

Ras Cors Caron

11/02/2024

Overall Results

O/A Pos	Race #	Name	Club	Category	Cat Pos	8 Mile	Result
1	108	Richard Copp		Male - Open	1	00:47:08	01:16:52
2	19	Dylan Lewis	Sarn Helen	Male -V40	1	00:47:50	01:18:11
3	74	Caryl Edwards	Swansea	Female - V35	1	00:48:20	01:19:05
4	33	Andrew Gittins		Male - Open	2	00:48:38	01:20:00
5	105	Gruffudd Lewis	Aberystwyth AC	Male - Open	3	00:48:37	01:20:01
6	91	Ben Hutchison	TROTS	Male - Open	4	00:50:08	01:22:12
7	86	Simon Hall	Sarn Helen	Male -V40	2	00:50:07	01:22:17
8	31	Gabrielius Stuokus	Swansea Harriers AC	Male - Open	5	00:50:11	01:22:33
9	99	David Jones	Sarn Helen	Male - Open	6	00:50:43	01:23:23
10	32	Jamie Lloyd	Caffi gruff	Male - Open	7	00:52:00	01:25:30
11	73	Wayne Lewis	Amman Valley Harriers	Male -V40	3	00:52:13	01:26:32
12	34	Steve Jones	Maldwyn Harriers	Male - Open	8	00:53:49	01:27:52
13	46	Vic Walsh		Male -V40	4	00:54:00	01:28:10
14	1	Paul Jones	Aberystwyth athletics club	Male -V40	5	00:54:09	01:28:27
15	106	Carwyn Davies	Sarn Helen	Male -V40	6	00:54:14	01:29:32
16	198	Mike Davies	Sarn Helen	Male -V50	1	00:54:42	01:30:07
17	27	Osian Wyn		Male - Open	9	00:54:44	01:30:17
18	72	Andy McCall	Ammn valley harriers	Male - Open	10	00:55:38	01:31:00
19	22	Becky Atkinson		Female - V45	1	00:55:17	01:31:01
20	96	Seth Davies	Cardigan RC	Male - Open	11	00:55:12	01:31:03
21	191	Kevin Griffiths	TROTS	Male -V60	1	00:55:06	01:31:11
22	107	elliott gowen		Male - Open	12	00:56:00	01:32:08
23	70	Jack Iffla	Meirionnydd RC	Male - Open	13	00:56:09	01:32:50
24	87	Dee Jolly	Sarnhelen	Female - V35	2	00:57:11	01:33:12
25	50	Stuart Penny	Cardigan Running Club	Male -V60	2	00:57:01	01:33:18
26	83	Ian Evans	Aberystwyth AC	Male -V40	7	00:56:47	01:33:30
27	103	Cameron Licciardi		Male -V40	8	00:57:05	01:34:37
28	188	Simon Williams	TROTS	Male -V40	9	00:57:03	01:34:47
29	71	Howard Thomas	Clwb Rhedeg Aberteifi	Male -V50	2	00:58:38	01:36:03
30	84	Arwyn Davies	Sarn Helen	Male -V50	3	00:59:07	01:36:12
31	193	Shane Nelson		Male - Open	14	00:59:29	01:36:24
32	82	Wendy Price	Amman Valley	Female - V45	2	00:58:58	01:36:45
33	13	Jason Martin		Male -V40	10	00:58:50	01:36:59
34	187	Alexander Price	Sarn Helen	Male -V40	11	01:00:33	01:37:09

