

<b>RAS Y MAST 2004 - RUNNERS RESULTS</b>				
<b>POSITION</b>	<b>NAME</b>	<b>CLUB</b>	<b>CLASS</b>	<b>TIME</b>
1	Andrew Abbott	Sarn Helen	M	42.19
2	Carwyn Thomas	Sarn Helen	M	43.17
3	Clive Thomas	Trots	M40	43.29
4	Mike Evans	Trots	M	44.21
5	Les Hewittson	Cardigan RC	M40	45.15
6	Marcus Jenkins	Swansea Harriers	M	46.45
7	Calvin Williams	Sarn Helen	M40	46.53
8	Kevin Taylor	Amman Valley Harriers	M40	47.07
9	Phil Adams	Neath Harriers	M40	47.18
10	Mark Foss	None	M	47.22
11	Mark Kallenberg	Cardigan RC	M40	47.53
12	Roger Chamberlain	Sri Chinmoy A.C.	M	48.00
13	Keith Green	Tipton	M40	48.08
14	Richard Marks	Sarn Helen	M40	48.17
15	Tony Hall	Sarn Helen	M40	48.22
16	Geoff Oldrid	Aberystwyth AC	M40	48.25
17	Simon Hall	Sarn Helen	M	48.28
18	Dallas Wiseman	Sarn Helen	M	48.46
19	Dewi Jones	Trots	M40	49.07
20	Haydn Lloyd	Sarn Helen	M	49.22
21	Ann Thomas	Trots	F35	49.28
22	Owen Derrick	Pembs Harriers	M	49.30
23	Peter Davies	Sarn Helen	M40	49.53
24	John Sinnett	Pembs Harriers	M40	50.01
25	Lyn Rees	Sarn Helen	M40	50.25
26	Dave Roberts	Amman Valley Harriers	M40	50.54
27	David Astin	Pembs Tri Club	M	51.08
28	Mark Dunscombe	Sarn Helen	M40	51.14
29	Peter Foale	Aberystwyth AC	M40	51.27
30	Dorian Jones	None	M	51.35
31	Dylan Davies	Sarn Helen	M	51.40
32	Dai Roberts	Aberystwyth AC	M40	51.43

33	Kevin Hughes	None	M	52.33
34	Martin Dyde	Pembs Harriers	M40	52.57
35	Irfon Thomas	Sarn Helen	M	53.09
36	Gareth Jones	Sarn Helen	M	53.16
37	Dawn Kenwright	Sarn Helen	F35	53.43
38	Huw Price	Sarn Helen	M40	53.57
39	Lynn Green	Cardigan AC	F35	54.09
40	Kevin Holland	Aberystwyth AC	M40	54.11
41	Sian Williams	Pembs Tri Club	F	54.25
42	Claire Cleothreo	Trots	F	54.39
43	Martin Dayne	Sri Chinmoy A.C.	M	55.30
44	Jolan Flach	None	M	56.01
45	Ellie Jones	Pembs Tri Club	F	56.03
46	Jenny Parkes	Sarn Helen	F35	56.11
47	Paul Coleman	Pembs Harriers	M40	56.25
48	Brian Healey	Cardigan AC	M40	56.28
49	John Evans	Aberystwyth AC	M40	56.37
50	Caroline John	UWA Harriers	F35	56.50
51	Helen McNamara	Pembs Harriers	F35	57.04
52	Richard Edwards	None	M	57.11
53	Mike Hodges	Trots	M40	57.33
54	Terry Gover	Pembs Tri Club	M40	58.13
55	Martin Phillips	None	M40	58.36
56	Julie Westwell	Pembs Tri Club	F	59.27
57	David Thomas	Sarn Helen	M40	59.37
58	Megan Thomas	Trots	F	59.48
59	Elvet Jones	Brecon	M40	60.04
60	Louise Barker	None	F	60.45
61	Jill Coleman	Pembs Harriers	F35	61.04
62	Noel Williams	None	M	61.11
63	Carol Howard	Pembs Harriers	F35	61.44
64	Jonathon Davies	Sospan Road Runner	M40	62.45
65	Janet Jones	Sarn Helen	F35	63.27
66	Julia Hill	Pembs Tri Club	F	64.16
67	David Howells	Pembs Tri Club	M40	64.26



	John LLOYD			44.47
	Dawn Kenwright			<u>53.43</u>
				2.20.49
<b>RAS Y MAST 2003 - Under 16yrs RESULTS</b>				
1	Gethin Jenkins	Sarn Helen	Male	9.57
2	Katie Parkes	Sarn Helen	Female	9.57
3	Michael Kallenberg	None	Male	10.01
4	Carys Davies	Sarn Helen	Female	10.12
5	Zoe Speake	Brecon A.C.	Female	11.23
6	Nesta Thomas	Carmarthen Harriers	Female	13.02
7	Joe Lewis	None	Male	13.10
8	Matthew Harwood	None	Male	14.09
9	Kirsten St. John	None	Female	14.20
10	Steffan Harwood	None	Male	14.53
11	Sian Jenkins	Sarn Helen	Female	15.04
12	Michelle Kallenberg	None	Female	15.14
13	Neris Thomas	Sarn Helen	Female	15.19
<b>RAS Y MAST 2003 - Primary School RESULTS</b>				
1	Gethin Jones	Sarn Helen	Male	5.25
2	Dylan Davies	Sarn Helen	Male	5.46
3	Kayleigh Mcmatlon	Amman Valley Harriers	Female	6.12
4	Rhian Jones	Sarn Helen	Female	6.14
5	Angharad Evans	Sarn Helen	Female	6.26
6	Lucy Jones	Amman Valley Harriers	Female	6.32
7	Daniel Edwardes	Sarn Helen	Male	6.49
8	Michael Roberts	Amman Valley Harriers	Male	6.51
9	Steffan Evans	None	Male	7.01
10	Daniel Colman	Pembs Harriers	Male	7.04
11	Nathan Jones	Amman Valley Harriers	Male	7.26
12	Sioned Davies	Sarn Helen	Female	7.33
13	Lisa Thomas	Sarn Helen	Female	7.43
14	Melissa Kirby	Amman Valley Harriers	Female	8.02
15	Charlie Todd	Amman Valley Harriers	Female	9.28
16	Carwyn Davies	Sarn Helen	Male	10.21
16	Meinir Davies	None	Female	10.21

