

RAS Y MAST 2003 - RUNNERS RESULTS POS NAME CLUB CLASS TIME 1 TIM O'CONNOR SWANSEA
 HARRIERS M 1st 40.53 2 ANDREW JONES MYNYDDWR DE CYMRU M 2nd 41.20 3 MIKE
 EVANS TROTS M 3rd 43.25 4 ANDREW ABBOT SARN HELEN M 44.30 5 PHIL ADAMS NEATH
 HARRIERS M40 1st 44.38 6 LES HEWITSON CARDIGAN R.C. M40 2nd 45.25 7 JOHN GRIFFITHS
 SARN HELEN M40 3rd 45.42 8 CALVIN WILLIAMS SARN HELEN M40 46.00 9 DAI ROBERTS
 ABERYSTWYTH A.C. M40 46.18 10 MARK KALLENBERG CARDIGAN R.C. M40 46.46 11 TONY HALL
 SARN HELEN M40 47.33 12 RICHARD MARKS SARN HELEN M40 47.33 13 PAUL REYNISH PEMBS
 TRIATHLON CLUB M 48.01 14 DALLAS WISEMAN SARN HELEN M 48.08 15 ANN THOMAS TROTS
 F35 1st 48.34 16 GEOFF OLDRID ABERYSTWYTH A.C M40 48.52 17 KEVIN CREW NEATH
 HARRIERS M40 49.07 18 ROGER CHAMBERLAIN SRI CHINMOY A.C. M 49.21 19 GARETH JONES LES
 CROUPIERS M 49.22 20 HAYDN LLOYD SARN HELEN M 49.33 21 MARK DUNSCOMBE SARN HELEN
 M40 49.56 22 LYN REES SARN HELEN M40 50.10 23 JOHN SINNETT PEMBS HARRIERS M40 50.24
 24 JAMIE LAMBERT NONE M 50.37 25 PETER DAVIES SARN HELEN M40 50.42 26 LYN GREEN
 CARDIGAN R.C. F35 2nd 51.03 27 CYRIL WALTERS TROTS M40 51.07 28 ALED WILLIAMS SARN
 HELEN M40 51.11 29 DYLAN DAVIES SARN HELEN M 51.14 30 RICHARD BROWN PEMBS
 TRIATHLON CLUB M 51.32 31 MARY BOWEN REES TROTS F35 3rd 51.41 32 NIGEL GRIFFITHS
 TAFF ELY TRIATHLON CLUB M40 51.54 33 JOHN EVANS ABERYSTWYTH A.C. M40 52.57 34 ERIC
 REES SARN HELEN M 53.21 35 BRIAN THOMAS SARN HELEN M40 54.06 36 CLAIRE CLEOTHREO
 TROTS F 1st 54.13 37 ROLAND SHERWOOD AMMAN VALLEY HARRIERS M40 54.33 38 SIAN
 WILLIAMS PEMBS TRIATHLON CLUB F 2nd 55.24 39 SIMON HALL NONE M 55.53 40 MARTIN
 DYDE PEMBS HARRIERS M40 56.27 41 TERRY GOVER PEMBS TRIATHLON CLUB M40 56.39 42
 HELEN Mc AMARA PEMBS HARRIERS F35 57.30 43 MIKE HODGES TROTS M40 58.33 44 BRIAN
 HEALEY CARDIGAN R.C. M40 60.15 45 CAROL HOWARD PEMBS HARRIERS F35 60.28 46 HELEN
 WILLIAMS TROTS F35 61.04 47 MICHAEL PEARCE PEMBS HARRIERS M40 61.35 48 LORRAINE
 DYDE PEMBS HARRIERS F35 62.05 49 JILL COLEMAN PEMBS HARRIERS F35 62.48 50 BRIAN
 WILLIAMS TROTS M40 66.25 51 SUSAN JENKINS SARN HELEN F35 70.31 52 ALLEN WATTS SARN
 HELEN M40 90.48 53 PHILIP DAVIES 3M'S GORSEINON M40 D.N.R 54 IAN PROCTER NONE M
 D.N.R RAS Y MAST 2003 - CYCLIST RESULTS 1 DAVID MARSHALL TROTS M40 1st 47.50 2
 KEVIN HUGHES SARN HELEN M 1st 49.12 3 PAUL COLEMAN PEMBS HARRIERS M40 2nd 50.17
 4 PHILIP WALKER PEMBS HARRIERS M40 3rd 57.14