

SARN HELEN CROSS COUNTRY & RUNNING CLUB  
RESULTS

INTER CLUB SENIOR MENS CROSS COUNTRY MEETING, LAMPETER,  
29th September, 1985

Position	Name	Time	Club
1.	Paul Wheeler	37.22	Les Croupiers
2.	Richard Bullen	37.52	Les Croupiers
3.	Gwylon Jones	39.26	Llanelli A.A.C.
4.	David Cundy	40.11	Llanelli A.A.C.
5.	Keith Davies	40.46	Llanelli A.A.C.
6.	Hag Harries	41.54	Sarn Helen O.R.C.
7.	Rob Hickman	42.47	Llanelli A.A.C.
8.	Vaughan Jones	42.54	Sarn Helen O.R.C.
9.	Eric Davey	43.09	Llanelli A.A.C.
10.	Eric Harries	43.30	Sarn Helen O.R.C.
11.	Peter Small	43.48	Llanelli A.A.C.
12.	Tony Hall	43.49	Sarn Helen O.R.C.
13.	Mark Morrissey	44.59	Les Croupiers
14.	Mike Baynon	45.08	Neath H.
15.	Allan Stockham	45.26	Sospan Rd. Runners
16.	Shane Dinning	45.40	Sospan Rd. Runners
17.	Clive James	45.49	Llanelli A.A.C.
18.	Michael Lowe	46.08	-
19.	Glyndwr Jenkins	46.25	-
20.	Wish Gdula	46.58	Sarn Helen O.R.C.
21.	Jez Lovekin	47.18	Sarn Helen O.R.C.
22.	Tall Rees	48.40	Sospan Rd. Runners
23.	Kevin Williams	50.27	Sospan Rd. Runners
24.	Doug Terry	51.00	Les Croupiers
25.	Jeff Wood	52.41	Les Croupiers
26.	Eric Pollak	53.05	Sarn Helen O.R.C.
27.	Glyndwr Williams	54.08	Llanelli A.A.C.
28.	Nye Ghosal	56.02	-
29.	Mike Thomas	59.40	Sospan Rd. Runners
30.	Byron Morgan	62.40	Sospan Rd. Runners

TEAMS

1. Llanelli = 19pts.    2. Sarn Helen = 36pts.    3. Les Croupiers 40pts.  
4. Llanelli B = 64pts.    5. Sospan Rd. Runners 76pts.

The course was over a tough and demanding 5.6 miles.

SARN HELEN ORIENTEERING & RUNNING CLUB

RESULTS

INTER CLUB SENIOR LADIES & JUNIORS CROSS COUNTRY MEETING, LAMPETER,  
29th September, 1985

<u>Position</u>	<u>Name</u>	<u>Time</u>	<u>Club</u>
1.	Jason Price	26.11	Llanelli A.A.C.
2.	Jonathan Lewis	26.49	Aberystwyth A.C.
3.	Ioan Bebb	27.08	Aberystwyth A.C.
4.	Gary Cutler	28.44	Llanelli A.A.C.
5.	Frys Davies	28.53	Aberystwyth A.C.
6.	Paul Herbert	30.30	Llanelli A.A.C.
7.	Jonathon Williams	31.34	Aberystwyth A.C.
8.	Jenny Paynter (F)	31.44	Sarn Helen O.R.C.
9.	Andrew Kent	32.13	Aberystwyth A.C.
10.	Julie Williams (F)	32.47	Aberystwyth A.C.
11.	Llew Smith	33.50	Aberystwyth A.C.
12.	Steffan Gdula	33.51	Sarn Helen O.R.C.
13.	Colin Broadbent	36.05	-
14.	Emma Lile (F)	36.08	Aberystwyth A.C.
15.	Iola Evans (F)	39.06	Aberystwyth A.C.
16.	Marilyn Rowson (F)	40.15	Les Croupiers
17.	Anne Donald (F)	40.28	Les Croupiers
18.	Angela Williams (F)	41.26	Les Croupiers

TEAMS

Junior Men

1. Aberystwyth = 10pts.    2. Llanelli = 11pts.

Senior Ladies

1. Les Croupiers = 51pts.

Junior Ladies

1. Aberystwyth = 39pts.

Individual Senior Lady Marilyn Rowson, Les Croupiers

Individual Junior Lady Jenny Paynter, Sarn Helen

The course was over a tough 3.5 miles.