

[Sarn Helen Logo]



Sarn Helen Club Lampeter, West Wales

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RAS Y MAST 2001 - RUNNERS RESULTS

POS	NAME	CLUB	CLASS	TIME
1	ANDREW ABBOT	SARN HELEN	M 1st	43.46
2	KEVIN TAYLOR	AMMAN VALLEY HARRIERS	M V 1st	45.11
3	IAN WILLIAMS	TROTS	M 2nd	45.29
4	HAYDN LLOYD	SARN HELEN	M 3rd	46.32
5	NEIL LEWIS	HEREFORD COURIERS	M	47.07
6	MALCOLM ADAMS	TROTS	M V 2nd	47.27
7	GARY THOMAS	AMMAN VALLEY HARRIERS	M V 3rd	47.37
8	RICHARD MARKS	SARN HELEN	M V	48.07
9	ERIC REES	SARN HELEN	M	48.34
10	LYN REES	SARN HELEN	M V	48.46
11	CALVIN WILLIAMS	SARN HELEN	M	49.07
12	ROGER DEVONALD	PEMBROKESHIRE TRIATHLON	M	50.40
13	HYWEL JONES	AMMAN VALLEY HARRIERS	M	51.44
14	MARK DUNSCOMBE	SARN HELEN	M V	51.58
15	ANDREW TOFT	NONE	M	53.07
16	DYLAN DAVIES	SARN HELEN	M	53.29
17	JOHN EVANS	ABERYSTWYTH A C	M V	53.39
18	CYRIL WALTERS	NONE	M V	53.46
19	BRIAN THOMAS	SARN HELEN	M V	54.11
20	GARETH JONES	NONE	M	54.14
21	DAWN KENWRIGHT	SARN HELEN	F V 1st	54.48
22	MARY BOWEN REES	TROTS	F V 2nd	55.46
23	ANDREW JAMES	SARN HELEN	M	55.58
24	TREFOR PUGH	NEWTOWN	M V	56.31
25	LES PHILLIPS	LLANELLI TRIATHLON	M V	59.10
26	DAVID LESLIE WALTERS	NONE	M V	59.29
27	DAVID THOMAS	SARN HELEN	M	59.48
28	LAURA MAKIN	CARDIGAN A C	F 1st	60.15
29	RALPH THOMAS	H. WEST TRIATHLON	M V	62.09
30	ALEX GIBBY	CARDIGAN A C	M	62.24
31	D HARRISON	NONE	M	63.33
32	RON MORGAN	TROTS	M V	64.26
33	SHAN CUTHBERG	NONE	F 2nd	64.55
34	ANN THOMAS	H. WEST TRIATHLON	F V 3rd	65.38
35	PAULINE THOMAS	TROTS	F V	65.57
36	SUSAN THOMAS	TROTS	F V	66.02
37	RUTH HARRIES	PEMBROKESHIRE HARRIERS	F V	68.07

38 ALLEN WATTS SARN HELEN M V 88.34

RAS Y MAST 2001 - CYCLIST RESULTS

POS	NAME	CLUB	CLASS	TIME
1	JOHN LLOYD	BUILTH WELLS CYCLES	M V 1st	48.05
2	DAVID MARSHALL	RAGING RELICS	M V 2nd	53.09
3	DAVE REED	YSTWYTH	M V 3rd	56.13
4	RACHEL OSBORN	BUILTH WELLS CYCLES	F V 1st	56.33

RAS Y MAST 2001 - TEAM RESULTS

WINNERS

ANDREW ABBOTT
JOHN LLOYD
DAWN KENWRIGHT

RAS Y MAST 2001 - UNDER 16yrs RESULTS

1	CARWYN THOMAS	SARN HELEN	M 1st	11.01
2	MELFYN DAVIES	SARN HELEN	M 2nd	11.18
3	MEGAN THOMAS	CARMARTHEN HARRIERS	F 1st	11.34
4	STEFFAN THOMAS	SARN HELEN	M 3rd	12.50
5	SIAN JENKINS	SARN HELEN	F 2nd	15.26

RAS Y MAST 2001 - PRIMARY SCHOOL RESULTS

1	GETHIN JENKINS	SARN HELEN	M 1st	5.27
2	ROWAN MARSHALL	NONE	M 2nd	5.28
3	RHYS JONES	SARN HELEN	M 3rd	6.05
4	NESTA THOMAS	CARMARTHEN HARRIERS	F 1st	6.43
5	ARABELLA BURKETT	NONE	F 2nd	6.57
6	EVA MARSHALL	NONE	F 3rd	7.35

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