

## CWRRTNEWYDD 2004 - 4 MILES

POS	NAME	CLUB	CLASS	TIME
1	Andrew Abbott	Sarn Helen	Male	22.11
2	Paul Griffiths	Swansea Harriers	Male	22.21
3	David Astins	Pembs Tri	Male	23.53
4	Richard Marks	Sarn Helen	Male 40	24.03
5	Dewi Jones	Trots	Male 40	24.44
6	Tony Hall	Sarn Helen	Male 40	25.11
7	Paul Jones	None	Male	25.17
8	Calvin Williams	Sarn Helen	Male 40	25.21
9	Dallas Wiseman	Sarn Helen	Male	25.44
10	Robert Dyde	Pembrokeshire Harriers	Male	25.55
11	Peter Davies	Sarn Helen	Male 40	25.58
12	Haydn Lloyd	Sarn Helen	Male	26.07
13	Ann Thomas	Torts	Female 35	26.20
14	Owen Derrick	Pembrokeshire Harriers	Male	27.04
15	Simon Hall	Sarn Helen	Male	27.06
16	Lyn Rees	Sarn Helen	Male 40	27.10
17	Cyril Walters	Trots	Male 40	27.15
18	Mary Bowen Rees	Triots	Female 35	27.25
19	Mark Dunscombe	Sarn Helen	Male 40	27.36
20	Peter Turner	Cornelly Striders	Male 40	27.53
21	Gareth Jones	Sarn Helen	Male	27.58
22	Ellie Jones	Pembs Tri	Female	28.03
23	Roland Sherwood	Amman Valley	Male 40	28.59
24	Eric Rees	Sarn Helen	Male	29.15
25	Jammie Thomas	None	Male	29.15
26	Stanley Griffiths	None	Male 40	29.19
27	Gareth Elliott	Pembrokeshire Harriers	Male	29.23
28	Deb Chick	Bridgend A.C.	Female 35	29.39
29	Brian Thomas	Sarn Helen	Male 40	29.44
30	Jane Buck	Cardigan	Female 35	29.46
31	Gareth Jones	None	Male	29.50
32	Brian Healey	Cardigan	Male 40	30.05
33	Jenny Parkes	Sarn Helen	Female 35	30.07

34	Bryn Williams	None	Male	30.10
35	Jonathan Evans	Pembrokeshire Harriers	Male	30.32
36	Dewi Jones	None	Male	30.38
37	Helen Mc Ramara	Pembrokeshire Harriers	Female 35	30.44
38	Terry Glover	Pembrokeshire Harriers	Male 40	31.10
39	Helen Williams	Trots	Female 35	31.21
40	Paul Colman	Pembrokeshire Harriers	Male 40	31.35
41	Janet Jones	Sarn Helen	Female 35	31.40
42	Adrian Varney	Trots	Male 40	32.00
43	Val Brown	Pembs Tri	Female 35	32.03
44	Dorian Rees	None	Male	32.09
45	Aled Whitfield	None	Male	32.09
46	Jill Colman	Pembrokeshire Harriers	Female 35	32.16
47	David Thomas	Sarn Helen	Male 40	32.30
48	Jackie Davies	None	Female 35	32.33
49	Ron Morgan	Trots	Male 40	32.47
50	Bob Elliott	Pembrokeshire Harriers	Male 40	32.55
51	Lorraine Dyde	Pembrokeshire Harriers	Female 35	33.47
52	Martin Dyde	Pembrokeshire Harriers	Male 40	33.47
53	Peter Walker	Pembrokeshire Harriers	Male 40	34.03
54	Paul Edwards	None	Male 40	34.11
55	Caryl Davies	Sarn Helen	Female	34.36
56	Tanis Hand	Trots	Female 35	34.39
57	Susan Jenkins	Sarn Helen	Female 35	34.59
58	Ruth Hall	Sarn Helen	Female	36.20
59	Jim Camplin	None	Male 40	36.32
60	Jan Younger	Pembrokeshire Harriers	Female 35	37.15
61	Pauline Charlett	Pembrokeshire Harriers	Female 35	37.17
62	Hefin Davies	None	Male 40	37.26
63	Jennifer Evans	None	Female 35	38.01
64	Eirian Davies	None	Male 40	39.14
65	Sian Brown	None	Female 35	41.18
66	Patricia Sherwood	Amman Valley	Female 35	44.49
67	Allen Watts	Sarn Helen	Male 40	47.53
68	Trefor Pugh	Maldwyn Harriers	Male 40	D.N.F.
69	Dylan Davies	Sarn Helen	Male	D.N.R.



