

[Sarn Helen Logo]



Sarn Helen Club Lampeter, West Wales

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RAS CWRRTNEWYDD 2002 4 MILE RESULT

POS	NAME	CLUB	CLASS	TIME
1	ANDREW ABBOT	SARN HELEN	M 1st	22.23
2	LES HEWITSON	CARDIGAN AC	M 2nd	22.52
3	DAVID WARREN	CARDIGAN AC	M V 1st	23.18
4	IAN WILLIAMS	TROTS	M	23.36
5	PAUL ROSE	CARDIGAN AC	M	23.47
6	TONY HALL	SARN HELEN	M V 2nd	24.24
7	HAYDN LLOYD	SARN HELEN	M	24.43
8	CALVIN WILLIAMS	SARN HELEN	M V	25.18
9	DYLAN DAVIES	SARN HELEN	M	25.27
10	DAVID THOMAS	SARN HELEN	M	25.42
11	MICHAEL REES	CARDIGAN AC	M	25.51
12	DEBBIE PHILLIPS	PEMBROKSHIRE HARRIERS	F V 1st	25.52
13	JAMIE BIGGS	NONE	M	25.56
14	LYN REES	SARN HELEN	M V	26.06
15	KEITH THOMAS	NONE	M V	26.12
16	ANDREW JAMES	SARN HELEN	M	26.16
17	ERIC REES	SARN HELEN	M	26.39
18	JOHN COLLINS	SWANSEA HARRIERS	M V	26.45
19	DAWN KENWRIGHT	SARN HELEN	F V 2nd	26.50
20	ROBERT DYDE	PEMBROKSHIRE HARRIERS	M	26.56
21	NICHOLAS GWYNNE	TROTS	M	27.02
22	JON PHILLIPS	PEMBROKSHIRE HARRIERS	M V	27.17
23	CYRIL WALTERS	TROTS	M V	27.35
24	MARTIN DYDE	PEMBROKSHIRE HARRIERS	M V	27.41
25	CLIVE EVANS	ABERYSTWYTH AC	M V	27.50
26	LYNN GREEN	CARDIGAN A C	F V	27.53
27	BRIAN THOMAS	SARN HELEN	M V	28.01
28	JAMIE THOMAS	NONE	M	28.10
29	RICHARD MARKS	SARN HELEN	M V	28.47
30	RON MORGAN	TROTS	M V	29.12
31	DEWI JONES	NONE	M	29.18
32	SULWYN JENKINS	NONE	M	29.49
33	DYLAN DAVIES	NONE	M	30.15
34	JANE BUCK	CARDIGAN AC	F V	31.06
35	GARETH JONES	SARN HELEN	M	31.35
36	CAROL HOWARD	PEMBROKSHIRE HARRIERS	F V	31.42

37	DORIAN REES	NONE	M		32.01
37	BRYN WILLIAMS	NONE	M		32.01
39	WENDY DAVIES	SARN HELEN	F	1st	32.52
39	KELVIN EVANS	NONE	M		32.52
41	LORRAINE DYDE	PEMBROKSHIRE HARRIERS	F V		34.03
42	EMYR JONES	SARN HELEN	M V		34.12
43	DALLAS WISEMAN	SARN HELEN	M		34.19
44	JAN YOUNGER	PEMBROKSHIRE HARRIERS	F V		35.18
45	DAFYDD MORGAN	SARN HELEN	M		41.51
46	FRANCIS MORGAN	SARN HELEN	F	2nd	41.53
47	EIRIAN DAVIES	NONE	M V		41.54
48	PAT SHERWOOD	AMMAN VALLEY HARRIERS	F V		45.03

1st Team - Cardigan

PAUL ROSE
LES HEWITSON
DAVID WARREN
MICHAEL REES

RAS CWRRTNEWYDD 2002 Under 17yrs 3000 METERS RESULT

POS	NAME	CLUB	CLASS	TIME
1	CHRISTOPHER WALTERS	CARMARTHEN HARRIERS	Male 1st	10.49
2	IRFON THOMAS	SARN HELEN	Male 2nd	11.19
3	CARWYN THOMAS	SARN HELEN	Male 3rd	11.27
4	CARYS DAVIES	SARN HELEN	Female 1st	11.45
5	CARWYN ELIAS	NONE	Male	12.12
6	NICOLA WALTERS	CARMARTHEN HARRIERS	Female 2nd	12.19
7	DAVID THOMAS	SARN HELEN	Male	12.36
8	MELFYN DAVIES	SARN HELEN	Male	12.45
9	STEFFAN THOMAS	SARN HELEN	Male	13.53
10	RHIAN EVANS	SARN HELEN	Female 3rd	14.10
11	RHIAN THOMAS	NONE	Female	14.14
12	HELEDD THOMAS	NONE	Female	14.44
13	KELLY THOMAS	NONE	Female	14.47
14	RHIDIAN EVANS	SARN HELEN	Male	15.29
15	LEISA DAVIES	NONE	Female	15.31
16	STEFFAN JONES	SARN HELEN	Male	15.32
17	SIAN JENKINS	SARN HELEN	Female	15.48
18	CREYS REES	SARN HELEN	Female	15.53
19	NERIS THOMAS	SARN HELEN	Female	16.35
20	ELIN EVANS	SARN HELEN	Female	16.58
21	MARTIN HUNTER	NONE	Male	22.12
22	CEIRON POLLOCK	NONE	Male	22.13
23	TONI WILLIAMS	NONE	Female	22.14
24	RACHEL HOLLAND	NONE	Female	23.09

