



Sarn Helen Club

Lampeter, West Wales

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