

SARN HELEN

Teifi 10 Mile Road Race 2004

Pos	Name	Club	Time	Cat
1	Mike	Evans	00.55.27	OM
2	Columba Peoples	UWA Harriers	00.57.29	OM
3	Andrew Abbott	Sarn Helen	00.58.15	OM
4	Arwel Lewis	Eryri Harriers	00.58.43	M40
5	Richard Marks	Sarn Helen	00.59.23	M40
6	Kevin Taylor	Amman Valley Harriers	00.59.42	M40
7	David Astins	Pembrokeshire TRI	01.00.36	OM
8	Oystein Davies	UWA Harriers	01.01.32	OM
9	Dennis Collins	Rhondda Valley Runners	01.01.49	OM
10	Clifford Evans	Aberystwyth Uni	01.01.58	M40
11	Paul Edwards		01.01.59	OM
12	Gary Thomas	Amman Valley Harriers	01.03.22	M40
13	Robert Dyde	Pembrokeshire Harriers	01.03.55	OM
14	Tony Hall	Sarn Helen	01.04.01	M40
15	Paul Oughton		01.04.05	M40
16	Mark Davies	Port Talbot Harriers	01.04.51	OM
17	G Jeffries	Cardigan	01.05.19	M40
18	Dallas Wiseman	Sarn Helen	01.05.25	OM
19	Alan Perkins	Port Talbot Harriers	01.05.39	M40
20	Calvin Williams	Sarn Helen	01.05.41	M40
21	Jonathon Evans	Highgate Harriers	01.06.03	OM
22	Ann Thomas	TROT's	01.06.05	F35
23	Alun Smith	Rhondda Valley Runners	01.06.20	M40
24	Mike Brown	Spatans R C	01.06.28	OM
25	Kev Joyce	Pembrokeshire Harriers	01.06.44	OM
26	Richard Brown	Pembrokeshire TRI	01.08.10	OM
27	Hayden Lloyd	Sarn Helen	01.08.14	OM
28	Steve Davies	Port Talbot Harriers	01.08.16	OM
29	Dorian Aled Jones		01.08.44	OM
30	Lyn Rees	Sarn Helen	01.08.46	M40
31	Peter Walters		01.08.48	M40
32	M Lawerance	Pembrokeshire Harriers	01.08.51	M40

33	Robert Dyde	Rhondda Valley Runners	01.09.02	OM
34	Paul Brown	Sospan Road Runners	01.09.11	OM
35	Rhian Evans	Rhondda Valley Runners	01.09.31	F35
36	Alison Cooke	Hereford Couriers	01.09.35	F35
37	Kenneth Medcraft	Rhondda Valley Runners	01.09.46	M40
38	Owen Derrick	Pembrokeshire Harriers	01.11.23	OM
39	Len Richards	Port Talbot Harriers	01.12.12	M40
40	Gareth Jones	Sarn Helen	01.12.53	OM
41	Clive Stevenson	Sospan Road Runners	01.13.04	M40
42	Roger Mansell	Trent Park Running	01.13.05	M40
43	Sarah Swaysland		01.13.22	OF
44	Roland Sherwood	Amman Valley Harriers	01.13.57	M40
45	Ray James	Port Talbot Harriers	01.14.22	M40
46	William Kevin Christie	Coventry Saracens	01.14.42	M40
47	Mike Nash	3m's Gorseinon	01.14.44	M40
48	Brian Healey	Cardigan RC	01.14.57	M40
49	Brian Thomas	Sarn Helen	01.15.10	M40
50	Dewi West	3m's Gorseinon	01.15.19	M40
51	Monica Barlow	Sarn Helen	01.15.43	F35
52	Paul Sinclair		01.15.53	OM
53	Ian Swanson	Port Talbot Harriers	01.16.28	M40
54	Vivienne Kavanagh	3m's Gorseinon	01.16.36	F35
55	Geoff Johnson		01.16.49	M40
56	Ryszard Piotrawicz		01.17.07	M40
57	Allan Smith	3m's Gorseinon	01.17.36	M40
58	John Davies	Port Talbot Harriers	01.17.46	M40
59	D R Evans		01.18.03	M40
60	Jane Buck	Cardigan RC	01.18.06	F35
61	Steven Lewis	Port Talbot Harriers	01.18.27	OM
62	Gaynor Hulland	3m's Gorseinon	01.19.19	F35
63	Helen Mc Namara	Pembrokeshire Harriers	01.19.27	F35
64	Hilary Mc Carthy	Cardigan RC	01.19.33	F35
65	Louise Miskell	3m's Gorseinon	01.20.38	F35
66	Linda Hutchinson	3m's Gorseinon	01.20.39	F35
67	Carol Howard	Pembrokeshire Harriers	01.21.04	F35
68	Jill Colman	Pembrokeshire Harriers	01.21.16	F35
69	Janet Jones	Sarn Helen	01.22.11	F35

70	Mark taylor	Port Talbot Harriers	01.22.42	OM
71	Anthony Holling	Port Talbot Harriers	01.23.41	M40
72	Eric Rees	Sarn Helen	01.24.07	OM
73	Fay Sharpe	3m's Gorseinon	01.24.17	F35
74	Andy Beetham		01.24.18	OM
75	James Johnson		01.24.39	OM
76	Christine Hurdige	3m's Gorseinon	01.25.19	F35
77	Lorraine Dyde	Pembrokeshire Harriers	01.26.38	F35
78	Susan Jenkins	Sarn Helen	01.28.15	F35
79	Tim Ellas	Port Talbot Harriers	01.28.18	OM
80	David Howells	Pembrokeshire TRI	01.28.39	OM
81	Victoria Ann Hogg	3m's Gorseinon	01.29.25	OF
82	Jan Younger	Pembrokeshire Harriers	01.32.10	F35
83	Amanda Jayne Bayliss	Sospan Road Runners	01.34.53	OF
84	Tracy Williams	3m's Gorseinon	01.43.08	F35
85	Karen Grey	3m's Gorseinon	01.54.19	OF
86	Allen Watts	Sarn Helen	01.55.36	M40
87	Andrew Stoll		01.58.37	M40