

Ras Cors Caron Results - (Tregaron Half Marathon) 2009

Pos	Name	Club	Time
1	Jamie Loxan	Stockport Harriers	1.14.10
2	Steven Rees	Port Talbot Harriers	1.14.32
3	Glyn Price	Sarn Helen	1.20.30
4	Michael Davies	Sarn Helen	1.20:37
5	James Thomas	A U Harriers	1.22.16
6	Dean John	Trots	1.25.15
7	Edward Davies	Maldwyn Harriers	1.26.48
8	Dave Powell	Aber AC	1.27.16
9	Carwyn Thomas	Sarn Helen	1.27.25
10	Phoebe Webster	Aber AC	1.27.40
11	Stafford Rees	Rhayader AC	1.27.44
12	Mark Worrall		1.28.26
13	Hugh Price	Sarn Helen	1.28.30
14	Lyn Green	Cardigan Runners	1.28.33
15	Tom Garrod	Abingdon Amblers	1.28.39
16	Mark Dunscombe	Sarn Helen	1.29.26
17	Paul Scullion		1.29.37
18	Clifford Evans	Aber Harriers	1.29.47
19	Robert Lewis		1.31.07
20	Shan Roberts	Ingli Runners	1.31.32
21	Kat Stead	Pembs Harriers	1.32.26
22	James Murphy		1.32.46
23	Mark Terry	Trots	1.34.34
24	Jason Wilkins	Cardigan	1.35.58
25	Michael Taylor		1.35.55
26	Murray Kisbee	Sarn Helen	1.36.43
27	Dean Thornton	Westbury Harriers	1.36.57
28	Keith Thomas		1.37.46
29	Caroline John	Sarn Helen	1.38.58
30	Paul Edwards	Pembrock Dock	1.40.34
31	Simon John Williams		1.40.46
32	John Gwynn Evans	Aber AC	1.42.10
33	Iain Prentice	Ludlow Runners	1.42.21
34	Anita Worthing	Aber AC	1.42.32
35	Adriano Evola	Aber AC	1.43.15
36	Brian Russell	Cardigan	1.43.24
37	Stephen Jones	Islwyn RC	1.43.46
38	Alex Lewis		1.44.03
39	Michael Green		1.44.05
40	Haydn Lloyd	Sarn Helen	1.44.13
41	Carwyn Davies		1.44.19
42	Lyn Rees	Sarn Helen	1.45.32
43	Chris Derrick		1.46.22
44	Mandy Jones	Islwyn RC	1.46.26
45	Lucy Garrod	Abingdon Amblers	1.48.43
46	Helen Williams	TROTS	1.48.54
47	Clare Williams	Ingli Runners	1.49.22
48	Neil McCarthy		1.49.45
49	Robert Nash		1.50.26
50	Tony Wenlock	Aber AC	1.50.47

51	Peter Walker	Ingli Runners	1.51.22
52	Helen Walker	Ingli Runners	1.51.22
53	Caryl Davies	Sarn Helen	1.51.37
54	Mtaale Collingborn		1.55.11
55	Helen Williams	Aber AC	1.55.18
56	Angela Kikvgawa	Hercules Wimbledon	1.57.39
57	Malcolm Leitch		1.58.21
58	Nondus Banning-Boddy	Rhayader RC	1.59.00
59	Caroline Prentice	Ludlow Runners	1.59.13
69	Debbie Nash	Aber AC	1.59.47
70	Neil Compton		2.00.49.
71	Chris Maher		2.01.05
72	Margaret Hodges		2.01.20
73	Lizzie Belcher		2.03.17
74	Claire Compton		2.04.29
75	Mike Hodges	TROTS	2.05.25
76	Stephanie Warrick	Rhayader RC	2.06.16
77	Jan Jones	Sarn Helen	2.06.24
78	Margaret Compton		2.08.53
79	Cassandra Belcher	Amazing Feet	2.10.31
80	Angharad Hull		2.11.30
81	Yvonne Powell		2.12.40
82	Eirian Thornton	Westbury Harriers	2.14.43
83	Margaret Breeze	Aberystwyth	2.18.01
84	Monica Loat	Rhayader	2.18.13
85	Bernadette Byrne	Amazing Feet	2.18.54
86	Susan Buckley	Fetch Everyone RC	2.22.45
87	Elizabeth Coleshill		2.23.08
88	Gadrun Jones	Sarn Helen	2.26.10
89	Lindsey Blackford		2.42.01
90	Alan Watts	Sarn Helen	3.02.03
91	Julian Lewis	n/a	dns
92	Katherine Lewis		dns
93	Alun Jenkins	Rhayader	dns
94	Michael Letwenjuk	Red Rose Road Runners	dns
95	Ann Thomas	Trots	dns
96	Liz Dutch	TROTS	dns