

[Sarn Helen Logo]



Sarn Helen Club Lampeter, West Wales

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	RAS Y MAST	1999 RESULTS			
POS	NAME	CLUB	CLASS	TIME	
1	RICHARD SLADE	NEWPORT	OM 1st	43.08	
2	ANDREW ABBOTT	SARN HELEN	OM 2nd	44.01	
3	ERIC REES	SARN HELEN	OM 3rd	45.28	
4	MICHAEL HICKS	SWANSEA	OM 1st	45.31	Cyclist
5	ROBIN SEDMAN-SMITH	U.W.A. HARRIERS	OM	45.34	
6	TOM BAKER	SWANSEA	OM 2nd	46.20	Cyclist
7	MALCOLM ADAMS	TROTS	M40 1st	47.18	
8	MIKE EVANS	TROTS	OM	47.47	
9	PAUL HARRISON	U.W.A. HARRIERS	OM	47.56	
10	DAVID BUCK	CARDIGAN	OM	48.11	
11	B. DAVIES	NONE	OM 3rd	48.14	Cyclist
12	LYN REES	SARN HELEN	M40 2nd	48.26	
13	RICHARD DRAYTON	U.W.A. HARRIERS	OM	48.35	
14	ALED WILLIAMS	SARN HELEN	OM	48.55	Cyclist
15	MARTIN DYDE	CLEDDAU	M40 3rd	49.09	
16	CALVIN WILLIAMS	SARN HELEN	OM	49.28	
17	JAMES PADFIELD	SWANSEA	OM	49.37	
18	EVAN WILLIAMS	TROTS	M18 1st	49.41	
19	PAUL COLMAN	PEMBS VELO	OM	50.35	Cyclist
20	HAYDN LLOYD	NONE	OM	50.40	
21	MATHEW CLARKE	U.W.A. HARRIERS	OM	50.40	
22	CARWYN PHILLIPS	TROTS	OM	50.51	
23	TONY HALL	SARN HELEN	M40	50.54	
24	DAVID HAYBALL	TROTS	OM	51.27	
25	JAMIE BIGGS	SARN HELEN	OM	51.32	
26	IAN WILLIAMS	TROTS	M18 2nd	51.34	
27	HYWEL WYN JONES	AMMAN VALLEY	OM	51.53	
28	STEVE MAYBURY	U.W.A. HARRIERS	OM	52.00	

29	MEL WATSON	TROTS	F35 1st	52.05	
30	DAVID THOMAS	SARN HELEN	OM	52.06	
31	GEOFFREY O'KEEFE	ABERTALERY	M40	52.08	
32	KEVIN HUGHES	SARN HELEN	OM	52.33	Cyclist
33	ROBIN BARLOW	SARN HELEN	M40	52.37	
34	DAVID HUGHES	U.W.A. HARRIERS	OM	52.51	
35	DUNCAN PORTER	SARN HELEN	M18 1st	52.59	Cyclist
36	DYLAN DAVIES	SARN HELEN	OM	53.09	
37	EMYR GRIFFITHS	SARN HELEN	M18 2nd	53.33	Cyclist
38	ADAM JOSEPH	TROTS	OM	53.35	
39	MICHAEL REES	CARDIGAN	OM	53.47	
40	RICHARD MARKS	SARN HELEN	M40	53.50	
41	ANDREW JAMES	SARN HELEN	OM	54.02	
42	DARREN TINKER	CLEDDAU	OM	54.20	
43	STEVE HUGHES	AMMAN VALLEY	OM	54.23	
44	RICHARD JAMES	CARDIGAN	OM	54.30	
45	DAVID OAK	NEATH HARRIERS	M40	54.55	
46	DAWN KENWRIGHT	SARN HELEN	F35	55.50	
47	CARWYN HUGHES	NONE	OM	55.55	
48	MARTIN PHILLIPS	CARMARTHEN	M40	56.12	
49	KEITH EVANS	NONE	OM	56.16	
50	JOHN FARMER	CORNELLY STRIDERS	M40	56.39	
51	DAVID ROSSER	AMMAN VALLEY	M40	56.45	
52	RON MORGAN	TROTS	M40	56.56	
53	ALLAN SPENCER	WELSH VETS	M40	57.02	
54	ALEX HOLLAND	TROTS	OM	57.07	
55	MARY BOWEN REES	TROTS	F35	57.10	
56	PAUL SCILLION	NONE	OM	57.14	
57	COLIN ANTHONY	NEATH HARRIERS	M40	57.25	
58	CENNYDD POWELL	NONE	OM	58.02	
59	ROS HUGHES	SWANSEA	OF	58.15	
60	STANLEY GRIFFITHS	SARN HELEN	M40	59.56	
61	KIRSTY ROBERTS	U.W.A. HARRIERS	OF	60.11	
62	STEPHEN KING	U.W.A. HARRIERS	OM	60.11	
63	JANE BUCK	CARDIGAN	F35	61.35	
64	RALPH THOMAS	PEMBS VELO	M40	62.14	
65	PAUL TURNER	NEWPORT	OM	62.32	
66	SHAY BREWSTER-LADDLE	ABERYSTWYTH AC	M40	63.10	
67	LON MORGAN	TROTS	F35	64.18	
68	WENDY DAVIES	SARN HELEN	OF	64.18	

