

[Sarn Helen Logo]

[Back](#)

	SARN HELEN HILL RACE	2000 REULTS 16.5 M	COURSE A	
POS	NAME	CLUB	CLASS	TIME
1	MALCOLM ADAMS	TROT	M40+ 1st	1.46.31
2	ERIC REES	SARN HELEN	M18-39 1st	1.52.20
3	KEVIN TAYLOR	AMMAN VALLEY	M18-39 2nd	1.57.47
4	LES HEWITSON	CARDIGAN	M18-39 3rd	1.58.40
5	LESLEY CHAPMAN	AMMAN VALLEY	M40+ 2nd	1.58.42
6	DAVID THOMAS	SARN HELEN	M18-39	2.00.28
7	HAYDN LLOYD	SARN HELEN	M18-39	2.01.02
8	MARTIN DYDE	CLEDDAU	M40+ 3rd	2.01.22
9	JONATHON ACKERMAN-MARTIN	CARDIGAN	M40+	2.01.45
10	LYN REES	SARN HELEN	M40+	2.02.35
11	COLIN EVANS	M.D.C.	M18-39	2.06.17
12	ROBERT FOWLER	AMMAN VALLEY	M40+	2.07.30
13	TONY HALL	SARN HELEN	M40+	2.08.44
14	HYWEL JONES	AMMAN VALLEY	M18-39	2.09.33
15	MARK DUNSCOMBE	MERTHYR HARRIERS	M18-39	2.14.00
16	CALVIN WILLIAMS	SARN HELEN	M18-39	2.16.25
17	GEOFF THOMAS	CARMARTHEN HARRIERS	M40+	2.17.52
18	ANDREW JAMES	SARN HELEN	M18-39	2.18.04
19	JAMIE BIGGS	SARN HELEN	M18-39	2.20.09
20	LYN GREEN	CARDIGAN	F35+ 1st	2.20.29
21	RICHARD JAMES	CARDIGAN	M18-39	2.23.32
22	EMMA JONES	CARDIGAN	F18-34 1st	2.24.24
23	RON MORGAN	TROT	M40+	2.37.27
24	DAVID ROSSER	AMMAN VALLEY	M40+	2.39.38
25	LON MORGAN	TROT	F35+ 2nd	2.40.50
26	MICHAEL CATLING	ROAD RUNNER CLUB	M40+	2.50.38
27	PETE RICHARDS	STEYING AC	M40+	2.50.46
28	ANDREW ABBOTT	SARN HELEN	M18-39	2.53.08
29	HEULWEN JAMES	CARDIGAN	F18-34 2nd	2.54.05

30	MARGARET BOUCHER	TROT	F35+ 3rd	3.05.59
31	ALLEN WATTS	SARN HELEN	M40+	3.29.18
	1st TEAM - SARN HELEN			
	ERIC REES			
	DAVID THOMAS			
	HAYDN LLOYD			
	LYN REES			
	SARN HELEN HILL RACE	2000 RESULTS 4M	COURSE B	
POS	NAME	CLUB	CLASS	TIME
1	DAVID BUCK	CARDIGAN	M	27.36
2	IAN WILLIAMS	TROTS	M u18 1st	27.37
3	TONY FURLONG	SARN HELEN	M	28.41
4	DANIEL HARRIES	SARN HELEN	M u18 2nd	30.30
5	STAN GRIFFITHS	SARN HELEN	M	31.07
6	JANE BUCK	CARDIGAN	F	34.49
7	JOE HARRIES	SARN HELEN	M u18 3rd	35.02
8	JENNY PARKES	SARN HELEN	F	35.31
9	GARETH JONES	NONE	M	37.39
10	SHIRIN TOMOS	SARN HELEN	F u18 1st	42.01
11	JANE ACKERMAN-MARTIN	CARDIGAN	F	51.23
	SARN HELEN HILL RACE	2000 RESULTS 1.5M	COURSE C	
POS	NAME	CLUB	CLASS	TIME
1	CARWYN THOMAS	SARN HELEN	M u15 1st	12.02
2	IRFON THOMAS	SARN HELEN	M u12 1st	12.09
3	CHRISTOPHER WALTERS	CARMARTHEN HARRIERS	M u15 2nd	12.12
4	DANIEL JAMES	SARN HELEN	M u15 3rd	12.17
5	GUY SIMMONDS	SARN HELEN	M u15	12.28
6	MELFYN DAVIES	SARN HELEN	M u12 2nd	13.10
7	NICOLA WALTERS	CARMARTHEN HARRIERS	F u15 1st	13.32
8	GETHIN JENKINS	SARN HELEN	M u12 3rd	13.49
9	SIONED LAKE	CARMARTHEN HARRIERS	F u15 2nd	13.59
10	MERERID DAVIES	SARN HELEN	F u15 3rd	14.20
11	CARYS DAVIES	SARN HELEN	F u12 1st	14.25
12	STEPHEN JAMES	SARN HELEN	M u12	14.28
13	HUW ROWCLIFFE	CARMARTHEN HARRIERS	M u12	14.42
14	FFION DAVIES	SARN HELEN	F u12 2nd	14.45
15	NIA MERYL JONES	CARMARTHEN	F u15	15.22

		HARRIERS		
16	CARYL REES	SARN HELEN	F u12 3rd	15.27
17	JOSEPH PARKS	SARN HELEN	M u15	15.28
18	LORIN WITTIG	SARN HELEN	M u15	15.45
19	SIAN JENKINS	SARN HELEN	F u12	15.47
20	HARRY THOMAS	SARN HELEN	M u12	15.52
21	CERYS REES	SARN HELEN	F u15	16.04
22	KATIE PARKS	SARN HELEN	F u12	16.24
23	JASON JONES	SARN HELEN	M u12	16.27
24	TOMOS HARRIES	SARN HELEN	M u12	16.33
25	MICHELLE JAMES	SARN HELEN	F u12	16.39
26	NERIS THOMAS	SARN HELEN	F u12	16.51
27	RHIAN DAVIES	NONE	F u12	16.53
28	LYN JONES	SARN HELEN	M u12	17.09
29	RHYS JONES	NONE	M u12	17.14
30	MATTHEW THOMAS	SARN HELEN	M u12	18.03
31	DAISY FURLONG	SARN HELEN	F u12	21.21
32	DYLAN DAVIES	NONE	M u12	21.58
33	GARETH TAYLOR	NONE	M u12	22.04
34				