

Race Results 2011 – page 1

Team Pursuit	Time	Pos.
Siobhan	44.24	
Steve	45.50	
Bethan	51.43	
Helen	53.41	
Gwen	55.44	
X		
X		
X		
X		
Team position		
7 th out of 19		

Tregaron ½ marathon	Time	Pos
Andy	1.39.17	41
Paul	1.45.57	58
Helen	1.48.49	66
Jill	1.53.00	72
102 runners		

Llanelli ½ marathon	Time	Pos
Andi	1.32.29	148
Sally	1.36.32	232
Bethan	1.38.10	275
Gwen	1.41.05	366
1294 runners		

Llys-y-Fran Time Trial	Time	Pos
Steve	40.35	1
Celia	46.17	4
Paul	49.20	7
Helen	50.59	10
14 runners		

Atlantic College 10KX	Time	Pos.
Sally	43.44	?
Runners ?		

Neyland Duathlon	Time	Pos.
Alec	1.16.37	27
Darren	1.23.14	?
Katherine	1.31.52	69
Runners 84		

San Domenico 20 mile	Time	Pos.
Clare	2.58.xx	?
Runners ?		

London Marathon	Time	Pos.
Bethan Sally (injury)	3.49.04	6872 Female 1193 Category 748

Sea Cadets 10KX	Time	Pos.
Paul	44.59	14
Gwen	46.55	21
Darren	50.25	25
Runners 34		

Teifi 10 m	Time	Pos.
Gwen	77.53	70
Paul	81.00	79
Runners 120		

Coastal Endurance 15.85m	Time	Pos.
Helen	2h31m	47
1 st F50		
Runners 165		

Run for the Bus 10K	Time	Pos.
Jill 2 nd F35	52.23	36
Runners: 92		

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Newport Bay 10Kx	Time	Pos.
Paul	49.14	18
Gwen	49.26	19
Helen	49.48	20
X		
X		
XX		
X		
X		
X		
X		
Runners 27		

Pembs Triathlon	Time	Pos
Clare	?	?

Jan Younger Neyland 10K	Time	Pos
Alec	43.46	18
Gwen	46.29	25
Helen	48.42	36
Jill	52.53	45
Gwen 1 st OF		
Helen 1 st F55		
Jill 3 rd F35		
1 st Female Team Prize		
Runners 59		

Cwrtnewydd 4m	Time	Pos
Gwen	29.41	24

Runners 56

Talley 5KX	Time	Pos.
Bethan	22.04	49
Gwen	22.50	54
Jill	24.20	67
X		
X		
X		
X		
X		
X		
X		
Runners 127x		

Rhedwyr Emlyn 10k	Time	Pos.
Steve	43.23	4
Bethan	50.00	21
Paul	50.42	22
Jill	54.51	32

Runners46

Fishguard Triathlon	Time	Pos.
Peter (team)	1.07.13	
Alec	1.13.20	
Celia	1.13.26	
Darren	1.16.14	
Alan (team)	1.20.13	
Katherine	1.20.37	
Clare	1.22.05	
Helen	1.24.09	
- Celia 1 st fem vet+2 nd fem Clare 2 nd f.vet - P+A 1 st mix team+4 th overall		

Dinas Head 4.5m	Time	Pos.
Steve	34.56	5
Bethan	41.40	26
Paul	42.56	30

Runners 47

TROTS Dambusterx	Time	Pos.
Steve	37.17	8
Alec	40.06	25
Paul	43.10	37
Helen	44.27	44
Bethan	45.01	45
X		
XX		
Runners 71		

Felinfach 6m	Time	Pos.
Gwen	42.01	43

Runners 77

Bwlch y Groes	Time	Pos.
Gwen	53.16	37
Jill	58.23	51

Runners 65

Pembs Coast Triathlon	Time	Pos.
Celia	2.51	
Clare	3.15	
Celia 1st FV Clare 3rd FV		

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Ras Dau Fryn	Time	Pos.
Shan	43.47	4
Paul	48.54	8
Gwen	51.47	10
Runners 18		

Abercych 4m trail run	Time	Pos
Paul	40.33?	7
Runners 8		

Head-to-Head Marathon	Time	Pos
Andi	4.40	1

Swansea 10K	Time	Pos
Celia	42.28	289
3 rd F45		
Runners 3089		

Dale Half	Time	Pos.
Gwen	1.47.36	43
Helen	1.50.11	46
Runners 93		

Dale 10K	Time	Pos.
Bethan	47.17	19
Clare	50.18	34
Runners 86		

Cardiff Half	Time	Pos.
Shan	1.24.22	171
Sally	1.38.46	1142
Gwen	1.41.19	1473
Helen	1.46.05	2169

Llys y Fran Multi	Time	Pos.
Paul	31	50.31
Helen	41	52.05
Bethan	42	52.30
Gwen	48	54.20
Runners 74		

Glasgow International Cross Country	Time	Pos.
Celia 11 th in age group 4 th Welsh lady		

Ras y Mast	Time	Pos.
Paul	56.45	50
Gwen	58.35	61
Runners 92		

	Time	Pos.

	Time	Pos.
Runners		