.24
395	65	Dennis Collins	52	Rhondda Valley Runners	M50	76.41
420	66	Dan Swift	35		M	76.53
187	67	Phillip Lowther	50	Aberystwyth AC	M50	77.09
362	68	Christopher Jones	46	3m Gorseinon	M40	77.50
492	69	Lucy Garrod	50	Witney Road Runners	F45	77.53
285	70	Mitchell Readwin	34	Sarn Helen	M	78.02
156	71	Alma Piotrowicz	23		F	78.39
415	72	Dawn Kenwright	61	Sarn Helen	F45	79.06
404	73	Veronica Singleton-L	56	Les Croupers	F45	79.26
405	74	Cameron Pope	61	Aberystwyth Ac	M50	79.38
384	75	Rachel Bailey	36	Cardigan Running Club	F35	79.44
380	76	Michael Halsall	43	Llanelli Athletic Club	M40	80.24
198	77	Dan Sheen	34	Pembs Harriers	M	80.43
402	78	Lisa Griffiths	37	Les Croupers	F35	80.54
175	79	Andrew Edgell	40	Sarn Helen	M40	81.46
190	80	Delyth Crimes	49	Sarn Helen	F45	84.20
327	81	Joanne Raymond	39	Pembs Harriers	F35	84.35
386	82	Huw Williams	35	Rhondda Valley Runners	M	84.36
413	83	Oona Crawford	63	Trots	F45	84.41
143	84	Owen Cooper	69	Road Runners Club	M50	84.46
361	85	Steve Burton	40	3m Gorseinon	M40	85.01
414	86	Lauren Kenwright	42	Blengdale Ac	F35	85.16
410	87	Ceris Williams	48	Aberystwyth Ac	F45	85.20
160	88	Ryszard Piotrowicz	56		M50	86.58
188	89	Donna Davies	39	Sarn Helen	F35	87.04
152	90	Gunvor Troelsen	52	Builth & District	F45	87.18
448	91	Lloyd Snellgrove	65		M50	87.30
391	92	Mark Douglas	39	Pontypridd Roadents	M	89.07
167	93	Heather Hughes	37	Sarn Helen	F35	89.37
442	94	Ian Evans	37		M	90.56

378	95	John Horsman	66	Cardigan Running Club	M50	91.48
398	96	Oliver Goldsmith	34		M	93.02
360	97	Kev Fitzgerald	69		M50	94.06
177	98	Qumrun Nahar	38	Pembs Harriers	F35	97.39
194	99	Deb Garner	55	Pembs Harriers	F45	97.49
381	100	Graham Penn	62	Sarn Helen	M50	98.29
403	101	Bethan Jones	43		F35	100.20
176	102	Nicola Davies	30	Sarn Helen	F	101.45
311	103	Jeannie Bell	61	Pembs Harriers	F45	103.11
147	104	Nicola Kelly	47	Builth & District	F45	105.50
144	105	Emyr Evans	37	Llanelli AC	M	122.00