

Ras y Llychau 2003

Pos	Name	Club	Class	Time
1	Mark Hobbs	Swansea	M 1st	16.03 New Course Record
2	Paul Griffiths	Neath	M 2nd	16.22
3	Tim O'Connor	Swansea	M 3rd	16.41
4	Andrew Abbott	Sarn Helen	M	17.18
5	David Astins	Pembs Tri Club	M	17.20
6	Steven Davies	Swansea	M	17.29
7	Richard Marks	Sarn Helen	MV 1st	17.41
8	Mark Davies	Swansea	B un18 1st	17.42 New Course Record
9	Robert Dyde	Pembs Harriers	M	17.43
10	Kevin Taylor	Amman Valley	MV 2nd	18.03
11	Haydn Lloyd	Sarn Helen	M	18.39
12	Carwyn Thomas	Sarn Helen	B un 18 2nd	18.39
13	Martin Dyde	Pembs Harriers	MV 3rd	18.45
14	Gary Thomas	Amman Valley	MV	18.56
15	Tony Hall	Sarn Helen	MV	19.03
16	Dewi Jones	Trots	MV	19.07
17	Melissa Watson	Trots	FV 1st	19.18 New Course Record
18	Irfon Thomas	Sarn Helen	B un 18 3rd	19.19
19	Calvin Williams	Sarn Helen	MV	19.25
20	Lyn Rees	Sarn Helen	MV	19.33
21	Delyth Ellison	Les Croupiers	FV 2nd	19.46
22	Mark Dunscombe	Sarn Helen	MV	19.48
23	Carys Davies	Sarn Helen	G un 18 1st	19.50 New Course Record
24	Mark Bryant	M		20.05
25	Chris Jones	B un 18		20.06
26	Paul Coleman	Pembs Harriers	MV	20.26
27	Brian Thomas	Sarn Helen	MV	20.36
28	Dallas Wiseman	Sarn Helen	M	20.41
29	Gethin Jenkins	Sarn Helen	B un 18	20.53
30	Ffion Davies	Sarn Helen	G un 18 2nd	20.55
31	Gareth Jones	Sarn Helen	M	21.47
32	Gethin Williams	M		22.02
33	Laurence Worth	Pembs Harriers	MV	22.02
34	Martin Phillips	Sarn Helen	MV	22.22
35	Aled Williams	Sarn Helen	MV	22.34
36	Huw Williams	B un 18		22.49
37	Claire Clethero	Trots	F 1st	22.58
38	Harry Mostyn	B un 18		23.02
39	Mark Roblin	M		23.04
40	Carol Howard	Pembs Harriers	FV 3rd	23.06
41	Gwyn Charlett	Pembs Harriers	MV	23.11
42	Daniel Roberts	B un 18		23.15
43	David Rosser	Amman Valley	MV	23.22
44	Steve Lee	Kenilworth Runners	MV	23.27
45	Peter Harding	Carmarthen	MV	24.00
46	Dafydd Thomas	B un 18		24.06
47	Gareth Davies	M		24.21
48	Jan Younger	Pembs Harriers	FV	24.52
49	Jill Coleman	Pembs Harriers	FV	24.56
50	Jackie Davies	FV		25.19
51	George Keen	B un 18		25.39
52	Gareth Corcoran	M		25.55
53	Caryl Davies	Sarn Helen	G un 18 3rd	26.12
54	Pauline Charlett	Pembs Harriers	FV	26.15
55	Dawn Armstrong-Escher	FV		26.38
56	Susan Jenkins	FV		26.49
57	Nigel Jones	MV		27.08
58	Janet Jones	Sarn Helen	FV	27.11
59	Sian Jenkins	Sarn Helen	G un 18	27.49
60	JR Hughes	MV		28.27
61	Eirian Davies	MV		28.40
62	Ruth Hall	F	2nd	29.00
63	Terry Brown	M		30.39
64	Allen Watts	Sarn Helen	MV	31.36