

RAS Y MAST 2002 - RUNNERS RESULTS

NAME	CLUB	CLASS	TIME	POS
				1
ANDREW ABBOT	SARN HELEN	M	1st 43.07	
				2
TIM O'CONNOR	SWANSEA	M	2nd 44.17	
				3
KEVIN TAYLOR	AMMAN VALLEY	M40	1st 44.42	
				4
ANDREW JONES	NONE	M	3rd 45.12	
				5
HAYDN LLOYD	SARN HELEN	M	45.43	
				6
LES HEWITSON	CARDIGAN	M	45.52	
				7
PAUL ROSE	CARDIGAN	M	46.02	
				8
CARWYN PHILLIPS	TROTS	M	46.06	
				9
IAN WILLIAMS	TROTS	M	46.09	
				10
PHIL ADAMS	NEATH HARRIERS	M40	2nd 46.16	
				11
RICHARD MARKS	SARN HELEN	M40	3rd 46.21	
				12
JOHN GRIFFITHS	SARN HELEN	M40	46.34	
				13
PAUL REYNISH	PEMBS TRIATHLON CLUB	M	47.53	
				14
SAMANTHA BRETHRICK	CHILTERN HARRIERS	F	1st 47.59	
				15
LES CHAPMAN	AMMAN VALLEY HARRIERS	M40	48.06	
				16
GARY THOMAS	AMMAN VALLEY HARRIERS	M40	48.23	
				17
TONY HALL	SARN HELEN	M40	48.25	
				18
JOHN SINNETT	PEMBS HARRIERS	M40	48.45	
				19
HYWEL JONES	AMMAN VALLEY HARRIERS	M40	49.35	
				20
CALVIN WILLIAMS	SARN HELEN	M40	50.15	
				21
LYN REES	SARN HELEN	M40	50.22	
				22
GEOFF OLDRID	ABERYSTWYTH A.C	M40	51.16	
				23
MELISA WATSON	TROTS	F35	1st 51.22	
				24

MARK DUNSCOMBE SARN HELEN M40 51.29
 25
 KEVIN CREW ABERDARE ROADIES M40 52.34
 26
 GARETH JONES LES CROUPIERS M 52.52
 27
 MARTIN DYDE PEMBS HARRIERS M40 53.02
 28
 ANDREW JAMES SARN HELEN M 53.11
 29
 DAWN KENWRIGHT SARN HELEN F35 2nd 54.05
 30
 KEVIN HUGHES SARN HELEN M 54.11
 31
 ROLAND SHERWOOD AMMAN VALLEY HARRIERS M40 54.28
 32
 ROBIN BARLOW SARN HELEN M40 54.37
 33
 PETER DAVIES SARN HELEN M40 54.43
 34
 DALLAS WISEMAN SARN HELEN M 54.49
 35
 LYN GREEN CARDIGAN F35 3rd 55.22
 36
 BRIAN THOMAS SARN HELEN M40 55.30
 37
 MARY BOWEN REES TROTS F35 55.35
 38
 NIGEL GRIFFITHS ABERDARE ATHLETIC CLUB M40 55.41
 39
 AINSLEY CORP NONE M 56.18
 40
 MARK POWELL NONE M 56.37
 41
 CYRIL WALTERS TROTS M40 58.11
 42
 JANE BUCK CARDIGAN F35 59.18
 43
 DAVID LESLIE WALTERS NONE M40 60.12
 44
 TERRY GOVER PEMBS TRIATHLON CLUB M40 60.28
 45
 HELEN WILLIAMS TROTS F35 60.47
 46
 STEPHEN LE BRETON PEMBS TRIATHLON CLUB M 61.00
 47
 CAROL HOWARD PEMBS HARRIERS F35 62.25
 48
 MIKE HODGES TROTS M40 62.35
 49

TANIS HAND TROTS F35 63.04			
			50
TOM FURNESS TROTS M40 63.37			
			51
LORRAINE DYDE PEMBS HARRIERS F35 63.49			
			52
BRIAN HEALEY CARDIGAN M40 64.18			
			53
BRIDGET REES NONE F35 64.47			
			54
PAULINE THOMAS TROTS F35 65.00			
			55
HILARY McCARTHY ABERTEIFI F35 65.51			
			56
RON MORGAN TROTS M40 66.05			
			57
HEULWEN JAMES CARDIGAN F35 66.41			
			58
IRENE O'CONNELL CARMARTHEN HARRIERS F	2nd	67.26	
			59
JAN YOUNGER PEMBS HARRIERS F35 72.38			
			60
JILL COLEMAN PEMBS HARRIERS F35 72.59			
			61
OWEN JONES NONE M40 75.00			
			62
ALLEN WATTS SARN HELEN M40 89.21			
RESULTS			
			1
DAVID MARSHALL TROTS M	1st	42.49	
			2
ALED WILLIAMS SARN HELEN M	2nd	46.19	
			3
PAUL COLEMAN PEMBS HARRIERS M40	1st	48.15	
			4
RALPH THOMAS VELO CYCLIST M40	2nd	56.13	
			5
PHILIP WALKER PEMBS VELO M	3rd	56.19	
			6
GEORGE NEWMAN BRECHFA BIKE CLUB M		67.53	
			7
DAVE WINCHESTER BRECHFA BIKE CLUB M		75.32	
			8
ALFRED CRESSWELL BRECHFA BIKE CLUB M		77.05	
			9
JAMES NOCK BRECHFA BIKE CLUB M		86.13	