

# Ras Cors Caron Half Marathon

Sunday, 19 February 2023

## Overall Positions

Pos	#	Name	Club	Category	8 Mile	Finish
1	27	David Dwyer		Male - 40+	0:48:58.0	1:20:21.3
2	34	Richard Copp	Swansea Harriers	Male - Open	0:48:54.0	1:20:28.7
3	45	Mark Horsman	Pontypridd	Male - 40+	0:49:00.6	1:20:35.1
4	52	Matt Yelland	Clwb Run Wales	Male - 40+	0:49:03.5	1:20:57.2
5	50	Gethin Holland	Aberystwyth AC	Male - Open	0:50:06.0	1:24:22.9
6	68	Mark Whitehead	Aberystwyth AC	Male - 40+	0:50:59.7	1:24:24.0
7	76	Alec Williams	Pembrokeshire Harriers	Male - 50+	0:51:49.7	1:25:50.2
8	53	Simon Hall	Sarn Helen	Male - 40+	0:52:00.8	1:25:52.9
9	30	Samuel Harrison Paul	-	Male - Under 21	0:52:36.1	1:26:08.8
10	29	Michael Davies	Sarn Helen	Male - 50+	0:52:04.7	1:26:13.6
11	37	Aled Hughes	Aberystwyth AC	Male - 40+	0:52:42.2	1:26:44.5
12	20	Wayne Lewis	Amman Valley Harriers	Male - 40+	0:51:56.6	1:26:56.1
13	36	Ian Evans	Aberystwyth AC	Male - 40+	0:53:28.0	1:27:39.7
14	61	Irfon Thomas	Sarn Helen	Male - Open	0:53:16.1	1:27:59.2
15	2	Carwyn Davies	Sarn Helen	Male - 40+	0:55:01.4	1:29:23.7
16	57	Llinos Jones	Swansea Harriers	Female - 35+	0:54:40.2	1:29:44.7
17	47	Nigel Davies	Sarn Helen	Male - 50+	0:54:35.1	1:29:46.1
18	17	Richard Anthony	Aberystwyth AC	Male - 40+	0:54:50.1	1:29:50.5
19	33	Elliot Gowen	-	Male - Open	0:55:06.1	1:31:02.1
20	73	Lee Shannon	Pembrokeshire Harriers	Male - Open	0:54:11.5	1:31:57.8
21	75	Martin Jones	Pembrokeshire Harriers	Male - 40+	0:54:55.2	1:32:33.7
22	66	Kevin Griffiths	Trots	Male - 50+	0:55:48.4	1:32:48.3
23	28	Dylan Davies	Sarn Helen	Male - 40+	0:56:15.5	1:33:23.8
24	54	Dee Jolly	Sarn Helen	Female - 35+	0:56:18.7	1:33:23.8
25	72	Matt Paul	-	Male - Open	0:57:23.9	1:33:46.1
26	71	Huw Bonner	-	Male - Open	0:56:12.4	1:33:58.5

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Pos	#	Name	Club	Category	8 Mile	Finish
27	1	Matthew Walker	Sarn Helen	Male - Open	0:58:10.1	1:34:26.2
28	41	Michael Burton	Team NFT	Male - Open	0:56:52.8	1:34:50.3
29	25	Wendy Price	Amman valley	Female - 45+	0:57:58.4	1:35:05.4
30	43	Balazs Pinter	Aberystwyth AC	Male - 50+	0:57:17.5	1:35:12.9
31	58	Lou Summers	Sarn Helen	Female - 55+	0:58:05.7	1:37:07.1
32	56	Arwyn Davies	Sarn Helen	Male - 50+	0:58:49.2	1:37:21.5
33	74	Alexander Price	Sarn Helen	Male - 40+	0:59:50.0	1:38:09.4
34	16	Rhydian Jenkins	Cardigan Running Club	Male - Open	0:57:35.3	1:39:01.3
35	77	Simon Williams	Trots	Male - 40+	0:59:44.0	1:39:33.3
36	67	Rhys Stevens	-	Male - Open	0:59:39.2	1:39:54.3
37	13	Patrick Finney	Aberystwyth AC	Male - 50+	0:58:17.2	1:40:07.0
38	19	Sara Davies		Female - Open	1:00:38.4	1:41:41.6
39	44	Damian Sidnell	Aberystwyth AC	Male - 60+	1:00:18.6	1:42:52.4
40	5	Lynwen Huxtable	Aberystwyth AC	Female - 45+	1:03:01.6	1:43:48.1
41	18	Jason Dickinson	Llanelli AC	Male - 50+	1:03:10.3	1:43:49.2
42	8	Tony Hall	Sarn Helen	Male - 60+	1:03:26.8	1:44:07.0
43	12	Ivan Courtier	Aberystwyth AC	Male - 50+	1:04:14.7	1:45:21.7
44	59	Fabi Findlay	Sarn Helen	Female - 35+	1:02:12.3	1:45:25.8
45	69	Will Lerigo	Aberystwyth AC	Male - Open	1:02:42.6	1:45:52.5
46	7	Arwel Jones		Male - 40+	1:04:59.4	1:46:56.2
47	49	Steve Jones	-	Male - Open	1:05:41.8	1:47:51.0
48	79	Zoe Kennerly	Aberystwyth AC	Female - Open	1:06:08.9	1:48:27.2
49	6	Nick Venables	Amman Valley Harriers	Male - 40+	1:04:19.0	1:48:53.6
50	24	Mel Hopkins	Aberystwyth AC	Male - 60+	1:04:51.3	1:49:31.8
51	81	Kate Downes	York Knavesmine	Female - Open	1:07:27.2	1:49:55.8
52	48	David Thomas	Sarn Helen	Male - 50+	1:05:33.0	1:50:27.7

