



Sarn Helen Club Lampeter, West Wales

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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

CWRTNEWYDD 2003 - 3000m

1	Carwyn Thomas	Sarn Helen	Male	11.42
2	Gethin Jenkins	Sarn Helen	Male	12.31
3	Irfon Thomas	Sarn Helen	Male	12.35
4	Katie Parkes	Sarn Helen	Female	12.44

5	Ffion Davies	Sarn Helen	Female	12.48
6	Sophie Cave	Sarn Helen	Female	14.05
6	Rhian Evans	Sarn Helen	Female	14.05
8	Huw Rowcliffe	None	Male	14.36
9	Emma Jones	Sarn Helen	Female	15.04
10	Elin Evans	Sarn Helen	Female	15.06
11	Neris Thomas	Sarn Helen	Female	15.08
12	Caryl Davies	Sarn Helen	Female	15.11
13	Sian Jenkins	Sarn Helen	Female	15.59

CWRRTNEWYDD 2003 - 1500m

POS	NAME	CLUB / SCHOOL	CLASS	TIME
1	Sioned Davies	Sarn Helen / Llangeitho	Female	6.07
2	Catrin Lewis	Aberporth	Female	6.09
3	Rhys Jones	Sarn Helen / Llanwenog	Male	6.11
4	Reece Prowse	Aberporth	Male	6.22
5	Rhian Davies	Sarn Helen / Llanwenog	Female	6.27
6	Rhodri Evans	Llandysul	Male	6.36
7	Georgia Cappel - Rose	Llangeitho	Female	6.40
8	Gethin Hunter	Cwrtnewydd	Male	6.41
9	Paul Hands	Cwrtnewydd	Male	6.45
10	Rhys Evans	Sarn Helen / Llangeitho	Male	6.47
11	Catrin Rees	Sarn Helen / Pontsian	Female	6.54
12	Adam Jones	Cwrtnewydd	Male	6.55
13	Sarah Janes	Sarn Helen / Ffynnonbedr	Female	7.04
14	Zora Felske	Cwrtnewydd	Female	7.20
15	Iestyn Jac	Cwrtnewydd	Male	7.27
16	Damon Lye	Cwrtnewydd	Male	7.30
17	Dylan Davies	Llanwenog	Male	7.37
18	Rhian Jones	Llanwenog	Female	7.38
19	Abbie Marie Slater	Aberporth	Female	7.50
20	Angharad Mair Evans	Llanwenog	Female	7.57
21	Michael Nugent	Ffynnonbedr	Male	8.05
22	Kloe Hands	Cwrtnewydd	Female	8.09
23	Dominic Coleman	Pembroke Dock	Male	8.23
24	Daniel Coleman	Pembroke Dock	Male	8.29
25	John Janes	Sarn Helen / Ffynnonbedr	Male	8.46
25	Autumn Gale	Ffynnonbedr	Female	8.46
27	Mathew Rowcliffe	New Inn	Male	9.17
28	Luke Hunter	Cwrtnewydd	Male	9.21
29	Heddwyn Jones	Llanwnen	Male	9.23
30	Marian Thomas	Cwrtnewydd	Female	9.26
31	Glyn Evans	Cwrtnewydd	Male	9.29
32	Roisin Thomas-Hands	Cwrtnewydd	Female	9.31
33	Laura Arnopp	Cwrtnewydd	Female	9.33
34	Yasmine Morris	Cwrtnewydd	Female	9.45
35	Bleddyn Edwards	Cwrtnewydd	Male	9.50
36	Freya Smith	Cwrtnewydd	Female	10.04

37	Steffan Evans	Llanwenog	Male	10.22
38	Shelly Vickerson	Cwrtnewydd	Female	10.25
39	Rhodri Hatcher	Cwrtnewydd	Male	10.28
40	Meleri Davies	Cwrtnewydd	Female	10.30
41	Lewis Lye	Cwrtnewydd	Male	10.33
42	Mathew Furlong	Cwrtnewydd	Male	10.35
43	Carwyn Davies	Cwrtnewydd	Male	10.36
44	Sophie Jones	Cwrtnewydd	Female	10.44
45	Lleucu Aeron Ifans	Dihewyd	Female	10.49
46	Angharad Evans	Cwrtnewydd	Female	10.54
47	Sioned Rees Evans	Tregroes	Female	10.57
48	Elinor Jones	Cwrtnewydd	Female	11.00
49	Sabrina Gibbons	Cwrtnewydd	Female	11.01
50	Estee Morris	Cwrtnewydd	Female	11.07
51	Wendy Gough	Cwrtnewydd	Female	11.12
52	Lauren Jones	Cwrtnewydd	Female	11.17
53	Arwel Jones	Cwrtnewydd	Male	11.18
54	Keanu-Ryver Lye	Cwrtnewydd	Male	11.20
55	Kelly Jones	Cwrtnewydd	Female	11.21
56	Kieron Smith	Cwrtnewydd	Male	11.44
57	Rhianedd Evans	Llandysul	Female	11.51
58	Alysha Warburton	Cwrtnewydd	Female	11.55
59	Luned Jones	Cwrtnewydd	Female	12.01
60	Sioned Hatcher	Cwrtnewydd	Female	12.13
61	Chloe Morris	Cwrtnewydd	Female	12.18
62	Gwawr Hatcher	Cwrtnewydd	Female	12.25
63	Iwan Evans	Cwrtnewydd	Male	12.27
64	Aaron Kersey	Cwrtnewydd	Male	12.31
65	Gruffydd Rees Evans	Tregroes	Male	12.33
66	Meleri Evans	Cwrtnewydd	Female	14.20
67	Meinir Davies	Cwrtnewydd	Female	14.38
68	Jac Jones	Llanwenog	Male	D.N.F.

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