

SARN HELEN HILL RACE 2004 - 16.5 MILES RESULTS

POSITION	NAME	CLUB	CLASS	TIME
1	Andrew Abbott	Sarn Helen	Male	2.00.11
2	Kevin Taylor	Amman Valley Harriers	Male 40	2.00.36
3	Paul Edwards	None	Male	2.01.53
4	Richard Marks	Sarn Helen	Male 40	2.05.10
5	Tony Hall	Sarn Helen	Male 40	2.07.53
6	Ann Thomas	Trots	Female 35	2.10.40
7	Dewi Jones	Trots	Male 40	2.11.04
8	Haydn Lloyd	Sarn Helen	Male	2.14.29
9	Peter Davies	Sarn Helen	Male 40	2.19.00
10	Mark Dunscombe	Sarn Helen	Male 40	2.20.38
11	Lyn Rees	Sarn Helen	Male 40	2.23.27
12	Michael John Lawrence	Pembrokeshire Harriers	Male 40	2.26.18
13	Stephen Jones	Islwyn	Male 40	2.27.22
14	Calvin Williams	Sarn Helen	Male 40	2.36.55
15	Dylan Davies	Sarn Helen	Male	2.41.44
16	Eric Rees	Sarn Helen	Male	2.42.17
17	Owen Derrick	Pembrokeshire Harriers	Male	2.42.44
18	Brian Healey	Cardigan Running Club	Male 40	2.43.15
19	Martin Dyde	Pembrokeshire Harriers	Male 40	2.43.51
20	Helen Mc Namara	Pembrokeshire Harriers	Female 35	2.44.12
21	Mike Catling	Road Runners Club	Male 40	2.47.08
22	Gareth Jones	Sarn Helen	Male	2.49.59
23	Ian Hipkens	Pembs Tri Club	Male 40	2.51.10
24	Jill Colman	Pembrokeshire Harriers	Female 35	2.58.20
25	Janet Jones	Sarn Helen	Female 35	3.01.02
26	Lorraine Dyde	Pembrokeshire Harriers	Female 35	3.01.18
27	Helen Williams	Trots	Female 35	3.02.38
	Dallas Wiseman	Sarn Helen	Male	D.N.F.
	Peter Jones	Weston A C	Male 40	D.N.S.
	Ian Ralfs	None		D.N.S.

1st Team - Sarn Helen

Andrew Abbott

Richard Marks

Tony Hall

Haydn Lloyd

SARN HELEN HILL RACE 2004 - 4 MILE RESULTS

POSITION	NAME	CLUB	CLASS	TIME
1	Carwyn Thomas	Sarn Helen	Male u18	27.42
2	Simon Hall	Sarn Helen	Non- competitive	28.42
3	Irfon Thomas	Sarn Helen	Male u18	30.07
4	Carys Davies	Sarn Helen	Non- competitive	30.24
5	Brian Thomas	Sarn Helen	Non- competitive	31.30
6	Stanley Griffiths	None	Non- competitive	31.41
7	Melfyn Davies	Sarn Helen	Male u18	32.03
8	Jackie Davies	None	Non- competitive	35.29
9	Peter Walker	Pembrokeshire Harriers	Non- competitive	37.16
10	Susan Jenkins	Sarn Helen	Non- competitive	38.05
11	Caryl Davies	Sarn Helen	Female u18	39.12
12	Ruth Hall	Sarn Helen	Non- competitive	41.19
13	Jennifer Evans	None	Non- competitive	44.22
13	Hefin Davies	None	Non- competitive	44.22
15	Shirin Thomas	None	Non- competitive	53.08

SARN HELEN HILL RACE 2004 - 1.5 MILE RESULTS

POSITION	NAME	CLUB	CLASS	TIME
1	Gethin Jenkins	Sarn Helen	Male u15	11.34
2	Steffan Wilson	Sarn Helen	Primary Male	12.28
3	Adam Janes	Talsarn	Male u15	12.48
4	Rhian Davies	Sarn Helen	Primary Femal	13.06
5	Gethin Jones	Sarn Helen	Primary Male	13.15
6	Rhys Jones	Sarn Helen	Male u15	14.19
7	Dan Jones	Sarn Helen	Primary Male	14.28
8	John Janes	Lampeter	Primary Male	14.56
9	Dylan Davies	Drefach	Primary Male	14.59
10	Steffan Lewis	Lampeter	Primary Male	15.14
11	Daniel Edwards	Lampeter	Primary Male	15.20
12	Rhodri Pugh-Davies	Llangybi	Primary Male	15.33
13	Sion Griffiths	Drefach	Male u15	15.47
14	Sian Jenkins	Sarn Helen	Female u15	15.57
15	Sarah Janes	Sarn Helen	Primary Femal	16.15
16	Llyr James	Sarn Helen	Primary Male	16.29
17	Aron Davies	Silian	Male u12	16.35
18	Rhian Jones	Llanwenog	Primary Femal	16.39
19	Mike Nugent	Lampeter	Primary Male	17.13
20	Leanne Davies	Lampeter	Primary Femal	17.15
21	Angharad Evans	Drefach	Primary Femal	17.43

22 Steffan Evans	Drefach	Primary Male	18.03
23 Carwyn Davies	Penffordd	Female u15	19.53
23 Neris Thomas	Sarn Helen	Primary Male	19.53
25 Eiliw Davies	Silian	Primary Femal	20.43
26 Ffion Gaunt	Lampeter	Primary Femal	20.59
27 Lowri Pugh-Davies	Llangybi	Primary Femal	21.05
28 Christian Bolton-Edenborough	Sarn Helen	Primary Male	24.05
Sioned Davies	Sarn Helen	Female u15	D.N.F.
Lisa Davies	Lampeter	Primary Femal	D.N.F.
Terry Tugwell	Sarn Helen	Primary Male	D.N.S.