

Ras Frenni 2009 4mile

Crymych

Pos	No	First	Name	Club	Time	Cat	Age
	1 127	LLYR	ELESWORTH	NONE	00:31:00	OM	13
	2 137	BARRY	MATHIAS	NONE	00:32:26	OM	35
	3 126	PETE	SMITH	NONE	00:34:10	M50	63
	4 131	OWEN	WILLIAMS	NONE	00:35:17	OM	31
	5 130	MICHEAL	FIELD	NONE	00:38:35	OM	19
	6 128	EIFION	WILLIAMS	NONE	00:37:56	M50	57
	7 129	JEANNIE	LOW	NONE	00:38:47	F45	56
	8 134	ANN	EVANS	NONE	00:40:41	OF	33
	9 135	MANDY	JONES	NONE	00:40:41	F35	44
	10 133	TYLER	PICKERING	NONE	00:47:30	OM	12
	11 132	GERAINT	OWEN	NONE	00:47:30	OM	12
	12 136	NIKKI	RABJOHNS	EMLYN RUNNERS	00:50:51	F45	52
	13 125	ALLEN	WATTS	SARN HELEN	00:56:00	M50	80

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Pos	No	First	Name	Club	Time	Cat	Age
	135	IAN	WILLIAMS	TROTS	00:42:15	OM	24
	27	LEE	LADD	CARMARTHEN HARRIERS	00:44:52	OM	20
	324	MICHAEL	KALLENBERG	CARMARTHEN HARRIERS	00:45:38	OM	18
	429	MARK	DAVIES	SWANSEA HARRIERS	00:49:21	OM	22
	532	NICHOLAS	COPE	SERPENTINE	00:49:27	OM	39
	630	GARETH	ELLIOTT	PEMBS HARRIERS	00:49:39	OM	27
	72	STEVEN	OUSLEY	INGLI RUNNERS	00:50:22	OM	35
	89	DAFYDD	THOMAS	CARDIGAN RC	00:51:54	OM	23
	93	TIM	JAMES	INGLI RUNNERS	00:51:58	OM	31
	10 12	LEE	WELLS	PEMBS TRI	00:52:02	OM	26
	11 14	ANN	THOMAS	TROTS	00:52:08	F35	42
	12 22	GORDON	ORME	CARDIGAN RC	00:53:49	M50	66
	13 36	HAYDN	LLOYD	SARN HELEN	00:54:07	OM	37
	14 25	PETER	WALTERS	TROTS	00:54:13	M40	48
	155	LYNN	GREEN	CARDIGAN RC	00:55:14	F45	51
	168	JASON	WILKINS	CARDIGAN RC	00:56:28	OM	39
	17 31	DAVE	GRIFFITHS	TROTS	00:57:08	M40	46

1817	ANDREW	NICHOLLS	CRYMYCH TRI CLUB	00:58:13	M40	42
1910	CHRIS	SEXTON	INGLI RUNNERS	00:59:18	M40	45
206	NICOLA	QUINN	EMLYN RUNNERS	01:00:04	F35	41
2120	RICHARD	JAMES	EMLYN RUNNERS	01:00:05	M40	46
2215	CELIA	WHITE	INGLI RUNNERS	01:02:40	F35	43
2328	SARAH	GIBBY	EMLYN RUNNERS	01:03:08	OF	25
2438	MARTIN	LOW	NONE	01:03:15	M50	61
251	ROLAND	SHERWOOD	INGLI RUNNERS	01:03:47	M50	63
2611	JANE	WILKINS	CARDIGAN RC	01:04:25	F45	46
2716	CHRISTINE	JENNINGS	NONE	01:06:56	F35	41
2821	HILARY	MCCARTHY	CARDIGAN RC	01:06:58	F35	42
2919	HEULWEN	JAMES	EMLYN RUNNERS	01:09:53	F35	42
3123	TOM	FURNESS	TROTS	01:10:57	M50	61
3240	MIKE	HODGES	TROTS	01:12:02	M50	56
3333	HELEN	WILLIAMS	TROTS	01:12:03	F45	48
3437	BRYAN	REES	EMLYN RUNNERS	01:12:32	M50	59
3526	LIDIA	DEORTE	EMLYN RUNNERS	01:15:18	OF	27
3634	TOBY	ROGERS	INGLI RUNNERS	01:20:45	OM	31