

[Sarn Helen Logo]



Sarn Helen Club Lampeter, West Wales

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SARN HELEN HILL RACE 2003 - 16.5 MILES RESULTS

POS	NAME	CLUB	CLASS	TIME
1	Kevin Taylor	Amman Valley Harriers	Male 40	1.55.25
2	Richard Marks	Sarn Helen	Male 40	1.56.54
3	David Hendon	Les Criupiers	Male 40	1.58.29
4	Martin Dyde	Pembrokeshire Harriers	Male 40	2.02.22
5	Haydn Lloyd	Sarn Helen	Male	2.04.33
6	Tony Hall	Sarn Helen	Male 40	2.05.00
7	Les Chapman	Amman Valley Harriers	Male 40	2.05.45
8	Jonathan Ackerman-Martin	Cardigan Running Club	Male 40	2.07.33
9	Rodney Ballantine	None	Male	2.07.43
10	Paul Rose	Cardigan Running Club	Male	2.08.48
11	Dylan Davies	Sarn Helen	Male	2.09.08
12	Calvin Williams	Sarn Helen	Male 40	2.10.32
13	Lyn Rees	Sarn Helen	Male 40	2.10.52
14	Clifford Evans	Aberystwyth Uni	Male 40	2.11.18
15	Geoff Oldrid	Aberystwyth A C	Male 40	2.11.31
16	Keith Thomas	None	Male 40	2.12.02
17	Mark Dunscombe	Sarn Helen	Male 40	2.13.17
18	Gary Thomas	Amman Valley Harriers	Male 40	2.17.08
19	Dawn Kenwright	Sarn Helen	Female 35	2.18.33
20	Andrew James	Sarn Helen	Male	2.20.03
21	Ann Thomas	Trots	Female 35	2.22.09
22	Aled Evans	None	Male 40	2.24.12
23	Peter Davies	Sarn Helen	Male 40	2.24.31
24	Dallas Wiseman	Sarn Helen	Male	2.25.56
25	Raymond Boyce	Cornelly Striders	Male 40	2.26.36
26	David Thomas	Sarn Helen	Male 40	2.29.01
27	Jane Buck	Cardigan Running Club	Female 35	2.30.27
28	Peter Jones	Weston A C	Male 40	2.35.10
29	Lon Morgan	Trots	Female 35	2.37.42
30	Kenneth Medcraft	Rhondda Valley	Male 40	2.38.51
30	Alun Smith	Rhondda Valley	Male 40	2.38.51
30	Neil Crosby	Rhondda Valley	Male	2.38.51
33	Eric Rees	Sarn Helen	Male	2.39.19
34	Peter Harding	Carmarthen Harriers	Male 40	2.41.55
35	Gareth Jones	Sarn Helen	Male	2.43.35
36	Helen Williams	Trots	Female 35	2.52.48

37	Heulwen James	Cardigan Running Club	Female 35	2.53.34
38	Maria Pannell	Chepstow Harriers	Female	3.13.46
38	Bill Bewg	Chepstow Harriers	Male 40	3.13.46
40	Allen Watts	Sarn Helen	Male 40	3.43.20
41	Ann Rowell	Trots	Female 35	D.N.F.
42	Kevin Hughes	Sarn Helen	Male	D.N.F.
43	Roland Sherwood	Amman Valley Harriers	Male 40	D.N.R.

1st Team - Sarn Helen

Richard Marks

Haydn Lloyd

Tony Hall

Dylan Davies

SARN HELEN HILL RACE 2003 - 4 MILE RESULTS

POS	NAME	CLUB	CLASS	TIME
1	Carwyn Thomas	Sarn Helen	Male u18	27.39
2	Christopher Walters	Carmarthen Harriers	Male u18	29.21
3	Joe Harris	Sarn Helen	Male u18	29.44
4	Nicola Walters	Carmarthen Harriers	Female u18	33.32
5	Jackie Davies	None	Non- competitive	38.17
6	Caryl Davies	Sarn Helen	Female u18	39.16
7	Janet Jones	Sarn Helen	Non- competitive	39.36
8	Susan Jenkins	None	Non- competitive	39.40

SARN HELEN HILL RACE 2003 - 1.5 MILE RESULTS

POS	NAME	CLUB	CLASS	TIME
1	Carys Davies	Sarn Helen	Female u15	11.49
2	Irfon Thomas	Sarn Helen	Male u15	12.03
3	Melfyn Davies	Sarn Helen	Male u15	12.09
4	Gethin Jenkins	Sarn Helen	Male u15	12.15
5	Katie Parkes	Sarn Helen	Female u15	12.55
6	Ffion Davies	Sarn Helen	Female u15	12.58
7	Sioned Davies	Sarn Helen	Female u12	13.00
8	Sam Thomas	None	Male u15	13.01
9	Gethin Jones	None	Male u12	13.10
10	Rhys Jones	Sarn Helen	Male u12	13.30
11	Steffan Wilson	Sarn Helen	Male u12	13.35
12	Mike Thomas	None	Male u12	13.36
13	Rhian Evans	Sarn Helen	Female u15	14.27
14	Tomos Harris	Sarn Helen	Male u12	14.42
15	Rhys Evans	Sarn Helen	Male u12	14.48
16	Sian Jenkins	Sarn Helen	Female u15	15.08
17	Sarah Janes	Sarn Helen	Female u12	15.13
18	Dan Jones	Sarn Helen	Male u12	15.41
19	Neris Thomas	Sarn Helen	Female u15	15.46
20	Elin Evans	Sarn Helen	Female u15	15.47

21	Cartyn Rees	Sarn Helen	Female u12	16.05
22	Dylan Davies	None	Male u12	16.33
23	Rhian Jones	None	Female u12	18.00
24	John Janes	Sarn Helen	Male u12	18.15
25	Emma Jones	Sarn Helen	Female u15	20.12
26	Angharad Evans	None	Female u12	20.20

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