O/A Pos	Race #	Name	Club	Category	Cat Pos	8 Mile	Result
35	94	Stephen Teape		Male -V50	4	01:00:40	01:39:22
36	189	Jenny Tannor	TROTS	Female - V35	3	01:01:15	01:39:56
37	14	Damian Sidnell	Aberystwyth A.C.	Male -V60	3	01:00:30	01:40:24
38	102	Steven Holmes	Sarn Helen	Male -V40	12	01:03:20	01:42:09
39	196	Nick Venables	Amman Valley Harriers	Male -V40	13	01:01:28	01:42:21
40	195	Sion Tansley	Sarn Helen	Male - Open	15	01:02:34	01:42:39
41	111	Lou Summers	Sarn Helen	Female - V55	1	01:03:02	01:43:14
42	42	Julien Brun		Male - Open	16	01:03:17	01:43:24
43	36	Lynwen Huxtable	Aberystwyth	Female - V55	2	01:03:32	01:43:55
44	45	Neil Waghorn		Male - Open	17	01:04:34	01:44:44
45	68	Colin Williams	Builth and district	Male -V50	5	01:06:43	01:45:21
46	41	Ali Hardaway		Male -V60	4	01:04:38	01:45:30
47	30	Mark Williams	CRPRC	Male -V50	6	01:04:02	01:45:36
48	90	Balázs Pintér	AAC	Male -V50	7	01:04:00	01:46:17
49	199	Sean Clarke	Maldwyn Harriers	Male -V50	8	01:04:40	01:46:32
50	97	Alice Luther	Amman Valley Harriers	Female - Open	1	01:05:21	01:47:23
51	69	Mel Hopkins	Aberystwyth Athletics Club	Male -V60	5	01:04:51	01:47:33
52	95	Deb Chick	Amman Valley Harriers	Female - V55	3	01:06:12	01:48:46
53	25	Andrew Bowen		Male -V40	14	01:03:36	01:49:21
54	29	Stephen Kenworthy	Sarn Helen	Male - Open	18	01:07:36	01:49:37
55	190	Matthew Birkelt		Male -V60	6	01:06:39	01:49:52
56	66	Isabel Parry		Female - Open	2	01:07:59	01:49:57
57	24	Angela Evans	Clwb Rhedeg Aberteifi	Female - Open	3	01:08:03	01:50:44
58	114	Llyr Roberts		Male - Open	19	01:05:33	01:50:50
59	60	Gareth Evans	Tri Hard Harriers	Male - Open	20	01:07:13	01:50:57
60	80	Karl Cain		Male -V50	9	01:07:38	01:51:04
61	57	Mike Warrick	Rhayader	Male -V60	7	01:09:08	01:51:33
62	58	Ceris Williams	Aberystwyth AC	Female - V55	4	01:08:07	01:51:40
63	18	Toby Driver	Aberystwyth AC	Male -V50	10	01:09:34	01:51:48
64	76	Gail Evans		Female - V35	4	01:08:38	01:51:53
65	23	Chris Davies		Male - Open	21	01:09:38	01:52:23
66	53	Sian Samuel	Builth and District Running Club	Female - V35	5	01:10:13	01:53:07

O/A Pos	Race #	Name	Club	Category	Cat Pos	8 Mile	Result
67	26	Nicolas Schwarz		Male - Open	22	01:09:39	01:53:08
68	115	Ian Williams	Sarn helen	Male -V50	11	01:10:25	01:53:22
69	9	Jason Mulvey		Male -V50	12	01:07:44	01:54:17
70	79	Christopher Jones	Swansea Harriers	Male -V50	13	01:07:56	01:54:36
71	59	Neil Jones		Male -V40	15	01:11:43	01:55:00
72	35	Chris Price		Male - Open	23	01:08:08	01:55:03
73	113	Delyth Crimes	Sarn Helen	Female - V55	5	01:11:33	01:55:26
74	61	Jay Johnson		Male - Open	24	01:14:10	01:55:29
75	63	Sam Martin		Male - Open	25	01:14:11	01:55:32
76	39	Benedict O'Leary	Cardigan Running Club	Male -V40	16	01:09:54	01:55:35
77	11	Helen Willoghby	Sarn Helen	Female - V55	6	01:11:32	01:55:37
78	62	Oli Leighton		Male - Open	26	01:14:10	01:55:57
79	3	Andrew ROckley	Cardigan RC	Male -V50	14	01:10:41	01:56:13
80	197	Maggie Collingborn	Aberystwyth AC	Female - V55	7	01:12:37	01:56:21
81	65	Hannah Parry		Female - V35	6	01:10:19	01:56:22
82	38	Gethin ap Phylip	Sarn Helen	Male - Open	27	01:10:23	01:56:25
83	194	John Williams		Male -V60	8	01:13:04	01:57:26
84	85	Lewis Bladen		Male - Open	28	01:11:44	01:57:28
85	77	Mike Dilley		Male - Open	29	01:10:39	01:57:29
86	8	Chelsey Morris	Aberystwyth Athletics Club	Female - Open	4	01:10:54	01:58:37
87	104	Corissa Smith	TROTS	Female - Open	5	01:11:49	02:01:22
88	12	Pete King		Male -V50	15	01:12:43	02:01:26
89	43	Sioned Powell		Female - Open	6	01:13:55	02:02:37
90	112	raymond davis	Builth and District	Male -V40	17	01:17:01	02:04:35
91	17	Jason Garrahan		Male -V50	16	01:13:14	02:04:43
92	28	Peter Harrison		Male -V50	17	01:11:54	02:04:57
93	4	Anita Worthing	Aberystwyth AC	Female - V55	8	01:16:13	02:05:40
94	110	Pamela Carter	Sarn Helen	Female - V35	7	01:17:33	02:05:46
95	37	Mariola Ponomarov	Sarn Helen	Female - V35	8	01:17:58	02:07:20
96	15	Ceri Davies	Trots	Female - Open	7	01:15:57	02:07:20
97	88	Tony Davies		Male -V50	18	01:14:54	02:08:09
98	5	Adam Cowdrey		Male - Open	30	01:19:28	02:09:22