RAS CWRRTNEWYDD 2002 PRIMARY SCHOOL 1500 METERS RESULT

POS	NAME	SCHOOL	CLASS	TIME
1	GETHIN JENKINS	LLANWENOG	Male 1st	6.01
2	FFION HAF DAVIES	LLANWENOG	Female 1st	6.04
3	SAM THOMAS	TREGARON	Male 2nd	6.17
4	RHYS JONES	LLANWENOG	Male 3rd	6.27
5	SIONED HAF DAVIES	LLANGEITHO	Female 2nd	6.28
6	REBECA THOMAS	CWRTNEWYDD	Female 3rd	6.34
7	PAUL HANDS	CWRTNEWYDD	Male	6.44
8	DANIEL WYN DAVIES	FELINFACH	Male	6.53
9	MIKE THOMAS	TREGARON	Male	6.57
10	CATRYN REES	PONTSIAN	Female	7.00
11	ZORA FELSKÉ	CWRTNEWYDD	Female	7.03
12	RHIAN DAVIES	LLANWENOG	Female	7.08
13	ADAM JONES	CWRTNEWYDD	Male	7.11
14	RHYS EVANS	LLWYNY GROES	Male	7.28
15	GLYN EVANS	CWRTNEWYDD	Male	7.29
16	LEWIS WATKINS	CWRTNEWYDD	Male	7.49
17	DAN JONES	LLANWENOG	Male	7.56
18	DAMON LYE	CWRTNEWYDD	Male	8.10
19	SHAUNA WILLIAMS	CWRTNEWYDD	Female	8.15
20	ROISIN THOMAS-HANDS	CWRTNEWYDD	Female	8.20
21	SIONED DAVIES	LLANWENOG	Female	8.25
22	IESTYN JAC WILSON	CWRTNEWYDD	Male	8.29
23	RHYS LEWIS	CRIBYN	Male	8.49
24	CARWYN DAVIES	CWRTNEWYDD	Male	8.50
25	CATRIN REYNOLDS	SARON	Female	9.09
25	ANGHARAD EVANS	LLANWENOG	Female	9.09
27	LEWIS LYE	CWRTNEWYDD	Male	9.23
28	ZOWIE WILLIAMS	CWRTNEWYDD	Female	9.45
29	KLOE HANDS	CWRTNEWYDD	Female	9.47
30	RYAN WATKINS	CWRTNEWYDD	Male	9.53
31	ANGHARAD EVANS	CWRTNEWYDD	Female	9.58
32	STEFFAN JENKINS	LLANWNNEN	Male	10.01
33	RHIAN JONES	LLANWENOG	Female	10.20
34	JASON THOMAS	CREUDDYN BRIDGE	Male	10.25
35	KEANU-RYVER LYE	CWRTNEWYDD	Male	10.27
36	LUKE HUNTER	CWRTNEWYDD	Male	10.31
37	AARON HUNTER	CWRTNEWYDD	Male	10.36
38	SIAN RENSHAW	TAN Y GROES	Female	10.37
39	JAY FELSKÉ	CWRTNEWYDD	Male	10.50
40	FREYA SMITH	CWRTNEWYDD	Female	10.54
41	LEWIS ANKERS	LAMPETER	Male	11.04
42	MELERI DAVIES	CWRTNEWYDD	Female	11.08
43	LAUREN JONES	CWRTNEWYDD	Female	11.14
44	SOPHIE JONES	CWRTNEWYDD	Female	11.16
45	ELINOR JONES	CWRTNEWYDD	Female	11.19
46	RHIAN GUTTERIDGE	CWRTNEWYDD	Female	11.38
47	ARWEL JONES	CWRTNEWYDD	Male	11.41

48	RHODRI HATCHER	CWRTNEWYDD	Male	11.44
48	GETHIN HATCHER	CWRTNEWYDD	Male	11.44
50	GWAWR HATCHER	CWRTNEWYDD	Female	11.55
51	NATHAN HUNTER	CWRTNEWYDD	Male	11.59
52	CARWYN WILLIAMS	CREUDDYN BRIDGE	Male	12.07
53	MEINIR DAVIES	CWRTNEWYDD	Female	12.09
54	NIA RENSHAW	TAN Y GROES	Female	12.24
55	SABRINA GIBBONS	CWRTNEWYDD	Female	12.26
56	SIONED HATCHER	CWRTNEWYDD	Female	12.35
57	STEFFAN EVANS	LLANWENOG	Male	12.36
58	ALYSHA WARBURTON	CWRTNEWYDD	Female	12.53
59	MEGAN GUTTERIDGE	CWRTNEWYDD	Female	13.03
60	CARWYN EVANS	LLANWENOG	Male	13.23
61	LUKE WINSTON	GODRER GRAIG	Male	13.35
62	KIERON SMITH	CWRTNEWYDD	Male	13.54
63	LLEUCU IFANS	DIHEWYD	Female	13.59
64	AARON KERSEY	CWRTNEWYDD	Male	16.45
65	MELERI EVANS	CWRTNEWYDD	Female	17.13

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