

<i>SARN HELEN HILL RACE 2005 - 16.5 MILES</i>				
POSITION	NAME	CLUB	CLASS	TIME
1	Andrew Abbott	Sarn Helen	Male	1.48.11
2	Steve Rees	Port Talbot	Male	1.48.54
3	Les Chapman	Amman Valley Harriers	Male 50	2.02.02
4	Dean John	Trots	Male	2.02.39
5	Les Hewitson	Ingli Runners	Male 40	2.03.06
6	Richard Marks	Sarn Helen	Male 50	2.03.52
7	Michael Davies	None	Male	2.04.41
8	Kevin Griffiths	None	Male 40	2.04.43
9	Daniel Crimmen	Road Runners Club	Male	2.04.44
10	Mark Dunscombe	Sarn Helen	Male 40	2.05.25
11	Phil Adams	Neath Harriers	Male 40	2.06.50
12	Geoff Oldrid	Aberystwyth A C	Male 50	2.07.23
13	Tony Hall	Sarn Helen	Male 50	2.08.14
14	Graham Jefferies	Cardigan Running Club	Male 40	2.09.26
15	Dallas Wiseman	Sarn Helen	Male	2.11.30
16	Haydn Lloyd	Sarn Helen	Male	2.14.17
17	Dawn Kenwright	Sarn Helen	female 45	2.14.40
18	Kevin Taylor	Amman Valley Harriers	Male 40	2.15.26
19	Jamie Biggs	None	Male	2.16.31
20	Helen Mansfield	Carmarthen Harriers	female 35	2.16.44
21	Peter Davies	Sarn Helen	Male 50	2.17.06
22	Kevin Hughes	Sarn Helen	Male	2.18.12
23	Calvin Williams	Sarn Helen	Male 40	2.18.13
24	Rita Abrahamsen	Aberystwyth Uni	female 35	2.18.52
25	Ray Davies	Pontypridd Roadents	Male 40	2.20.29
26	Huw Price	Sarn Helen	Male 40	2.23.15
27	Dave Roberts	Amman Valley Harriers	Male 40	2.23.24

28	Kim Braznell	West Bromwich Harriers	female 45	2.23.32
29	Lyn Rees	Sarn Helen	Male 50	2.26.07
30	Mandy Jones	Islwyn	female 35	2.28.22
31	Stephen Jones	Islwyn	Male 40	2.29.42
32	Dylan Davies	Sarn Helen	Male	2.29.45
33	Joan Clarke	West Bromwich Harriers	female 45	2.30.16
34	Jane Buck	Cardigan Running Club	female 35	2.31.18
35	Eric Rees	Sarn Helen	Male	2.32.00
36	Ieuan Davies	Llandoverly Rodents	Male 40	2.32.50
37	Raymond Boyce	Cornelly Striders	Male 40	2.35.39
38	Martin Davies	None	Male	2.36.08
39	Helen Marshall	Swansea Harriers	female	2.37.25
40	Simon Mansfield	Carmarthen Harriers	Male 40	2.37.47
41	Kate Rabaiotti	Pembrokeshire Harriers	female	2.38.20
42	Jill Colman	Pembrokeshire Harriers	female 35	2.39.30
43	James Thomas	None	Male	2.40.27
44	Richard Edwards	None	Male	2.41.05
45	Peter Harding	Carmarthen Harriers	Male 50	2.41.26
46	Susan Lloyd	Pembrokeshire Harriers	female 35	2.47.11
47	Gareth Jones	Sarn Helen	Male	2.48.12
48	Janet Jones	Sarn Helen	female 35	2.50.51
49	Aled Williams	Sarn Helen	Male 40	2.52.56
50	Martin Phillips	Llandoverly Rodents	Male 50	2.58.18
51	David Phillips	Pembrokeshire Harriers	Male 50	3.04.01
52	Joanne Hicks	None	female 35	3.04.31
53	Alex Williams	None	Male	3.07.08
54	Susan Jenkins	Sarn Helen	female 45	3.08.46
55	Jan Younger	Pembrokeshire Harriers	female 45	3.15.35
56	Gudrun Jones	Sarn Helen	female 45	3.44.31

57	Allen Watts	Sarn Helen	Male 50	4.17.40
	Dewi Jones	Trots	Male 50	D.N.F
	Roland Sherwood	Amman Valley Harriers	Male 50	D.N.S.
	1st Team - Sarn Helen			
	Andrew Abbott			
	Richard Marks			
	Mark Dunscombe			
	Tony Hall			

*SARN HELEN HILL RACE 2004 - 4 MILES*

POSITION	NAME	CLUB	CLASS	TIME
1	Carwyn Thomas	Sarn Helen	Male u18	26.58
2	Irfon Thomas	Sarn Helen	Male u18	28.43
3	Gethin Jenkins	Sarn Helen	Male u18	30.00
4	Melfyn Davies	Sarn Helen	Male u18	31.06
5	Paul Colman	Pembrokeshire Harriers	Non- competitive	34.37
6	Sion Griffiths	None	Male u18	36.11
7	Stanley Griffiths	None	Non- competitive	36.12
8	Caryl Davies	Sarn Helen	female u18	38.29
9	Sian Jenkins	Sarn Helen	female u18	46.35
10	Jackie Davies	Sarn Helen	Non- competitive	53.35
11	James Royston	Amman Valley Harriers	Non- competitive	53.35

*SARN HELEN HILL RACE 2005 - 1.5 MILES*

POSITION	NAME	CLUB	CLASS	TIME
1	Rhian Davies	Sarn Helen	female u15	12.24
2	Lyn Jones	None	Male u15	12.27
3	Gethin Jones	Sarn Helen	Primary Male	12.40

4	Sioned Davies	Sarn Helen	female u15	13.03
5	Rhys Douglas	Sarn Helen	Primary Male	13.05
6	Sian Trace	Amman Valley Harriers	female u15	13.14
7	Dylan Davies	Sarn Helen	Primary Male	13.41
8	Rhys Jones	Sarn Helen	Male u15	13.53
9	Amy Rose Roberts	Carmarthen Harriers	Primary female	14.05
10	Rhys Evans	Sarn Helen	Male u15	14.24
11	Rhian Jones	Sarn Helen	Primary female	14.36
12	Daniel Edwardes	Sarn Helen	Primary Male	15.31
13	Rhian Trace	Amman Valley Harriers	Primary female	16.01
14	Dominic Colman	Pembs Harriers	Male u15	16.13
15	Rhodri Phillips	None	Primary Male	16.18
16	Sioned Douglas	Sarn Helen	Primary female	16.28
17	Leah Hargreaves	None	female u15	17.08
18	Emma Roberts	Carmarthen Harriers	Primary female	17.15
19	Rhidian Evans	None	Primary Male	17.43
20	Angharad Evans	Sarn Helen	Primary female	17.49
21	Steffan Evans	None	Primary Male	17.55
22	Sioned Davies	Sarn Helen	Primary female	19.19
23	Lowri Davies	None	Primary female	26.03
23	Sion Davies	None	Primary Male	26.03
25	Michael Howard	None	Primary female	27.28
	Sarah Janes	Sarn Helen	female u15	D.N.F.