



Sarn Helen Club Lampeter, West Wales

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RAS Y MAST 2003 - RUNNERS RESULTS

POS	NAME	CLUB	CLASS	TIME
1	TIM O'CONNOR	SWANSEA HARRIERS	M 1st	40.53
2	ANDREW JONES	MYNYDDWR DE CYMRU	M 2nd	41.20
3	MIKE EVANS	TROTS	M 3rd	43.25
4	ANDREW ABBOT	SARN HELEN	M	44.30
5	PHIL ADAMS	NEATH HARRIERS	M40 1st	44.38
6	LES HEWITSON	CARDIGAN R.C.	M40 2nd	45.25
7	JOHN GRIFFITHS	SARN HELEN	M40 3rd	45.42
8	CALVIN WILLIAMS	SARN HELEN	M40	46.00
9	DAI ROBERTS	ABERYSTWYTH A.C.	M40	46.18
10	MARK KALLENBERG	CARDIGAN R.C.	M40	46.46
11	TONY HALL	SARN HELEN	M40	47.33
12	RICHARD MARKS	SARN HELEN	M40	47.33
13	PAUL REYNISH	PEMBS TRIATHLON CLUB	M	48.01
14	DALLAS WISEMAN	SARN HELEN	M	48.08
15	ANN THOMAS	TROTS	F35 1st	48.34
16	GEOFF OLDRID	ABERYSTWYTH A.C.	M40	48.52
17	KEVIN CREW	NEATH HARRIERS	M40	49.07
18	ROGER CHAMBERLAIN	SRI CHINMOY A.C.	M	49.21
19	GARETH JONES	LES CROUPIERS	M	49.22
20	HAYDN LLOYD	SARN HELEN	M	49.33
21	MARK DUNSCOMBE	SARN HELEN	M40	49.56
22	LYN REES	SARN HELEN	M40	50.10
23	JOHN SINNETT	PEMBS HARRIERS	M40	50.24
24	JAMIE LAMBERT	NONE	M	50.37
25	PETER DAVIES	SARN HELEN	M40	50.42
26	LYN GREEN	CARDIGAN R.C.	F35 2nd	51.03
27	CYRIL WALTERS	TROTS	M40	51.07
28	ALED WILLIAMS	SARN HELEN	M40	51.11
29	DYLAN DAVIES	SARN HELEN	M	51.14
30	RICHARD BROWN	PEMBS TRIATHLON CLUB	M	51.32
31	MARY BOWEN REES	TROTS	F35 3rd	51.41
32	NIGEL GRIFFITHS	TAFF ELY TRIATHLON CLUB	M40	51.54
33	JOHN EVANS	ABERYSTWYTH A.C.	M40	52.57
34	ERIC REES	SARN HELEN	M	53.21
35	BRIAN THOMAS	SARN HELEN	M40	54.06
36	CLAIRE CLEOTHREO	TROTS	F 1st	54.13
37	ROLAND SHERWOOD	AMMAN VALLEY HARRIERS	M40	54.33

38	SIAN WILLIAMS	PEMBS TRIATHLON CLUB	F	2nd	55.24
39	SIMON HALL	NONE	M		55.53
40	MARTIN DYDE	PEMBS HARRIERS	M40		56.27
41	TERRY GOVER	PEMBS TRIATHLON CLUB	M40		56.39
42	HELEN Mc AMARA	PEMBS HARRIERS	F35		57.30
43	MIKE HODGES	TROTS	M40		58.33
44	BRIAN HEALEY	CARDIGAN R.C.	M40		60.15
45	CAROL HOWARD	PEMBS HARRIERS	F35		60.28
46	HELEN WILLIAMS	TROTS	F35		61.04
47	MICHAEL PEARCE	PEMBS HARRIERS	M40		61.35
48	LORRAINE DYDE	PEMBS HARRIERS	F35		62.05
49	JILL COLEMAN	PEMBS HARRIERS	F35		62.48
50	BRIAN WILLIAMS	TROTS	M40		66.25
51	SUSAN JENKINS	SARN HELEN	F35		70.31
52	ALLEN WATTS	SARN HELEN	M40		90.48
53	PHILIP DAVIES	3M'S GORSEINON	M40	D.N.R	
54	IAN PROCTER	NONE	M	D.N.R	

RAS Y MAST 2003 - CYCLIST RESULTS

1	DAVID MARSHALL	TROTS	M40	1st	47.50
2	KEVIN HUGHES	SARN HELEN	M	1st	49.12
3	PAUL COLEMAN	PEMBS HARRIERS	M40	2nd	50.17
4	PHILIP WALKER	PEMBS HARRIERS	M40	3rd	57.14

1st TEAM - TROTS

	MIKE EVANS				43.25
	DAVID MARSHALL				47.50
	ANN THOMAS				48.34
					2.19.49

RAS Y MAST 2003 - Under 16yrs RESULTS

1	CARWYN THOMAS	SARN HELEN	M	1st	10.07
2	GETHIN JENKINS	SARN HELEN	M	2nd	10.27
3	JOSHUA DVAIES	SARN HELEN	M	3rd	11.54
4	MICHAEL KALLENBURG	NONE	M		13.09
5	BEN COPPEL-ROSE	SARN HELEN	M		13.33
6	SIAN JENKINS	SARN HELEN	F	1st	13.57
7	STEVE RUBOYIKA	NONE	M		D.N.F.

RAS Y MAST 2003 - Primary School RESULTS

1	GETHIN JONES	SARN HELEN	M	1st	5.26
2	CERIAN DAVIES	SARN HELEN	F	1st	5.28
3	GEORGA COPPEL-ROSE	SARN HELEN	F	2nd	5.35
4	DOMINIC COLMAN	PEMBS HARRIERS	M	2nd	6.28
5	LLYR JAMES	SARN HELEN	M	3rd	6.51
6	DANIEL COMMAN	PEMBS HARRIERS	M		6.54
7	CARWYN DAVIES	NONE	M		7.49
8	SIONED DAVIES	NONE	F	3rd	8.25

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