69	ERIN TYLER	NONE	F35	65.42	
70	DAVID MALATYNSKI	NONE	M40	66.17	
71	ROWLAND THOMAS	NONE	M40	66.19	
72	WILL TROUGHTON	NONE	OM	66.25	
73	EIFION WILLIAMS	NONE	M40	66.57	
74	RACHEL HOLLAND	TROTS	OF	67.14	
75	JOE HARRIS	SARN HELEN	M18 3rd	67.44	
76	LAURA MAKIN	NONE	OF	67.52	
77	HAG HARRIS	SARN HELEN	M40	67.56	
78	HEULWEN JAMES	CARDIGAN	OF	68.33	
79	ANN THOMAS	PEMBS VELO	F35	69.22	
80	TITUS GIDDEND	SARN HELEN	M18 3rd	70.22	Cyclist
81	ANN POWELL	TROTS	F35	70.35	
82	ALISON GREELY	NONE	OF	71.41	
83	MAGGIE COLLINGBORN	NONE	F35	74.30	
84	MARGARET BOUCHER	TROTS	F35	75.33	
85	SUSAN THOMAS	TROTS	F35	78.14	
86	KATHLEEN GARNER	TROTS	F35	78.14	
87	JILL COLMAN	PEMBS VELO	F35 1st	79.36	Cyclist
88	ADELE JONES	CARDIGAN	OF	80.06	
89	RUTH MORRIS	NONE	F35	80.07	
90	GRAHAM SINGER	ABERDARE	M40	84.21	
91	ALLEN WATTS	SARN HELEN	M40	85.08	
92	ROWENA DAVIES	SARN HELEN	F18 1st	86.47	
93	DAVE MARRIOTT	PEMBS VELO	M40	D.N.F.	Cyclist
	KEITH MAGUIRE	NONE	OM	D.N.F.	
	RAS Y MAST - RUNNERS	1999 RESULTS	JUNIORS		
POS	NAME	CLUB	CLASS	TIME	
1	IRFON TOMOS	SARN HELEN	M u12 1st	10.36	
2	CARWYN THOMAS	SARN HELEN	M u14 1st	11.54	
3	MELFYN DAVIES	SARN HELEN	M u12 2nd	12.02	
4	GETHIN JENKINS	SARN HELEN	M u12 3rd	12.28	
5	CARYS DAVIES	SARN HELEN	F u12 1st	12.44	
6	MEGAN THOMAS	CARMARTHEN	F u12 2nd	13.21	
7	SIAN JENKINS	SARN HELEN	F u12 3rd	13.28	
8	CATRIN VAUGHAN	ABERYSTWYTH	F u12	13.49	
9	MATHEW THOMAS	SARN HELEN	M u12	14.12	

10	NESTA THOMAS	CARMARTHEN	F u12	14.21	
11	HARRY THOMAS	SARN HELEN	M u12	14.36	
12	LLEWELYN HUGHES	NONE	M u12	14.53	
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