



CWRTNEWYDD 2003 - 4 MILES

POS	NAME	CLUB	CLASS	TIME
1	Tim O'Conner	Swansea	Male	22.36
2	David Astins	Pembs Tri	Male	22.52
3	Richard Marks	Sarn Helen	Male 40	23.18
4	Paul Rose	Cardigan	Male	23.46
5	Les Hewitson	Cardigan	Male	24.31
6	Dafydd Richards	Pembs Tri	Male	24.43
7	John Griffiths	Sarn Helen	Male 40	24.50
8	Martin Dyde	Pembrokeshire Harriers	Male 40	25.02
9	Tony Hall	Sarn Helen	Male 40	25.06
10	Malcolm Adams	Torts	Male 40	25.11
11	Michael Rees	Cardigan	Male	25.19
12	Haydn Lloyd	Sarn Helen	Male	25.22
13	Roger Devonald	Pembs Tri	Male	25.26
14	Calvin Williams	Sarn Helen	Male 40	25.31
15	Dylan Davies	Sarn Helen	Male	26.24
16	Lyn Rees	Sarn Helen	Male 40	26.28
17	Paul Colman	Pembrokeshire Harriers	Male 40	26.51
18	Peter Davies	Sarn Helen	Male 40	27.06
19	Ellie Jones	Pembs Tri	Female	27.52
20	Andrew James	Sarn Helen	Male	27.55
21	Ann Thomas	Trots	Female 35	28.04
22	Dallas Wiseman	Sarn Helen	Male	28.05
23	Cyril Walters	Trots	Male 40	28.08
24	Brian Thomas	Sarn Helen	Male 40	28.21
25	Roland Sherwood	Amman Valley	Male 40	28.41
26	Eric Rees	Sarn Helen	Male	28.43
27	Lynn Green	Cardigan	Female 35	28.57
28	Claire Cleathroe	Trots	Female	29.09
29	Gareth Jones	Sarn Helen	Male	29.11
30	David Thomas	Sarn Helen	Male 40	29.19
31	Jane Buck	Cardigan	Female 35	29.35
32	Stan Griffiths	Sarn Helen	Male 40	29.55
33	Shan Cuthbert	Cardigan	Female 35	30.10
34	Helen Williams	Trots	Female 35	30.16
35	Helen Mc Ramara	Pembrokeshire Harriers	Female 35	30.23
36	Colin Spicer	None	Male	30.53
37	Bryn Williams	None	Male	30.56
38	Dorian Rees	None	Male	31.06
39	Dewi Jones	None	Male	31.10
40	Gareth Jones	Trots	Male	31.14

41	Gwyn Charlett	Pembrokeshire Harriers	Male 40	31.25
42	Robert Price Jones	None	Male	31.28
43	Carol Howard	Pembrokeshire Harriers	Female 35	31.31
44	Sulwyn Jenkins	None	Male	31.41
45	Laurence Worth	Pembrokeshire Harriers	Male 40	31.53
46	Jenny Parkes	Sarn Helen	Female 35	31.58
47	Tony Furlong	None	Male	32.14
48	Ron Morgan	Trots	Male 40	33.06
49	Peter Harding	Carmarthen Harriers	Male 40	33.30
50	Lorraine Dyde	Pembrokeshire Harriers	Female 35	33.42
51	Heulwen James	Cardigan	Female 35	33.47
52	Jill Colman	Pembrokeshire Harriers	Female 35	34.31
53	Jan Younger	Pembrokeshire Harriers	Female 35	34.55
54	Ruth Harrison	Pembrokeshire Harriers	Female 35	35.23
55	Viv Edwards	None	Male	35.27
56	Caroline Lewis	None	Female 35	35.28
57	Dannie Hatcher	None	Male 40	35.44
58	Pauline Charlett	Pembrokeshire Harriers	Female 35	35.54
59	Karen Osborne	Pembrokeshire Harriers	Female 35	37.04
60	Janet Jones	Sarn Helen	Female 35	37.06
61	Susan Jenkins	None	Female 35	37.27
62	Eirian Davies	Sarn Helen	Male 40	39.40
63	Madaline Bland	Pembrokeshire Harriers	Female 35	39.57
64	Ruth Hall	None	Female	42.47
65	Allen Watts	Sarn Helen	Male 40	43.57
66	Patricia Sherwood	Amman Valley	Female 35	48.32
67	Geraint Hatcher	None	Male 40	50.00
68	Philip Davies	3 M Gorseinon	Male 40	D.N.R.

1st TEAM - SARN

HELEN

Richard

Marks

John

Griffiths

Tony

Hall

Haydn

Lloyd

COURSE RECORD

1997 STEPHEN GRIFFITHS 21min 11sec

1997 HAYLEY NASH 23min 48sec