

**CWRTNEWYDD 2006 - 3000m**

Position	Name	Club	Class	Time
1	Kristian Bond	Aberystwyth	M	11.30
2	Cerian Davies	Sarn Helen	F	12.05
3	Gethin Wyn Jones	Sarn Helen	M	12.38
4	Sioned Davies	Sarn Helen	F	12.43
5	Florence Bowen Rees	Carmarthen Harriers	F	12.47
6	Leah Bitchell	Aberystwyth A C	F	13.01
7	Elgan Rees Evans	Tregaron	M	13.46
8	Rhys Evans	Sarn Helen	M	14.05
9	Zac O'Neill	Cwmdu	M	17.11
10	Mathew Rowcliffe	Ysgol Dyffryn Teifi	M	17.32
11	Victoria Bowden	Cwmann	F	18.59
12	Matthew Furlong	Cwrtnewydd	M	19.53