

[Sarn Helen Logo]

Sarn Helen Club Lampeter, West Wales



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SARN HELEN HILL RACE 2002 RESULTS - 16.5 MILES

POS	NAME	CLUB	CLASS	TIME
1	PAUL GRIFFITHS	NEATH HARRIERS	M18-39 1st	1.47.23
2	ADRIAN WOODS	ERYRI HARRIERS	M40+ 1st	1.51.16
3	ANDREW ABBOTT	SARN HELEN	M18-39 2nd	1.53.42
4	KEVIN TAYLOR	AMMAN VALLEY	M40+ 2nd	1.53.54
5	MALCOLM ADAMS	TROTS	M40+	1.57.17
6	PHIL ADAMS	100K ASSOCIATION	M40+	1.57.38
7	MARTIN DYDE	PEMBS HARRIERS	M40+	1.59.31
8	GARY McCARTHY	ISLWYN	M18-39	1.59.34
9	DAVID WARREN	CARDIGAN AC	M40+	1.59.45
10	HAYDN LLOYD	SARN HELEN	M18-39	2.01.00
11	TONY HALL	SARN HELEN	M40+	2.01.02
12	LES CHAPMAN	AMMAN VALLEY	M40+	2.01.08
13	GARY THOMAS	AMMAN VALLEY	M40+	2.01.28
14	RICHARD MARKS	SARN HELEN	M40+	2.01.53
15	LYN REES	SARN HELEN	M40+	2.05.45
16	WILLIAM DARBY	MYNYDDWYR DE CYMRU	M40+	2.05.50
17	HYWEL JONES	AMMAN VALLEY	M40+	2.10.42
18	CALVIN WILLIAMS	SARN HELEN	M40+	2.10.56
19	ANDREW JAMES	SARN HELEN	M18-39	2.11.06
20	ROBERT FOWLER	AMMAN VALLEY	M40+	2.14.38
21	DAVID THOMAS	SARN HELEN	M18-39	2.15.09
22	DARREN TINKER	NONE	M18-39	2.15.30
23	GRAHAM COLVIN	3M ROADRUNNERS	M18-39	2.16.00
24	DAWN KENWRIGHT	SARN HELEN	F35+ 1st	2.16.12
25	DYLAN DAVIES	SARN HELEN	M18-39	2.17.13
26	MARK DUNSCOMBE	SARN HELEN	M40+	2.17.52
27	ERIC REES	SARN HELEN	M18-39	2.18.25
28	KEITH THOMAS	NONE	M40+	2.18.49
29	GARETH JONES	LES CROUPIERS	M18-39	2.19.50
30	RON MORGAN	TROT	M40+	2.44.00
31	JAMIE THOMAS	NONE	M18-39	3.01.52
32	LON MORGAN	TROTS	F35+ 2nd	3.04.34
32	MARGARET BOUCHER	TROTS	F35+ 2nd	3.04.34
34	ALLEN WATTS	SARN HELEN	M40+	3.46.26
	ROLAND SHERWOOD	AMMAN VALLEY	M40+	D.N.F.
	JOHN GRIFFITHS	SARN HELEN	M40+	D.N.F.

1st TEAM - SARN HELEN

ANDREW ABBOTT

HAYDN LLOYD

TONY HALL

RICHARD MARKS

SARN HELEN HILL RACE 2002 1.5 MILE RESULTS

POS	NAME	CLUB	CLASS	TIME
1	CARWYN THOMAS	SARN HELEN	M u15 1st	11.34
2	IRFON THOMAS	SARN HELEN	M u15 2nd	11.38
3	CARYS DAVIES	SARN HELEN	F u15 1st	12.12
4	DAVID THOMAS	SARN HELEN	M u15 3rd	12.28
5	GETHIN JENKINS	SARN HELEN	M u12 1st	12.40
6	SAM THOMAS	NONE	M u12 2nd	13.13
7	RHYS JONES	SARN HELEN	M u12 3rd	13.35
8	SIONED DAVIES	SARN HELEN	F u12 1st	13.43
9	MIKE THOMAS	NONE	M u12	14.26
10	GETHIN JONES	NONE	M u12	14.31
11	RHYS EVANS	NONE	M u12	15.39
12	SIAN JENKINS	SARN HELEN	F u15 2nd	15.45
13	KELLY THOMAS	NONE	F u15 3rd	16.04
14	RHIAN DAVIES	NONE	F u12 2nd	16.28
15	STEFFAN JONES	SARN HELEN	M u15	16.57
16	DAN JONES	NONE	M u12	16.59
17	ELGAN EVANS	SARN HELEN	M u12	17.16
18	ELIN EVANS	SARN HELEN	F u15	17.20
19	DANNY WILLIAMS	NONE	M u15	17.40
20	NERIS THOMAS	SARN HELEN	F u15	19.20
20	CARWYN DAVIES	NONE	M u12	19.20
22	DAISY FURLONG	NONE	F u15	20.49
23	MATHEW FURLONG	NONE	M u12	21.32
	FFION DAVIES	SARN HELEN	F u12	DNF
	MELFYN DAVIES	SARN HELEN	M u15	DNF

SARN HELEN HILL RACE 2002 4 MILE RESULTS

POS	NAME	CLUB	CLASS	TIME
1	CHRISTOPHER WALTERS	CARMARTHEN HARRIERS	M u18 1st	29.51
2	TONY FURLONG	SARN HELEN	Non-competitive	32.22
3	GARETH JONES	SARN HELEN	Non-competitive	35.47
4	DALLAS WISEMAN	NONE	Non-competitive	35.58
5	BRIAN THOMAS	SARN HELEN	Non-competitive	37.11
6	PAT SHERWOOD	AMMAN VALLEY	Non-competitive	52.49

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