

CWRTNEWYDD 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.
70	Bill Benet	British Miler Club	Male 40	D.N.R.

1st TEAM - SARN HELEN

Andrew Abbott

Richard Marks

Tony Hall

Calvin Williams

COURSE RECORD

1997 STEPHEN GRIFFITHS 21min 11sec

1997 HAYLEY NASH 23min 48sec