



Sarn Helen Club

Lampeter, West Wales

FELINFACH RACE 2003 - 6 Mile Results

POS	NAME	CLUB	CLASS	TIME
1	ANDREW ABBOT	SARN HELEN	Male 1st	32.08
2	TIM O'CONNOR	SWANSEA	Male 2nd	32.09
3	MIKE EVANS	TROTS	Male 3rd	32.37
4	RICHARD MARKS	SARN HELEN	Male Vet 1st	33.47
5	STEVE DAVIES	SWANSEA HARRIERS	Male	34.17
6	KEVEN TAYLOR	AMMAN VALLEY	Male Vet 2nd	34.36
7	DAI ROBERTS	ABERYSTWYTH AC	Male Vet 3rd	36.03
8	GARY THOMAS	AMMAN VALLEY	Male Vet	36.10
9	MICHAEL REES	CARDIGAN AC	Male	36.13
10	TONY HALL	SARN HELEN	Male Vet	36.23
11	DYLAN DAVIES	SARN HELEN	Male	36.36
12	MARTIN DYDE	PEMBS HARRIERS	Male Vet	36.51
13	HAYDN LLOYD	SARN HELEN	Male	37.08
14	MARK DUNSCOMBE	SARN HELEN	Male Vet	37.16
15	MICHAEL BROW	SPA TANS	Male	37.30
16	CALVIN WILLIAMS	SARN HELEN	Male Vet	37.34
17	LYN REES	SARN HELEN	Male Vet	37.50
18	JAMIE BIGGS	NONE	Male	38.01
19	PAUL COLEMAN	PEMBS HARRIERS	Male Vet	38.07
20	ANN THOMAS	TROTS	Female Vet 1st	38.19
21	PETER DAVIES	SARN HELEN	Male Vet	39.18
22	ANDREW JAMES	SARN HELEN	Male	39.29
23	DALLAS WISEMAN	SARN HELEN	Male	39.36
24	CATHERINE WALKLEY	NONE	Female 1st	39.44
25	DAVID MARTLEY	NONE	Male Vet	40.25
26	PATRICK POWELL	TROTS	Male Vet	40.32
27	BRIAN THOMAS	SARN HELEN	Male Vet	40.49
28	JESSICA LEITCH	ABERYSTWYTH UNI	Female 2nd	40.56
29	GARETH JONES	SARN HELEN	Male	41.19
30	CHRIS MORRIS	SWANSEA HARRIERS	Male	42.03
31	MALCOLM LEITCH	NONE	Male Vet	42.11
32	RICHIE JONES	TROTS	Male Vet	42.19
33	HELEN WILLIAMS	TROTS	Female Vet 2nd	42.50
34	JANE BUCK	CARDIGAN	Female Vet 3rd	43.19
35	RON MORGAN	TROTS	Male Vet	43.26
36	CLAIRE CLEATHERO	TROTS	Female 3rd	43.55
37	CAROLINE LEWIS	NONE	Female Vet	44.47
38	JENNY PARKES	SARN HELEN	Female Vet	45.25

39	MIKE HODGES	TROTS	Male Vet	45.51
40	ANN ROWELL	TROTS	Female Vet	45.58
41	HILARY McCARTHY	CARDIGAN AC	Female Vet	47.01
42	JILL COLEMAN	PEMBS HARRIERS	Female Vet	47.39
43	LORRAINE DYDE	PEMBS HARRIERS	Female Vet	48.29
44	JAN YOUNGER	PEMBS HARRIERS	Female Vet	49.24
45	MICHAEL PEARCE	PEMBS HARRIERS	Male Vet	51.43
46	PAULINE CHARLETT	PEMBS HARRIERS	Female Vet	54.43
47	RUTH HALL	NONE	Female	57.01
48	JANET BELL	PEMBS HARRIERS	Female Vet	60.24
49	ALLEN WATTS	SARN HELEN	Male Vet	63.23

FELINFACH RACE 2003 - under 18yrs 3000mtr

POS	NAME	CLUB / SCHOOL	CLASS	TIME
1	CARWYN THOMAS	SARN HELEN	Male 1st	10.51
2	IRFON THOMAS	SARN HELEN	Male 2nd	11.11
3	DANIEL JAMES	ABERAERON	Male 3rd	11.25
4	STEPHEN JAMES	ABERAERON	Male	11.43
5	NICOLA WALTERS	CARMARTHEN	Female 1st	11.55
6	MELFYN DAVIES	SARN HELEN	Male	12.04
7	GETHIN JENKINS	SARN HELEN	Male	12.05
8	KATIE PARKES	SARN HELEN	Female 2nd	12.10
9	FFION DAVIES	SARN HELEN	Female 3rd	12.28
10	DANIEL ANGEL	ABERAERON	Male	12.47
11	HUW ROWCLIFFE	DYFFRYN TEIFI	Male	13.31
12	RHODRI BEVAN	ABERAERON	Male	13.56
13	SOPHIE CAVE	SARN HELEN	Female	14.29
14	CARYL DAVIES	SARN HELEN	Female	14.32
15	VANESSA LEITCH	ABERAERON	Female	14.54
16	SIAN JENKINS	SARN HELEN	Female	15.08
17	NATALIE LAST	ABERAERON	Female	16.13
18	MICHELLE JAMES	ABERAERON	Female	16.18
19	MEIRA LLOYD	TREGARON	Female	17.59

