



Sarn Helen Club

Lampeter, West Wales

[Home](#)
[Back to Results](#)

Ras y Llychau 2003

| Pos | Name | Club | Class | Time |
|-----|-----------------|----------------|-------------|-------------------------|
| 1 | Mark Hobbs | Swansea | M 1st | 16.03 New Course Record |
| 2 | Paul Griffiths | Neath | M 2nd | 16.22 |
| 3 | Tim O'Connor | Swansea | M 3rd | 16.41 |
| 4 | Andrew Abbott | Sarn Helen | M | 17.18 |
| 5 | David Astins | Pembs Tri Club | M | 17.20 |
| 6 | Steven Davies | Swansea | M | 17.29 |
| 7 | Richard Marks | Sarn Helen | MV 1st | 17.41 |
| 8 | Mark Davies | Swansea | B un18 1st | 17.42 New Course Record |
| 9 | Robert Dyde | Pembs Harriers | M | 17.43 |
| 10 | Kevin Taylor | Amman Valley | MV 2nd | 18.03 |
| 11 | Haydn Lloyd | Sarn Helen | M | 18.39 |
| 12 | Carwyn Thomas | Sarn Helen | B un 18 2nd | 18.39 |
| 13 | Martin Dyde | Pembs Harriers | MV 3rd | 18.45 |
| 14 | Gary Thomas | Amman Valley | MV | 18.56 |
| 15 | Tony Hall | Sarn Helen | MV | 19.03 |
| 16 | Dewi Jones | Trots | MV | 19.07 |
| 17 | Melissa Watson | Trots | FV 1st | 19.18 New Course Record |
| 18 | Irfon Thomas | Sarn Helen | B un 18 3rd | 19.19 |
| 19 | Calvin Williams | Sarn Helen | MV | 19.25 |
| 20 | Lyn Rees | Sarn Helen | MV | 19.33 |
| 21 | Delyth Ellison | Les Croupiers | FV 2nd | 19.46 |
| 22 | Mark Dunscombe | Sarn Helen | MV | 19.48 |
| 23 | Carys Davies | Sarn Helen | G un 18 1st | 19.50 New Course Record |
| 24 | Mark Bryant | | M | 20.05 |
| 25 | Chris Jones | | B un 18 | 20.06 |
| 26 | Paul Coleman | Pembs Harriers | MV | 20.26 |
| 27 | Brian Thomas | Sarn Helen | MV | 20.36 |
| 28 | Dallas Wiseman | Sarn Helen | M | 20.41 |
| 29 | Gethin Jenkins | Sarn Helen | B un 18 | 20.53 |
| 30 | Ffion Davies | Sarn Helen | G un 18 2nd | 20.55 |
| 31 | Gareth Jones | Sarn Helen | M | 21.47 |
| 32 | Gethin Williams | | M | 22.02 |
| 33 | Laurence Worth | Pembs Harriers | MV | 22.02 |
| 34 | Martin Phillips | Sarn Helen | MV | 22.22 |
| 35 | Aled Williams | Sarn Helen | MV | 22.34 |
| 36 | Huw Williams | | B un 18 | 22.49 |
| 37 | Claire Clethero | Trots | F 1st | 22.58 |
| 38 | Harry Mostyn | | B un 18 | 23.02 |
| 39 | Mark Roblin | | M | 23.04 |
| 40 | Carol Howard | Pembs Harriers | FV 3rd | 23.06 |
| 41 | Gwyn Charlett | Pembs Harriers | MV | 23.11 |
| 42 | Daniel Roberts | | B un 18 | 23.15 |

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|----|-----------------------|--------------------|-------------|-------|
| 43 | David Rosser | Amman Valley | MV | 23.22 |
| 44 | Steve Lee | Kenilworth Runners | MV | 23.27 |
| 45 | Peter Harding | Carmarthen | MV | 24.00 |
| 46 | Dafydd Thomas | | B un 18 | 24.06 |
| 47 | Gareth Davies | | M | 24.21 |
| 48 | Jan Younger | Pembs Harriers | FV | 24.52 |
| 49 | Jill Coleman | Pembs Harriers | FV | 24.56 |
| 50 | Jackie Davies | | FV | 25.19 |
| 51 | George Keen | | B un 18 | 25.39 |
| 52 | Gareth Corcoran | | M | 25.55 |
| 53 | Caryl Davies | Sarn Helen | G un 18 3rd | 26.12 |
| 54 | Pauline Charlett | Pembs Harriers | FV | 26.15 |
| 55 | Dawn Armstrong-Escher | | FV | 26.38 |
| 56 | Susan Jenkins | | FV | 26.49 |
| 57 | Nigel Jones | | MV | 27.08 |
| 58 | Janet Jones | Sarn Helen | FV | 27.11 |
| 59 | Sian Jenkins | Sarn Helen | G un 18 | 27.49 |
| 60 | JR Hughes | | MV | 28.27 |
| 61 | Eirian Davies | | MV | 28.40 |
| 62 | Ruth Hall | | F 2nd | 29.00 |
| 63 | Terry Brown | | M | 30.39 |
| 64 | Allen Watts | Sarn Helen | MV | 31.36 |

1 Mile Fun Run (*Primary school age Qulify for Awards*)

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|----|---------------------------|-----------------|------------|-------------------|
| 1 | Sioned Davies. | Sarn Helen | 6.45 1st G | New Course Record |
| 2 | Rhys Jones. | Sarn Helen | 6.56 1st B | |
| 3 | Rhian Davies. | Sarn Helen | 6.56 2nd G | |
| 4 | Aaron Morgan. | | 7.44 2nd B | |
| 5 | Dan Jones. | Sarn Helen | 7.47 3rd B | |
| 6 | Rhys Evans. | Sarn Helen | 7.50 | |
| 7 | Sian Downes | | 8.02 3rd G | |
| 8 | Christian Lovatt | | 8.12 | |
| 9 | Dominic Coleman. | Pembs Harriers. | 8.22 | |
| 10 | Dylan Davies. | | 8.23 | |
| 11 | Rhian Hubbart | | 8.32 | |
| 12 | Morgan Davies. | Sarn Helen | 8.36 | |
| 13 | Rhian Jones. | | 8.41 | |
| 14 | Richard Downes. | | 9.02 | |
| 15 | Andrew Day. | | 9.04 | |
| 16 | Gruffydd Davies. | | 9.15 | |
| 17 | Lisa Roberts. | | 9.29 | |
| 18 | Daniel Coleman. | Pembs Harriers. | 9.49 | |
| 19 | Nia Williams. | | 10.48 | |
| 20 | Emma Lidbetter. | | 12.43 | |
| 21 | Ruth Morgan. | | 12.43 | |
| 22 | Jasmine Armstrong-Esther. | | 16.44 | |
| 23 | Rachel Pask. | | 16.50 | |

[Top](#)