

[Sarn Helen Logo]



Sarn Helen Club Lampeter, West Wales

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TEIFI 10 MILE ROAD RACE 2003

POS	NAME	CLUB	CLASS	TIME
1	Paul Griffiths	Neath	S/M	54.35
2	Julian Baker	Les Croupiers	S/M	55.38
3	Mike Evans	Trots	S/M	57.41
4	Steve Rees	Port Talbot	S/M	57.50
5	Paul Harvath	San Domenico	S/M	59.18
6	Richard Marks	Sarn Helen	M40	59.23
7	Paul Rose	Cardigan	S/M	59.47
8	Dean John	Trots	S/M	60.32
9	Clifford Evans	Aberystwyth Uni	M40	62.21
10	Malcolm Adams	Torts	M40	64.11
11	Martin Dyde	Pembrokeshire Harriers	M40	64.17
12	Tony Hall	Sarn Helen	M40	64.40
13	Dewi Jones	Trots	M40	64.45
14	Michael Rees	Cardigan	S/M	64.52
15	Dai Roberts	Aberystwyth	M40	65.03
16	Haydn Lloyd	Sarn Helen	S/M	65.19
17	Alun Smith	Rhondda Valley	M40	65.25
18	Dylan Davies	Sarn Helen	S/M	65.28
19	Jonathon Ackerman-Martin	Cardigan	M40	66.27
20	Calvin Williams	Sarn Helen	M40	66.37
21	Lyn Rees	Sarn Helen	M40	67.12
22	Robert Davies	Rhondda Valley	S/M	67.20
23	Mark Dunscombe	Sarn Helen	M40	67.22
24	Stephen Davies	Port Talbot	S/M	67.28
25	Mike Brown	Spatans R.C	S/M	68.09
26	Kevin Hughes	Sarn Helen	S/M	68.58
27	Peter Davies	Sarn Helen	M40	68.58
28	Kenneth Medcraft	Rhondda Valley	M40	69.10
29	Jamie Biggs		S/M	69.30
30	Alan Perkins	Port Talbot	M40	70.04
31	Alison Cooke	Hereford Couriers	F35	71.15
32	Ann Thomas	Trots	F35	71.32

33	Andrew James	Sarn Helen	S/M	71.35
34	Eric Rees	Sarn Helen	S/M	72.08
35	Dallas Wiseman	Sarn Helen	S/M	72.14
36	David Oak	Port Talbot	M40	72.28
37	Claire Cleathroe	Trots	F	73.24
38	Ashley Cooke	Hereford Couriers	M40	73.59
39	Anthony Holling	Port Talbot	M40	75.15
40	Ron Morgan	Trots	M40	75.30
41	David Thomas	Sarn Helen	M40	75.35
42	Francis Williams	Les Croupiers	F35	75.47
43	Roland Sherwood	Amman Valley	M40	75.56
44	Shan Cuthbert	Cardigan	F35	76.07
45	Jane Buck	Cardigan	F35	76.52
46	Neil Crosby	Rhondda Valley	S/M	76.55
47	Allan Spencer Smith	3M's Gorseinon	M40	78.02
48	Helen Williams	Trots	F35	79.02
49	Ian Swanson	Port Talbot	M40	80.06
50	Barry Morgan	Visteon	S/M	80.20
51	Gareth Jones	Sarn Helen	S/M	80.30
52	Carol Howard	Pembrokeshire Harriers	F35	80.40
53	Helen Mc Ramara	Pembrokeshire Harriers	F35	81.49
54	Nicola Williams	Les Croupiers	F	81.55
55	Mike Hodges	Trots	M40	83.39
56	Max Morris	3M's Gorseinon	M40	83.51
57	Carol Kuhlmann	Cardigan	F35	84.04
58	Lon Morgan	Trots	F35	84.11
59	Hilary Mc Carthy	Cardigan	F35	85.12
60	Lynn Green	Cardigan	F35	85.20
61	Heulwen James	Cardigan	F35	86.25
62	Margaret Boucher	Trots	F35	87.27
63	Jan Younger	Pembrokeshire Harriers	F35	92.10
64	Allen Watts	Sarn Helen	M40	106.46
65	Jane Ackerman-Martin	Cardigan	F35	117.16
66	Andrew Abbott	Sarn Helen	S/M	DNF

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