

## Sarn Helen Hill Race 2026 - 16.5miles

No.	Pos	Name	Club	Age	Class	Time
18	1	Michael Kallenberg	Swansea Harriers	35	M	1.50.14
99	2	Sam Hopkins	Neath Harriers	29	M	1.54.21
168	3	Polly Summers	Sarn Helen	26	F	2.03.08
92	4	Dan Hooper	Sarn Helen	53	M50	2.03.49
78	5	Georgia Wood	Team Bath	45	F45	2.10.35
170	6	Rhodri Williams	Sarn Helen	28	M	2.11.39
63	7	Simon Hall	Sarn Helen	46	M40	2.12.14
162	8	Ollie George	Sarn Helen	21	M	2.12.22
167	9	Jamie Biggs	Summer running	53	M50	2.15.07
93	10	Matt Clarke	Sarn Helen	48	M40	2.16.40
64	11	Stephen Donnelly	Neath Harriers	31	M	2.16.55
97	11	Martyn O Grady	Neath Harriers	44	M40	2.16.56
86	13	Finlay Hopkins	Neath Harriers	20	M	2.17.28
172	14	Wyn Thomas	Sarn Helen	37	M	2.17.41
175	15	Tom Sinton		33	M	2.18.23
205	16	Teifion Davies	Sarn Helen	31	M	2.18.31
42	17	Kevin Jones	Sarn Helen	54	M50	2.20.37
101	18	Caleb Williams		26	M	2.20.52
87	19	Mike Davies	Sarn Helen	57	M50	2.21.14
41	20	Layla Ormar-Davies	Sarn Helen	22	F	2.24.37
94	21	Glyn Price	Sarn Helen	59	M50	2.25.58
174	22	Keith Evans	Sarn Helen	50	M50	2.26.22
71	23	Dan James		38	M	2.29.13
53	24	Joshua Winter	Team Armadillo	28	M	2.29.37
177	25	Ifan Evans	Sarn Helen	17	M	2.31.39
85	26	Louise Barker	Aberystwyth AC	51	F45	2.32.00
77	27	Llew Lloyd	Sir Gareth Edwards CC	25	M	2.37.01
8	28	Rhyd Land		29	M	2.37.14

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No.	Pos	Name	Club	Age	Class	Time
75	29	Nicola Williams	Sarn Helen	28	F	2.41.09
79	30	Chris Lindeque	Chiltern Harriers	51	M50	2.42.24
88	31	Rob Edwards		42	M40	2.42.44
171	32	Stephen King	Aberystwyth AC	52	M50	2.43.55
169	33	Lou Summers	Sarn Helen	58	F55	2.45.21
45	34	Millie Thorne	Swansea Harriers	26	F	2.45.36
98	35	Rhys Lewis	Sarn Helen	54	M50	2.45.57
91	36	Jaehnke Jonas		34	M	2.47.27
165	37	Joseph Summer	Sarn Helen	25	M	2.48.45
54	38	Alix Arndt	Sarn Helen	46	F45	2.53.26
66	38	Tom Haslam		36	M	2.53.26
48	40	Gethin ap Phylip	Sarn Helen	35	M	3.01.15
95	41	Mark Cousinie		58	M50	3.02.46
84	42	Kristopher Griffiths	Sarn Helen	32	M	3.07.38
176	42	Matt Birlatt	Sarn Helen	33	M	3.07.38
60	44	Eric Rees	Sarn Helen	54	M50	3.09.05
96	45	Delyth Crimes	Sarn Helen	58	F55	3.11.23
72	46	Fraser McMillan	Cardigan RC	56	M50	3.12.31
173	47	Hugo Albercski Douglas	Sarn Helen	18	M	3.13.07
49	48	Dyfrig Thomas		35	M	3.14.35
81	49	Flora Gunner	Croft Ambrey Rc	63	F55	3.15.04
33	50	Pamela Carter	Sarn Helen	45	F45	3.21.17
76	51	Dorian Rees	Sarn Helen	50	M50	3.24.30
74	52	Richard Marks	Sarn Helen	76	M60	3.28.48
89	53	Lon Morgan	Trots	68	F55	3.32.52
73	54	Andrew Pigg	Cardigan RC	64	M60	3.38.55
25	55	Debi Bartlett		57	F55	3.46.16
61	56	Dai Edwards		51	M50	3.46.36

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No.	Pos	Name	Club	Age	Class	Time
40	57	Jane Holmes	Sarn Helen	55	F55	3.47.07
9	58	Rosy Carter		33	F	3.47.13
51	59	Michelle Spencer	Amman Valley Harriers	50	F45	3.48.23
47	60	Michelle Whittal Williams	TROTS	50	F45	3.52.46
52	60	Helen Russell		55	F55	3.52.46
68	62	Bronwyn Coltman		34	F	3.54.38
69	62	Elisha Davis		34	F	3.54.38
5	64	Sofiya Abramchuk	Llanelli AC	39	F35	4.16.36
13	64	Donna Fernandez	Llanelli AC	43	F35	4.16.36
12	66	Tomas Sheehan	Llanelli Striders	37	M	4.37.04
24		Michael Tarling	Sarn Helen	50	M50	dnf
29		Sarah Puetz	Sarn Helen	32	F	dnf
43		Harley Davies	Neath Harriers	26	M	dnf
90		Kerry Irwin Hall	Sarn Helen	59	F55	dnf
100		Arwyn Davies	Sarn Helen	56	M50	dnf
2		David Heaton		66	M60	dns
10		Neil Carter		47	M40	dns
15		Ben Hawtin		28	M	dns
17		Mark Cameron		53	M50	dns
31		Dewi Griffiths	Swansea Harriers	34	M	dns
39		Dylan John	Sarn Helen	30	M	dns
62		Michael Catling		66	M60	dns
70		Vic Walsh	Bell Vue Racers	47	M40	dns
82		Mark Underhill		63	M60	dns