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Pos	#	Name	Club	Category	8 Mile	Finish
53	3	Rabi Thapa		Male - 40+	1:05:26.6	1:50:52.9
54	55	Delyth Crimes	Sarn Helen	Female - 55+	1:08:34.7	1:53:12.7
55	23	Peter Tooze		Male - 40+	1:09:22.0	1:53:54.4
56	32	Joe Hogg	-	Male - Open	1:10:51.1	1:54:40.0
57	60	Gunvor Troelsen	Bulth and District	Female - 55+	1:09:08.8	1:55:00.8
58	39	Paul Rose	Aberystwyth AC	Male - 50+	1:08:30.5	1:55:09.5
59	51	Chelsey Morris	Aberystwyth AC	Female - Open	1:09:51.4	1:55:34.1
60	42	Maggie Collingborn	Aberystwyth AC	Female - 55+	1:12:15.6	1:57:06.2
61	15	Robert Sharratt	Cardigan Running Club	Male - 60+	1:11:29.0	1:57:50.9
62	40	Jon Adams	Sarn Helen	Male - 50+	1:09:42.5	1:59:14.6
63	62	Pamela Cater	Sarn Helen	Female - 35+	1:14:29.4	2:00:30.9
64	9	Toby Driver		Male - 50+	1:14:13.2	2:01:12.7
65	10	Nicola Kelly	Builth & District Running Club	Female - 45+	1:13:27.4	2:02:10.1
66	26	Sarah Puetz	Sarn Helen	Female - Open	1:12:34.8	2:02:56.0
67	46	Lowri Davies	-	Female - 45+	1:14:01.6	2:03:56.5
68	35	Wayne Evans	-	Male - Open	1:12:56.0	2:04:00.6
69	31	Kizzie Garner-Hughes	-	Female - 35+	1:13:53.0	2:04:41.5
70	78	Liz Pugh	Sarn Helen	Female - 55+	1:15:13.5	2:05:47.1
71	80	Sian Downes	-	Female - Open	1:15:20.6	2:09:00.5
72	14	Cameron Pope	Aberystwyth AC	Male - 60+	1:19:13.1	2:10:06.6
73	4	Dave Humphreys	Aberystwyth AC	Male - 50+	1:19:27.7	2:10:32.2
74	70	Morgan Commins	Aberystwyth AC	Male - 40+	1:19:50.1	2:11:16.4
75	22	Joanna Rosiak	Sarn Helen	Female - 45+	1:18:57.0	2:16:25.1
76	38	Yvonne Davies	Trots	Female - 35+	1:28:57.0	2:28:32.5
77	63	Marriola Ponomaron	-	Female - 35+	1:32:01.8	2:35:26.3
78	64	Nicola Davies	Sarn Helen	Female - 35+	1:32:06.1	2:35:26.3

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Pos	#	Name	Club	Category	8 Mile	Finish
79	65	Caron Mckee-Hands	Trots	Female - 55+	1:31:55.5	2:35:26.3