O/A Pos	Race #	Name	Club	Category	Cat Pos	8 Mile	Result
99	192	Rhian Blackeford	Cardigan Running Club	Female - V45	3	01:20:52	02:11:28
100	47	Kelly Marsh	Emlyn runners	Female - V35	9	01:18:47	02:12:05
101	49	Joanna Rosiak	Sarn Helen	Female - V45	4	01:19:24	02:13:14
102	98	Sarah Puetz	Sarn Helen	Female - Open	8	01:19:06	02:13:21
103	92	Ceinwen James		Female - Open	9	01:19:18	02:14:08
104	101	Nicola Galton		Female - V45	5	01:19:31	02:14:09
105	40	Mark Bloomfield	Aberystwyth Athletics Club	Male - Open	31	01:19:17	02:14:29
106	48	Daniel Evans		Male -V60	9	01:22:24	02:15:29
107	81	Kerry Irwin-Hall		Female - V55	9	01:21:25	02:18:08
108	100	Stu Wilkinson	Amman Valley Harriers	Male -V50	19	01:19:20	02:21:07
109	200	Elaine Rowlands	Aberystwyth AC	Female - V55	10	01:25:21	02:21:09
110	89	Angela Davies	Rhayader	Female - V55	11	01:24:26	02:25:00
111	21	Joshua Thompson		Male - Open	32	01:20:00	02:31:36
112	93	Oliver Bladen		Male - Open	33	01:27:17	02:31:55
113	109	Callum Morris	Builth and District	Male - Open	34	01:27:16	02:31:56
114	44	Ifan Birtwistle		Male - Open	35	01:21:57	02:32:24
115	78	Jane Holmes	Sarn Helen	Female - V45	6	01:31:54	02:34:22
116	56	Stephanie Warrick	Rhayader Running club	Female - V55	12	01:37:13	02:53:06
117	6	Frances Morgan		Female - V45	7	01:49:18	03:11:48
118	7	Luke Purser		Male -V50	20	01:49:20	03:12:10

Ras Cors Caron

11 February 2024

Award Winners

Overall Female				Overall Male					
1	74	Caryl Edwards	Swansea	01:19:05	1	108	Richard Copp	NO CLUB	01:16:52
Female - Open Open Female				Male - Open Open Male					
1	97	Alice Luther	Amman Valley Harriers	01:47:23	1	108	Richard Copp	NO CLUB	01:16:52
2	66	Isabel Parry	NO CLUB	01:49:57	2	33	Andrew Gittins	NO CLUB	01:20:00
3	24	Angela Evans	Clwb Rhedeg Aberteifi	01:50:44	3	105	Gruffudd Lewis	Aberystwyth AC	01:20:01
Female - V35 Female 35				Male -V40 Male 40					
1	74	Caryl Edwards	Swansea	01:19:05	1	19	Dylan Lewis	Sarn Helen	01:18:11
2	87	Dee Jolly	Sarnhelen	01:33:12	2	86	Simon Hall	Sarn Helen	01:22:17
3	189	Jenny Tannor	TROTS	01:39:56	3	73	Wayne Lewis	Amman Valley Harriers	01:26:32
Female - V45 Female 45				Male -V50 Male 50					
1	22	Becky Atkinson	NO CLUB	01:31:01	1	198	Mike Davies	Sarn Helen	01:30:07
2	82	Wendy Price	Amman Valley	01:36:45	2	71	Howard Thomas	Clwb Rhedeg Aberteifi	01:36:03
3	192	Rhian Blackeford	Cardigan Running Club	02:11:28	3	84	Arwyn Davies	Sarn Helen	01:36:12
Female - V55 Female 55				Male -V60 Male 60					
1	111	Lou Summers	Sarn Helen	01:43:14	1	191	Kevin Griffiths	TROTS	01:31:11
2	36	Lynwen Huxtable	Aberystwyth	01:43:55	2	50	Stuart Penny	Cardigan Running Club	01:33:18
3	95	Deb Chick	Amman Valley Harriers	01:48:46	3	14	Damian Sidnell	Aberystwyth A.C.	01:40:24