

[Sarn Helen Logo]



Sarn Helen Club Lampeter, West Wales

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Ras y Mast 1998 Runners & *Cyclists*

Course records :- Runners :- Andrew Abbott, Sarn Helen 41.29 (1998)
 Jenny Preston, Aberystwyth 47.53 (1993)
 Cyclists :- Andrew Abbott, Sarn Helen 39.34 (1994)
 Kim Hurst, Beulah 57.49 (1994)

Pos in class	Name	Club	Class	Time
1 st	Andrew Abbott	Sarn Helen	Senior	41.29
2 nd	Philip Burdon	UWA Harriers	Senior	42.30
3 rd	Nicholas Gwynne	TROTS	Senior	42.47
1 st	<i>Mike Lindsay</i>	<i>Pembrokeshire Velo</i>	<i>Senior</i>	<i>43.01</i>
2 nd	<i>Aled Williams</i>	<i>Sarn Helen</i>	<i>Senior</i>	<i>43.10</i>
	Paul Rose	Cardigan	Senior	43.22
	Simon Edney	Sarn Helen	Senior	43.33
1 st	<i>John Lloyd</i>	<i>Builth Wells District</i>	<i>Vets</i>	<i>43.51</i>
2 nd	<i>Andy Dow</i>	<i>Cleddau</i>	<i>Vets</i>	<i>44.33</i>
1 st	Richard Morris	TROTS	Vets	44.55
	Dean John	TROTS	Senior	45.08
2 nd	Malcolm Adams	TROTS	Vets	45.15
	Eric Rees	Sarn Helen	Senior	45.26
	Paul Harrison	UWA Harriers	Senior	45.27
	Neil Watson	Builth	Senior	46.32
	Mike Evans	TROTS	Senior	46.41
3 rd	Lyn Rees	Sarn Helen	Vets	46.57
	Martin Dyde	Cleddau	Vets	47.01
3 rd	<i>Paul Robinson</i>	<i>Sarn Helen</i>	<i>Senior</i>	<i>47.05</i>
	David Buck	Cardigan r	Senior	47.07
	Alex Holland	TROTS	Senior	47.26
	Mathew Davenport	UWA Harriers	Senior	47.41

	Richard Birch	UWA Harriers	Senior	47.52
	Dewi Jones	TROTS	Vets	47.57
	Calvin Williams	Sarn Helen	Senior	48.04
	<i>Jos Tomalin</i>	<i>Builth Wells District</i>	<i>Senior</i>	<i>48.05</i>
1 st	Debbie Phillips	Cleddau	Female	48.17
	<i>Tony Balfe</i>	<i>Pembrokeshire Velo</i>	<i>Senior</i>	<i>48.19</i>
	Michael Harvey	Sarn Helen	Senior	48.28
	<i>Philip Walker</i>	<i>Pembrokeshire Velo</i>	<i>Senior</i>	<i>48.40</i>
	Nick Brown	Tenby	Vets	50.07
	Dave Thomas	Les Croupiers	Vets	50.09
	Jamie Biggs		Senior	50.10
1 st	<i>Emyr Griffiths</i>	<i>Sarn Helen</i>	<i>Under 18</i>	<i>50.20</i>
	Roland Sherwood	Carmarthen	Vets	50.26
	Martin Phillips	Carmarthen	Vets	50.43
	Michael Hall	Sarn Helen	Senior	51.34
2 nd	Gale Adams	UWA Harriers	Female	51.40
	Richard James	Cardigan	Senior	52.28
	Andrew James	Sarn Helen	Senior	52.34
1 st	Dawn Kenwright	Sarn Helen	Female/Vets	52.57
3 rd	Glynis Davies	Carmarthen	Female	52.57
	<i>Paul Coleman</i>	<i>Pembrokeshire Velo</i>	<i>Senior</i>	<i>53.15</i>
	Ron Morgan	TROTS	Vets	53.29
	Jack Brooks	St. Albans Striders	Vets	53.32
	David Astin	H'West Tri Club	Senior	54.08
	John Evans	Aberystwyth	Vets	54.48
3 rd	<i>Dave Marriott</i>	<i>Pembrokeshire Velo</i>	<i>Vets</i>	<i>55.12</i>
	Philip Thomas	H'West Tri Club	Vets	55.33
	Haydn Lloyd		Senior	56.03
2 nd	<i>Gwilym Rowlands</i>	<i>Sarn Helen</i>	<i>Under 18</i>	<i>56.08</i>
	Tony Shell		Vets	56.08
	Tom Furness	TROTS	Vets	56.15
	Trevor Clark		Vets	56.29
3 rd	<i>Duncan Porter</i>	<i>Sarn Helen</i>	<i>Under 18</i>	<i>56.44</i>
	Stanley Griffiths	Sarn Helen	Vets	57.45
	Les Phillips		Vets	57.45
	Matt Liley	H'West Tri Club	Senior	58.46
1 st	Gary Thomas	Builth	Under 18	59.52
2 nd	Gwenda Roberts	Mercia Fr	Female/Vets	59.58
	Rachel Osborne	Builth	Female	60.06
	Andy Borman		Senior	60.41
3 rd	Lon Morgan	TROTS	Female/Vets	61.02

	Rachel Holland	TROTS	Female	61.09
	David Walters	Sarn Helen	Vets	61.14
	Kirsty Roberts	UWA Harriers	Female	61.15
	Yvonne Garlick			

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