

CWRTNEWYDD 2006 - 4 Miles

Position	Name	Club	Class	Time
1	Carwyn Thomas	Sarn Helen	OM	22.07
2	Jack Davey	Carmarthen Harriers	OM	22.43
3	Filipe Jones	Aberystwyth A C	OM	22.44
4	Adam Bitchell	Aberystwyth A C	OM	22.50
5	Les Hewitson	Ingli Runners	M40	23.40
6	Kevin Griffiths	Trots	M40	24.17
7	Roger Coombs	Trots	M40	24.30
8	Glyn Price	Sarn Helen	OM	24.35
9	Irfon Thomas	Sarn Helen	OM	24.56
10	Haydn Lloyd	Sarn Helen	OM	25.05
11	Jamie Thomas	Sarn Helen	OM	25.15
12	Huw Price	Sarn Helen	M40	25.27
13	Ann Thomas	Trots	F35	25.30
14	Calvin Williams	Sarn Helen	M40	26.23
15	Mary Bowen Rees	Trots	F35	26.30
16	Peter Davies	Sarn Helen	M50	26.46
17	Dave Griffiths	Trots	M40	26.50
18	Ian Morris	Trots	M40	27.01
19	Cyril Walters	Trots	M50	27.02
20	Gordon Orme	Cardigan A C	M50	27.33
21	Lynn Green	Ingli Runners	F45	27.48
22	Paul Colman	Pembs Harriers	M40	27.53
23	Huw Rowcliffe	None	OM	27.53
24	Gethin Jenkins	Sarn Helen	OM	28.21
25	Dylan Davies	Sarn Helen	OM	28.27
26	Eric Rees	Sarn Helen	OM	28.44
27	Jane Buck	Cardigan A C	F35	28.55
28	Carys Davies	Sarn Helen	OF	28.58
29	Dewi Jones	None	OM	29.11
30	Jeremy Bowen Rees	Trots	M40	30.03
31	Tudur Jones	None	OM	30.13
32	Kevin Evans	None	OM	30.59

33	Sion Griffiths	None	OM	31.16
34	Paul Edwards	None	M50	31.33
35	Gareth Jones	Sarn Helen	M40	31.52
36	Stan Griffiths	None	M50	32.06
37	Michael O'Connor	None	OM	32.26
38	Hilary McCarthy	Cardigan A C	F35	32.41
39	Jan Jones	Sarn Helen	F35	32.56
40	Ian Ralphs	None	M50	33.07
41	Peter Harding	Carmarthen Harriers	M50	33.21
42	Niel O'Sullivan	None	OM	33.50
43	Jill Colman	Pembs Harriers	F35	33.57
44	Caryl Davies	Sarn Helen	OF	34.10
45	Dorian Rees	None	OM	34.59
46	Gethin Thomas	None	OM	36.09
47	Sarah Hull	None	OF	38.10
48	Eirian Davies	None	M50	39.16
49	Gudrun Jones	Sarn Helen	F45	42.14
50	Sian Jenkins	Sarn Helen	OF	44.07
51	Allen Watts	Sarn Helen	M50	49.49

1st TEAM - SARN HELEN

Carwyn Thomas

Glyn Price

Irfon Thomas

Huw Price

4 MILE COURSE RECORD

1997 Stephen Griffiths 21min 11sec

1997 Hayley Nash 23min 48sec