

RAS Y MAST 2001 - RUNNERS RESULTS POS NAME CLUB CLASS TIME 1 ANDREW ABBOT SARN HELEN M 1st 43.46 2 KEVIN TAYLOR AMMAN VALLEY HARRIERS M V 1st 45.11 3 IAN WILLIAMS TROTS M 2nd 45.29 4 HAYDN LLOYD SARN HELEN M 3rd 46.32 5 NEIL LEWIS HEREFORD COURIERS M 47.07 6 MALCOLM ADAMS TROTS M V 2nd 47.27 7 GARY THOMAS AMMAN VALLEY HARRIERS M V 3rd 47.37 8 RICHARD MARKS SARN HELEN M V 48.07 9 ERIC REES SARN HELEN M 48.34 10 LYN REES SARN HELEN M V 48.46 11 CALVIN WILLIAMS SARN HELEN M 49.07 12 ROGER DEVONALD PEMBROKESHIRE TRIATHLON M 50.40 13 HYWEL JONES AMMAN VALLEY HARRIERS M 51.44 14 MARK DUNSCOMBE SARN HELEN M V 51.58 15 ANDREW TOFT NONE M 53.07 16 DYLAN DAVIES SARN HELEN M 53.29 17 JOHN EVANS ABERYSTWYTH A C M V 53.39 18 CYRIL WALTERS NONE M V 53.46 19 BRIAN THOMAS SARN HELEN M V 54.11 20 GARETH JONES NONE M 54.14 21 DAWN KENWRIGHT SARN HELEN F V 1st 54.48 22 MARY BOWEN REES TROTS F V 2nd 55.46 23 ANDREW JAMES SARN HELEN M 55.58 24 TREFOR PUGH NEWTOWN M V 56.31 25 LES PHILLIPS LLANELLI TRIATHLON M V 59.10 26 DAVID LESLIE WALTERS NONE M V 59.29 27 DAVID THOMAS SARN HELEN M 59.48 28 LAURA MAKIN CARDIGAN A C F 1st 60.15 29 RALPH THOMAS H. WEST TRIATHLON M V 62.09 30 ALEX GIBBY CARDIGAN A C M 62.24 31 D HARRISON NONE M 63.33 32 RON MORGAN TROTS M V 64.26 33 SHAN CUTHBERG NONE F 2nd 64.55 34 ANN THOMAS H. WEST TRIATHLON F V 3rd 65.38 35 PAULINE THOMAS TROTS F V 65.57 36 SUSAN THOMAS TROTS F V 66.02 37 RUTH HARRIES PEMBROKESHIRE HARRIERS F V 68.07 38 ALLEN WATTS SARN HELEN M V 88.34

RAS Y MAST 2001 - CYCLIST RESULTS POS NAME CLUB CLASS TIME 1 JOHN LLOYD BUILTH WELLS CYCLES M V 1st 48.05 2 DAVID MARSHALL RAGING RELICS M V 2nd 53.09 3 DAVE REED YSTWYTH M V 3rd 56.13 4 RACHEL OSBORN BUILTH WELLS CYCLES F V 1st 56.33