

RAS Y MAST 2004 - RUNNERS RESULTS

POSITION	NAME	CLUB	CLASS	TIME
1	Andrew Abbott	Sarn Helen	M	42.19
2	Carwyn Thomas	Sarn Helen	M	43.17
3	Clive Thomas	Trots	M40	43.29
4	Mike Evans	Trots	M	44.21
5	Les Hewittson	Cardigan RC	M40	45.15
6	Marcus Jenkins	Swansea Harriers	M	46.45
7	Calvin Williams	Sarn Helen	M40	46.53
8	Kevin Taylor	Amman Valley Harriers	M40	47.07
9	Phil Adams	Neath Harriers	M40	47.18
10	Mark Foss	None	M	47.22
11	Mark Kallenberg	Cardigan RC	M40	47.53
12	Roger Chamberlain	Sri Chinmoy A.C.	M	48.00
13	Keith Green	Tipton	M40	48.08
14	Richard Marks	Sarn Helen	M40	48.17
15	Tony Hall	Sarn Helen	M40	48.22
16	Geoff Oldrid	Aberystwyth AC	M40	48.25
17	Simon Hall	Sarn Helen	M	48.28
18	Dallas Wiseman	Sarn Helen	M	48.46
19	Dewi Jones	Trots	M40	49.07
20	Haydn Lloyd	Sarn Helen	M	49.22
21	Ann Thomas	Trots	F35	49.28
22	Owen Derrick	Pembs Harriers	M	49.30
23	Peter Davies	Sarn Helen	M40	49.53
24	John Sinnett	Pembs Harriers	M40	50.01
25	Lyn Rees	Sarn Helen	M40	50.25
26	Dave Roberts	Amman Valley Harriers	M40	50.54
27	David Astin	Pembs Tri Club	M	51.08
28	Mark Dunscombe	Sarn Helen	M40	51.14
29	Peter Foale	Aberystwyth AC	M40	51.27
30	Dorian Jones	None	M	51.35
31	Dylan Davies	Sarn Helen	M	51.40
32	Dai Roberts	Aberystwyth AC	M40	51.43
33	Kevin Hughes	None	M	52.33
34	Martin Dyde	Pembs Harriers	M40	52.57
35	Irfon Thomas	Sarn Helen	M	53.09
36	Gareth Jones	Sarn Helen	M	53.16
37	Dawn Kenwright	Sarn Helen	F35	53.43
38	Huw Price	Sarn Helen	M40	53.57
39	Lynn Green	Cardigan AC	F35	54.09
40	Kevin Holland	Aberystwyth AC	M40	54.11
41	Sian Williams	Pembs Tri Club	F	54.25
42	Claire Cleothreo	Trots	F	54.39
43	Martin Dayne	Sri Chinmoy A.C.	M	55.30
44	Jolan Flach	None	M	56.01
45	Ellie Jones	Pembs Tri Club	F	56.03
46	Jenny Parkes	Sarn Helen	F35	56.11
47	Paul Coleman	Pembs Harriers	M40	56.25
48	Brian Healey	Cardigan AC	M40	56.28
49	John Evans	Aberystwyth AC	M40	56.37
50	Caroline John	UWA Harriers	F35	56.50
51	Helen McNamara	Pembs Harriers	F35	57.04
52	Richard Edwards	None	M	57.11
53	Mike Hodges	Trots	M40	57.33
54	Terry Gover	Pembs Tri Club	M40	58.13
55	Martin Phillips	None	M40	58.36
56	Julie Westwell	Pembs Tri Club	F	59.27
57	David Thomas	Sarn Helen	M40	59.37
58	Megan Thomas	Trots	F	59.48
59	Elvet Jones	Brecon	M40	60.04
60	Louise Barker	None	F	60.45
61	Jill Coleman	Pembs Harriers	F35	61.04
62	Noel Williams	None	M	61.11
63	Carol Howard	Pembs Harriers	F35	61.44
64	Jonathon Davies	Sospan Road Runner	M40	62.45
65	Janet Jones	Sarn Helen	F35	63.27
66	Julia Hill	Pembs Tri Club	F	64.16
67	David Howells	Pembs Tri Club	M40	64.26
68	Helen Williams	Trots	F35	64.39
69	Kate Hovers	Brecon	F35	65.04
70	Dale Clark	None	M40	65.10
71	Lee Newbery	Pembs Harriers	F35	65.27
72	Sue Lloyd	Pembs Harriers	F35	65.27
73	Mark Williams	Sospan Road Runner	M	66.34
74	Susan Jenkins	Sarn Helen	F35	66.55
75	Tanis Hands	Trots	F35	67.09
76	Brian Ashton	Aberystwyth AC	M40	67.32
77	Mike Todd	Amman Valley Harriers	M40	67.45
78	Nicola St.John	None	F35	67.56
79	Jonathan St. John	None	M40	68.02
80	Matthew Flacher	Sospan Road Runners	M	70.01
81	Jan Younger	Pembs Harriers	F35	70.11
82	Pat Green	None	F35	71.17
83	Lorraine Dyde	Pembs Harriers	F35	72.02
84	Susan Thomas	Trots	F35	73.31
85	Ruth Hall	Sarn Helen	F	74.23
86	Pauline Charlett	Pembs Harriers	F35	78.00
87	Eirian Davies	Sarn Helen	M40	78.01
88	Gudrin Jones	Sarn Helen	F35	80.28
89	Helen Lutley	None	F35	89.40
90	Jonathan Lutley	None	M40	89.40
91	Allen Watts	Sarn Helen	M40	99.24
92	Nikki Rabjohns	None	F35	D.N.S.

RAS Y MAST 2004 - CYCLIST RESULTS

1	John Lloyd	Builth Wells Cycling	M40	44.47
2	Dave Marshall	Trots	M40	48.05
3	Mike Speake	John Lloyd Event Ltd	M40	54.27
4	Peter Walker	Pembs Harriers	M40	62.21