

ARN HELEN HILL RACE 2004 - 16.5 MILES RESULTS POSITION NAME CLUB CLASS TIME

POSITION	NAME	CLUB	CLASS	TIME
1	Andrew Abbott	Sarn Helen	Male 40	2.00.11
2	Kevin Taylor	Amman Valley Harriers	Male 40	2.00.36
3	Paul Edwards	None	Male 40	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 40	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 40	2.41.44
16	Eric Rees	Sarn Helen	Male 40	2.42.17
17	Owen Derrick	Pembrokeshire Harriers	Male 40	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 40	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 40	D.N.F.
	Peter Jones	Weston A C	Male 40	D.N.S.
	Ian Ralfs	None		D.N.S.