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## Category Positions

Pos	#	Name	Club	8 Mile	Result	Pace
Male - Under 21						
1	30	Samuel Harrison Paul	-	00:52:36.1 (1)	1:26:08.8	6:34.6 /mi
Male - Open						
1	34	Richard Copp	Swansea Harriers	00:48:54.0 (1)	1:20:28.7	6:08.6 /mi
2	50	Gethin Holland	Aberystwyth AC	00:50:06.0 (2)	1:24:22.9	6:26.5 /mi
3	61	Irfon Thomas	Sarn Helen	00:53:16.1 (3)	1:27:59.2	6:43.0 /mi
4	33	Elliot Gowen	-	00:55:06.1 (5)	1:31:02.1	6:57.0 /mi
5	73	Lee Shannon	Pembrokeshire Harriers	00:54:11.5 (4)	1:31:57.8	7:01.2 /mi
6	72	Matt Paul	-	00:57:23.9 (8)	1:33:46.1	7:09.5 /mi
7	71	Huw Bonner	-	00:56:12.4 (6)	1:33:58.5	7:10.4 /mi
8	1	Matthew Walker	Sarn Helen	00:58:10.1 (10)	1:34:26.2	7:12.5 /mi
9	41	Michael Burton	Team NFT	00:56:52.8 (7)	1:34:50.3	7:14.4 /mi
10	16	Rhydian Jenkins	Cardigan Running Club	00:57:35.3 (9)	1:39:01.3	7:33.5 /mi
11	67	Rhys Stevens	-	00:59:39.2 (11)	1:39:54.3	7:37.6 /mi
12	69	Will Lerigo	Aberystwyth AC	01:02:42.6 (12)	1:45:52.5	8:04.9 /mi
13	49	Steve Jones	-	01:05:41.8 (13)	1:47:51.0	8:14.0 /mi
14	32	Joe Hogg	-	01:10:51.1 (14)	1:54:40.0	8:45.2 /mi
15	35	Wayne Evans	-	01:12:56.0 (15)	2:04:00.6	9:28.0 /mi
Male - 40+						
1	27	David Dwyer	&nbsp;	00:48:58.0 (1)	1:20:21.3	6:08.0 /mi
2	45	Mark Horsman	Pontypridd	00:49:00.6 (2)	1:20:35.1	6:09.1 /mi
3	52	Matt Yelland	Clwb Run Wales	00:49:03.5 (3)	1:20:57.2	6:10.8 /mi
4	68	Mark Whitehead	Aberystwyth AC	00:50:59.7 (4)	1:24:24.0	6:26.6 /mi
5	53	Simon Hall	Sarn Helen	00:52:00.8 (6)	1:25:52.9	6:33.4 /mi
6	37	Aled Hughes	Aberystwyth AC	00:52:42.2 (7)	1:26:44.5	6:37.3 /mi
7	20	Wayne Lewis	Amman Valley Harriers	00:51:56.6 (5)	1:26:56.1	6:38.2 /mi

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Pos	#	Name	Club	8 Mile	Result	Pace
8	36	Ian Evans	Aberystwyth AC	00:53:28.0 (8)	1:27:39.7	6:41.5 /mi
9	2	Carwyn Davies	Sarn Helen	00:55:01.4 (11)	1:29:23.7	6:49.4 /mi
10	17	Richard Anthony	Aberystwyth AC	00:54:50.1 (9)	1:29:50.5	6:51.5 /mi
11	75	Martin Jones	Pembrokeshire Harriers	00:54:55.2 (10)	1:32:33.7	7:03.9 /mi
12	28	Dylan Davies	Sarn Helen	00:56:15.5 (12)	1:33:23.8	7:07.8 /mi
13	74	Alexander Price	Sarn Helen	00:59:50.0 (14)	1:38:09.4	7:29.6 /mi
14	77	Simon Williams	Trots	00:59:44.0 (13)	1:39:33.3	7:36.0 /mi
15	7	Arwel Jones	&nbsp;	01:04:59.4 (16)	1:46:56.2	8:09.8 /mi
16	6	Nick Venables	Amman Valley Harriers	01:04:19.0 (15)	1:48:53.6	8:18.7 /mi
17	3	Rabi Thapa	&nbsp;	01:05:26.6 (17)	1:50:52.9	8:27.9 /mi
18	23	Peter Tooze	&nbsp;	01:09:22.0 (18)	1:53:54.4	8:41.7 /mi
19	70	Morgan Commins	Aberystwyth AC	01:19:50.1 (19)	2:11:16.4	10:01.3 /mi
Male - 50+						
1	76	Alec Williams	Pembrokeshire Harriers	00:51:49.7 (1)	1:25:50.2	6:33.1 /mi
2	29	Michael Davies	Sarn Helen	00:52:04.7 (2)	1:26:13.6	6:34.9 /mi
3	47	Nigel Davies	Sarn Helen	00:54:35.1 (3)	1:29:46.1	6:51.2 /mi
4	66	Kevin Griffiths	Trots	00:55:48.4 (4)	1:32:48.3	7:05.1 /mi
5	43	Balazs Pinter	Aberystwyth AC	00:57:17.5 (5)	1:35:12.9	7:16.1 /mi
6	56	Arwyn Davies	Sarn Helen	00:58:49.2 (7)	1:37:21.5	7:25.9 /mi
7	13	Patrick Finney	Aberystwyth AC	00:58:17.2 (6)	1:40:07.0	7:38.5 /mi
8	18	Jason Dickinson	Llanelli AC	01:03:10.3 (8)	1:43:49.2	7:55.5 /mi
9	12	Ivan Courtier	Aberystwyth AC	01:04:14.7 (9)	1:45:21.7	8:02.6 /mi
10	48	David Thomas	Sarn Helen	01:05:33.0 (10)	1:50:27.7	8:25.9 /mi
11	39	Paul Rose	Aberystwyth AC	01:08:30.5 (11)	1:55:09.5	8:47.4 /mi
12	40	Jon Adams	Sarn Helen	01:09:42.5 (12)	1:59:14.6	9:06.2 /mi
13	9	Toby Driver	&nbsp;	01:14:13.2 (13)	2:01:12.7	9:15.2 /mi