FELINFACH RACE 2003 - 9yrs & over 1500mtr Results

POS	NAME	CLUB / SCHOOL	CLASS	TIME
1	SIONED DAVIES	SARN HELEN / LLANG	Female 1st	5.48
2	XIEN WITT	LLANGEITHO	Male 1st	5.57
3	LYN JONES	LLANWNNEN	Male 2nd	6.01
4	ADAM JONES	YSGOL Y DDERI	Male 3rd	6.08
5	RHIAN DAVIES	SARN HELEN / LLANW	Female 2nd	6.08
6	JOE EARLY	LLANARTH	Male	6.22
7	ADAM JONES	CWRTNEWYDD	Male	6.28
8	GEORGIA COPPEL-ROSE	LLANGEITHO	Female 3rd	6.30
9	RHYS EVANS	SARN HELEN / LLANG	Male	6.42
10	JASON THOMAS	FELINFACH	Male	6.54

11	TOMOS MILES	LLANARTH	Male	6.58
12	DAN JONES	SARN HELEN / LLANW	Male	6.59
13	MARTYN HYWEL LLOYD	LLANGEITHO	Male	7.16
14	HUW OWENS	CILIAU PARC	Male	7.20
15	CADOG DAVIES	DIHEWYD	Male	7.24
16	DOMINIC COLEMAN	PEMBS HARRIERS	Male	7.50
17	CHARLIE O'DONOVAN	NEW INN	Male	7.51
18	MATHEW ROWCLIFFE	NEW INN	Male	8.51
19	REBECCA ANN MORGAN	LLANARTH	Female	8.55
20	ALED DAVIES	CILIAU PARC	Male	9.18
21	MARK PENDLE	NEW INN	Male	10.15
22	SHANE BOLWELL	LLANARTH	Male	10.44
23	SHON ROWCLIFFE	NEW INN	Male	11.04
24	FRANKIE EARLY	LLANARTH	Female	14.58

FELINFACH RACE 2003 - 8yrs & under 800mtr Results

POS	NAME	CLUB / SCHOOL	CLASS	TIME
1	KIERON ANTHONY BOYES	CILCENNIN	Male 1st	3.21
2	SIAN DOWNES	LLANGEITHO	Female 1st	3.23
3	JAC EVANS	FELINFACH	Male 2nd	3.23
4	DYLAN DAVIES	LLANWENOG	Male 3rd	3.24
5	DANIEL PRICE	LLANGEITHO	Male	3.33
6	DANIEL COLMAN	PEMBS HARRIERS	Male	3.38
7	ANGHARAD EVANS	LLANWENOG	Female 2nd	3.38
8	T. J. GIBBINS	LLANARTH	Male	3.40
9	DARREN HOPKINS	DIHEWYD	Male	3.41
10	RHIAN JONES	LLANWENOG	Female 3rd	3.42
11	SION PRICE	FELINFACH	Male	3.43
12	RHYS LLOYD JONES	LLANARTH	Male	3.45
13	STEFFAN KEITH DANIELS	FELINFACH	Male	3.46
14	BEN ROBSON	ABERAERON	Male	3.48
15	ASHLEY THOMAS	LLANARTH	Male	3.50
16	LUKE HUNTER	CWRTNEWYDD	Male	3.53
17	LOWRI DAVIES	DIHEWYD	Female	3.56
18	CARWYN DAVIES	CWRTNEWYDD	Male	3.56
19	TRYSTAN JOHN DANIELS	FELINFACH	Male	3.57
20	RHYS JON JAMES	LLANARTH	Male	3.57
21	HEULYN EVANS	LLANGEITHO	Male	3.58
22	SIONED OWENS	CILIAU PARC	Female	4.02
23	FIONA THOMAS	FELINFACH	Female	4.04
24	JAKE TANSEY	LLANARTH	Male	4.08
25	CHARLOTTE ELIZABETH MORGA	LLANARTH	Female	4.08
26	AARON HUNTER	CWRTNEWYDD	Male	4.09
27	LIAM WALTERS	FELINFACH	Male	4.15
28	SAMUEL ROBSON	ABERAERON	Male	4.16
29	GWION DAVIES	FELINFACH	Male	4.24

30	STEFFAN EVANS	LLANWENOG	Male	4.24
31	DELYTH EVANS	FELINFACH	Female	4.30
32	TANWEN EVANS	FELINFACH	Female	4.36
33	RHODRI AERON JONES	FELINFACH	Male	4.50
34	SIONED DAVIES	DIHEWYD	Female	4.53
35	LAUREN KEMP	DIHEWYD	Female	4.54
36	MEINIR DAVIES	CWRTNEWYDD	Female	5.01
37	MARED JONES	FELINFACH	Female	5.04
38	LLEUCU IFANS	DIHEWYDD	Female	5.05
39	GABY LESTAR	DIHEWYDD	Female	5.14
40	HELEDD HAWKINS	CILIAU PARC	Female	5.19
41	CARYS THOMAS	FELINFACH	Female	5.28
42	TOMOS JAC JAMES	NONE	Male	6.09
43	ELIN WYNNE HARRIES	FELINFACH	Female	6.10
44	KATE KEANE	GLYNARTHEN	Female	6.56
45	MOLLY PEARCE	NONE	Female	7.23