9	Steffan Lewis	Ffynnon Bedr	Male	6.39
10	Dan Jones	Sarn Helen	Male	6.41
11	Dylan Davies	Llanwenog	Male	6.42
12	Sioned Douglas	Carreg Hirfaen	Female	6.47
13	Abbi Slater	Carmarthen Harriers	Female	6.51
14	Sion Matthey	Llangadog	Male	6.59
15	Rhian Jones	Llanwenog	Female	7.00
16	Daniel Price	Felinfach	Male	7.07
17	John Janes	Fynnon Bedr	Male	7.09
18	Rhodri Pugh Davies	Ysgol Y Dderi	Male	7.12
19	Tirion Davies	Pontrhydfendigaid	Female	7.14
20	Elliw Mair	Ysgol Y Dderi	Female	7.18
21	Teifion Davies	Pontsian	Male	7.21
22	Ffion Davies	Pontsian	Female	7.25
23	Llyr James	Sarn Helen	Male	7.28
24	Aron Tudur	Ysgol Y Dderi	Male	7.31
25	Steffan Jenkins	Llanwnnen	Male	7.32
26	Kloe Hands	Cwrtnewydd	Female	7.35
27	Angharad Evans	Llanwenog	Female	7.47
28	Steffan Evans	Llanwenog	Male	7.48
29	Sion Price	Felinfach	Male	7.52
30	Scott Ablett	Cwrtnewydd	Male	7.54
31	Dominic Coleman	Pembrokeshire Harriers	Male	7.58
32	David Heath	Ffynnon Bedr	Male	8.02
33	Heulyn Evans	Sarn Helen	Male	8.05
34	Lowri Pugh Davies	Ysgol Y Dderi	Female	8.10
35	Ryan Watkins	Cwrtnewydd	Male	8.13
36	Daniel Coleman	Pembrokeshire Harriers	Male	8.14
37	Lewis Watkins	Cwrtnewydd	Male	8.16
38	Cadog Davies	Dihewyd	Male	8.20
39	Mathew Furlong	Cwrtnewydd	Male	8.20
40	Rhydian Davies	Pontsian	Male	8.22
41	James Brown	Llanwenog	Male	8.29
42	Virginia Brown	Llanwenog	Female	8.29
43	Carwyn Davies	Cwrtnewydd	Male	8.36
44	Imogen Furlong	Cwrtnewydd	Female	8.37

45	Rhydian Evans	Llangeitho	Male	8.40
46	Rhodri Hatcher	Cwrtnewydd	Male	8.47
47	Marian Thomas	Cwrtnewydd	Female	8.53
48	Ben Hyde	Cwrtnewydd	Male	9.02
49	Elinor Jones	Cwrtnewydd	Female	9.11
50	Lleucu Aeron Ifans	Dihewyd	Female	9.16
51	Lowri Davies	Dihewyd	Female	9.35
52	Sioned Davies	Dihewyd	Female	9.36
53	Gwawr James	Llanwnnen	Female	9.55
54	Kieron Smith	Cwrtnewydd	Male	10.07
55	Arwel Jones	Cwrtnewydd	Male	10.07
56	Rhian Gutteridge	Cwrtnewydd	Female	10.24
57	Meinir Davies	Cwrtnewydd	Female	10.27
58	David Thomas	Cwrtnewydd	Male	10.37
59	Stephen Hyde	Cwrtnewydd	Male	10.38
60	Sophie Jones	Cwrtnewydd	Female	10.43
61	Meleri Davies	Cwrtnewydd	Female	10.44
62	Lauren Jones	Cwrtnewydd	Female	11.05
63	Sabrina Gibbons	Cwrtnewydd	Female	11.08
64	Megan Gutteridge	Cwrtnewydd	Female	11.16
65	Luned Medi Jones	Cwrtnewydd	Female	11.17
66	Aaron Kersey	Cwrtnewydd	Male	11.25
67	Alysha Warburton	Cwrtnewydd	Female	11.39
68	Sian Elin	Llanybydder	Female	11.46
69	Sioned Hatcher	Cwrtnewydd	Female	11.47
70	Iwan Evans	Cwrtnewydd	Male	11.54
71	Gwawr Hatcher	Cwrtnewydd	Female	12.05
72	Bleddyn Edwards	Cwrtnewydd	Male	12.06
73	Briallt Wyn Williams	Cwrtnewydd	Female	12.25
74	Stephen Varney	Trots	Male	12.40
75	Alex Varney	Trots	Male	12.40