

[Sarn Helen Logo]

Sarn Helen Club Lampeter, West Wales



[Back to Results](#) [Home](#)

RAS Y MAST 2002 - RUNNERS RESULTS				
POS	NAME	CLUB	CLASS	TIME
1	ANDREW ABBOT	SARN HELEN	M 1st	43.07
2	TIM O'CONNOR	SWANSEA	M 2nd	44.17
3	KEVIN TAYLOR	AMMAN VALLEY	M40 1st	44.42
4	ANDREW JONES	NONE	M 3rd	45.12
5	HAYDN LLOYD	SARN HELEN	M	45.43
6	LES HEWITSON	CARDIGAN	M	45.52
7	PAUL ROSE	CARDIGAN	M	46.02
8	CARWYN PHILLIPS	TROTS	M	46.06
9	IAN WILLIAMS	TROTS	M	46.09
10	PHIL ADAMS	NEATH HARRIERS	M40 2nd	46.16
11	RICHARD MARKS	SARN HELEN	M40 3rd	46.21
12	JOHN GRIFFITHS	SARN HELEN	M40	46.34
13	PAUL REYNISH	PEMBS TRIATHLON CLUB	M	47.53
14	SAMANTHA BRETHRICK	CHILTERN HARRIERS	F 1st	47.59
15	LES CHAPMAN	AMMAN VALLEY HARRIERS	M40	48.06
16	GARY THOMAS	AMMAN VALLEY HARRIERS	M40	48.23
17	TONY HALL	SARN HELEN	M40	48.25
18	JOHN SINNETT	PEMBS HARRIERS	M40	48.45
19	HYWEL JONES	AMMAN VALLEY HARRIERS	M40	49.35
20	CALVIN WILLIAMS	SARN HELEN	M40	50.15
21	LYN REES	SARN HELEN	M40	50.22
22	GEOFF OLDRID	ABERYSTWYTH A.C	M40	51.16
23	MELISA WATSON	TROTS	F35 1st	51.22
24	MARK DUNSCOMBE	SARN HELEN	M40	51.29
25	KEVIN CREW	ABERDARE ROADIES	M40	52.34
26	GARETH JONES	LES CROUPIERS	M	52.52
27	MARTIN DYDE	PEMBS HARRIERS	M40	53.02
28	ANDREW JAMES	SARN HELEN	M	53.11

29	DAWN KENWRIGHT	SARN HELEN	F35 2nd	54.05
30	KEVIN HUGHES	SARN HELEN	M	54.11
31	ROLAND SHERWOOD	AMMAN VALLEY HARRIERS	M40	54.28
32	ROBIN BARLOW	SARN HELEN	M40	54.37
33	PETER DAVIES	SARN HELEN	M40	54.43
34	DALLAS WISEMAN	SARN HELEN	M	54.49
35	LYN GREEN	CARDIGAN	F35 3rd	55.22
36	BRIAN THOMAS	SARN HELEN	M40	55.30
37	MARY BOWEN REES	TROTS	F35	55.35
38	NIGEL GRIFFITHS	ABERDARE ATHLETIC CLUB	M40	55.41
39	AINSLEY CORP	NONE	M	56.18
40	MARK POWELL	NONE	M	56.37
41	CYRIL WALTERS	TROTS	M40	58.11
42	JANE BUCK	CARDIGAN	F35	59.18
43	DAVID LESLIE WALTERS	NONE	M40	60.12
44	TERRY GOVER	PEMBS TRIATHLON CLUB	M40	60.28
45	HELEN WILLIAMS	TROTS	F35	60.47
46	STEPHEN LE BRETON	PEMBS TRIATHLON CLUB	M	61.00
47	CAROL HOWARD	PEMBS HARRIERS	F35	62.25
48	MIKE HODGES	TROTS	M40	62.35
49	TANIS HAND	TROTS	F35	63.04
50	TOM FURNESS	TROTS	M40	63.37
51	LORRAINE DYDE	PEMBS HARRIERS	F35	63.49
52	BRIAN HEALEY	CARDIGAN	M40	64.18
53	BRIDGET REES	NONE	F35	64.47
54	PAULINE THOMAS	TROTS	F35	65.00
55	HILARY McCARTHY	ABERTEIFI	F35	65.51
56	RON MORGAN	TROTS	M40	66.05
57	HEULWEN JAMES	CARDIGAN	F35	66.41
58	IRENE O'CONNELL	CARMARTHEN HARRIERS	F 2nd	67.26
59	JAN YOUNGER	PEMBS HARRIERS	F35	72.38
60	JILL COLEMAN	PEMBS HARRIERS	F35	72.59
61	OWEN JONES	NONE	M40	75.00
62	ALLEN WATTS	SARN HELEN	M40	89.21
RAS Y MAST 2002 - CYCLIST RESULTS				
1	DAVID MARSHALL	TROTS	M 1st	42.49
2	ALED WILLIAMS	SARN HELEN	M 2nd	46.19
3	PAUL COLEMAN	PEMBS HARRIERS	M40 1st	48.15
4	RALPH THOMAS	VELO CYCLIST	M40 2nd	56.13
5	PHILIP WALKER	PEMBS VELO	M 3rd	56.19

6	GEORGE NEWMAN	BRECHFA BIKE CLUB	M	67.53
7	DAVE WINCHESTER	BRECHFA BIKE CLUB	M	75.32
8	ALFRED CRESSWELL	BRECHFA BIKE CLUB	M	77.05
9	JAMES NOCK	BRECHFA BIKE CLUB	M	86.13
	1st TEAM - SARN HELEN			
	ANDREW ABBOTT			43.07
	ALED WILLIAMS			46.19
	DAWN KENWRIGHT			54.05
				2.23.31
	RAS Y MAST 2002 - Under 16yrs - RESULTS			
POS	NAME	CLUB	CLASS	TIME
1	GETHIN JENKINS	SARN HELEN	M 1st	11.25
2	RHIAN EVANS	SARN HELEN	F 1st	12.54
3	SIAN JENKINS	SARN HELEN	F 2nd	13.03
4	EMMA JONES	SARN HELEN	F 3rd	13.50
5	CAROLYN PHILLIPS	TROTS	F	16.08
	RAS Y MAST 2002 - PRIMARY SCHOOL - RESULTS			
1	CATRYN REES	SARN HELEN	F 1st	6.17
2	LUKE BUTLER	PEMBS HARRIERS	M 1st	6.23
3	RHYS EVANS	SARN HELEN	M 2nd	6.31
4	FLORENCE BOWEN REES	TROTS	F 2nd	6.37
5	LLYR JAMES	SARN HELEN	M 3rd	6.38
6	DYLAN DAVIES	NONE	M	6.53
7	DOMINIC COLMAN	PEMBS HARRIERS	M	6.56
8	RHODRI JAMES	SARN HELEN	M	6.59
9	GERAINT POWELL	NONE	M	7.01
10	HEULYN EVANS	NONE	M	7.39
11	DANIEL COLMAN	PEMBS HARRIERS	M	10.31

[Top of page](#)