

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