

[Sarn Helen Logo]



Sarn Helen Club

Lampeter, West Wales

[Home](#)[Back](#)

Main Race (top 15)

Pos	Name	Club	Class	Time
1	Andrew Abbott	Sarn Helen	Male	1.50.24
2	Simon Edney	Sarn Helen	Male Vets	1.51.41
3	Richard Brethneck	Preseli	Male	1.53.10
4	Kevin Griffiths	Carmarthen	Male	1.53.58
5	Alan Jones	Telford	Male	1.54.02
6	Malcolm Adams	TROTS	Male Vets	1.54.57
7	Dean Jones	TROTS	Male	1.55.41
8	Richard Morris	TROTS	Male Vets	1.59.09
9	Lyndon Gwilym	Blaenavon	Male Vets	2.00.00
10	Lyn Rees	Sarn Helen	Male Vets	2.01.20
11	Samantha Bretherick	Preseli	Female	2.01.34
12	Kevin Taylor	Amman Valley	Male	2.02.05
13	Eric Rees	Sarn Helen	Male	2.03.42
14	Frank Flegg	Sarn Helen	Male Vets	2.05.21
15	Dave Headen	Les Croupiers	Male	2.08.42

Coarse B

Pos	Name	Club	Class	Time
1	Frank Flegg		U/18 Male	26.01
2	Robert Dyde		U/18 Male	28.23
3	Roland Sherwood		N/C Male	30.41
4	Daniel Harries		U/18 Male	31.41
5	Gethin Williams		U/18 Male	35.57
6	Carwyn Richards		N/C Male	37.24
7	Ken Richards		N/C Male	37.53
8	Heulwen James		N/C Female	42.05
9	Pat Sherwood		N/C Female	47.55

Coarse C

Pos	Name	Club	Class	Time
1	Carwyn Thomas		Prim. Boys	12.08
2	Irfon Tomos		Prim. Boys	12.28

3	Gareth Hodgson	U15 Boys	12.52
4	Huw Aled Evans	Prim. Boys	13.05
5	Melfyn Davies	Prim. Boys	13.29
6	Carys Davies	Prim. Girls	13.56
7	Nicola Walters	Prim. Girls	13.59
8	Gareth Rowcliffe	Prim. Boys	14.02
9	Joe Harries	Prim. Boys	14.03
10	Dafydd Rees	Prim. Boys	14.05
11	Gethin Jenkins	Prim. Boys	14.27
12	Rhidian Harries	Prim. Boys	14.53
13	Stephen James	Prim. Boys	15.01
14	Shirin Tomos	U15 Girls	15.23
15	Alun Barlow	U15 Boys	15.34
16	Caryl Rees	Prim. Girls	15.36
17	Mererid Davies	Prim. Girls	15.38
18	Neris Thomas	Prim. Girls	16.16
19	Cerys Rees	Prim. Girls	16.50
20	Michelle James	Prim. Girls	17.06
21	Sian Jenkins	Prim. Girls	17.10
22	Sioned Harries		

[Top of Page](#)