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Pos	#	Name	Club	8 Mile	Result	Pace
14	4	Dave Humphreys	Aberystwyth AC	01:19:27.7 (14)	2:10:32.2	9:57.9 /mi
Female - Open						
1	19	Sara Davies	&nbsp;	01:00:38.4 (1)	1:41:41.6	7:45.8 /mi
2	79	Zoe Kennerly	Aberystwyth AC	01:06:08.9 (2)	1:48:27.2	8:16.7 /mi
3	81	Kate Downes	York Knavesmine	01:07:27.2 (3)	1:49:55.8	8:23.5 /mi
4	51	Chelsey Morris	Aberystwyth AC	01:09:51.4 (4)	1:55:34.1	8:49.3 /mi
5	26	Sarah Puetz	Sarn Helen	01:12:34.8 (5)	2:02:56.0	9:23.1 /mi
6	80	Sian Downes	-	01:15:20.6 (6)	2:09:00.5	9:50.9 /mi
Female - 35+						
1	57	Llinos Jones	Swansea Harriers	00:54:40.2 (1)	1:29:44.7	6:51.0 /mi
2	54	Dee Jolly	Sarn Helen	00:56:18.7 (2)	1:33:23.8	7:07.8 /mi
3	59	Fabi Findlay	Sarn Helen	01:02:12.3 (3)	1:45:25.8	8:02.9 /mi
4	62	Pamela Cater	Sarn Helen	01:14:29.4 (5)	2:00:30.9	9:12.0 /mi
5	31	Kizzie Garner-Hughes	-	01:13:53.0 (4)	2:04:41.5	9:31.1 /mi
6	38	Yvonne Davies	Trots	01:28:57.0 (6)	2:28:32.5	11:20.3 /mi
7	63	Marriola Ponomaron	-	01:32:01.8 (7)	2:35:26.3	11:51.9 /mi
8	64	Nicola Davies	Sarn Helen	01:32:06.1 (8)	2:35:26.3	11:51.9 /mi
Female - 45+						
1	25	Wendy Price	Amman valley	00:57:58.4 (1)	1:35:05.4	7:15.5 /mi
2	5	Lynwen Huxtable	Aberystwyth AC	01:03:01.6 (2)	1:43:48.1	7:55.4 /mi
3	10	Nicola Kelly	Builth & District Running Club	01:13:27.4 (3)	2:02:10.1	9:19.5 /mi
4	46	Lowri Davies	-	01:14:01.6 (4)	2:03:56.5	9:27.7 /mi
5	22	Joanna Rosiak	Sarn Helen	01:18:57.0 (5)	2:16:25.1	10:24.8 /mi
Male - 60+						
1	44	Damian Sidnell	Aberystwyth AC	01:00:18.6 (1)	1:42:52.4	7:51.2 /mi
2	8	Tony Hall	Sarn Helen	01:03:26.8 (2)	1:44:07.0	7:56.9 /mi

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Pos	#	Name	Club	8 Mile	Result	Pace
3	24	Mel Hopkins	Aberystwyth AC	01:04:51.3 (3)	1:49:31.8	8:21.7 /mi
4	15	Robert Sharratt	Cardigan Running Club	01:11:29.0 (4)	1:57:50.9	8:59.8 /mi
5	14	Cameron Pope	Aberystwyth AC	01:19:13.1 (5)	2:10:06.6	9:55.9 /mi
Female - 55+						
1	58	Lou Summers	Sarn Helen	00:58:05.7 (1)	1:37:07.1	7:24.8 /mi
2	55	Delyth Crimes	Sarn Helen	01:08:34.7 (2)	1:53:12.7	8:38.5 /mi
3	60	Gunvor Troelsen	Bulth and District	01:09:08.8 (3)	1:55:00.8	8:46.8 /mi
4	42	Maggie Collingborn	Aberystwyth AC	01:12:15.6 (4)	1:57:06.2	8:56.4 /mi
5	78	Liz Pugh	Sarn Helen	01:15:13.5 (5)	2:05:47.1	9:36.1 /mi
6	65	Caron Mckee-Hands	Trots	01:31:55.5 (6)	2:35:26.3	11:51.9 /mi