



Sarn Helen Club

Lampeter, West Wales

FELINFACH RACE 2003 - 6 Mile Results

| POS | NAME | CLUB | CLASS | TIME |
|-----|-------------------|------------------|----------------|-------|
| 1 | ANDREW ABBOT | SARN HELEN | Male 1st | 32.08 |
| 2 | TIM O'CONNOR | SWANSEA | Male 2nd | 32.09 |
| 3 | MIKE EVANS | TROTS | Male 3rd | 32.37 |
| 4 | RICHARD MARKS | SARN HELEN | Male Vet 1st | 33.47 |
| 5 | STEVE DAVIES | SWANSEA HARRIERS | Male | 34.17 |
| 6 | KEVEN TAYLOR | AMMAN VALLEY | Male Vet 2nd | 34.36 |
| 7 | DAI ROBERTS | ABERYSTWYTH AC | Male Vet 3rd | 36.03 |
| 8 | GARY THOMAS | AMMAN VALLEY | Male Vet | 36.10 |
| 9 | MICHAEL REES | CARDIGAN AC | Male | 36.13 |
| 10 | TONY HALL | SARN HELEN | Male Vet | 36.23 |
| 11 | DYLAN DAVIES | SARN HELEN | Male | 36.36 |
| 12 | MARTIN DYDE | PEMBS HARRIERS | Male Vet | 36.51 |
| 13 | HAYDN LLOYD | SARN HELEN | Male | 37.08 |
| 14 | MARK DUNSCOMBE | SARN HELEN | Male Vet | 37.16 |
| 15 | MICHAEL BROW | SPA TANS | Male | 37.30 |
| 16 | CALVIN WILLIAMS | SARN HELEN | Male Vet | 37.34 |
| 17 | LYN REES | SARN HELEN | Male Vet | 37.50 |
| 18 | JAMIE BIGGS | NONE | Male | 38.01 |
| 19 | PAUL COLEMAN | PEMBS HARRIERS | Male Vet | 38.07 |
| 20 | ANN THOMAS | TROTS | Female Vet 1st | 38.19 |
| 21 | PETER DAVIES | SARN HELEN | Male Vet | 39.18 |
| 22 | ANDREW JAMES | SARN HELEN | Male | 39.29 |
| 23 | DALLAS WISEMAN | SARN HELEN | Male | 39.36 |
| 24 | CATHERINE WALKLEY | NONE | Female 1st | 39.44 |
| 25 | DAVID MARTLEY | NONE | Male Vet | 40.25 |
| 26 | PATRICK POWELL | TROTS | Male Vet | 40.32 |
| 27 | BRIAN THOMAS | SARN HELEN | Male Vet | 40.49 |
| 28 | JESSICA LEITCH | ABERYSTWYTH UNI | Female 2nd | 40.56 |
| 29 | GARETH JONES | SARN HELEN | Male | 41.19 |
| 30 | CHRIS MORRIS | SWANSEA HARRIERS | Male | 42.03 |
| 31 | MALCOLM LEITCH | NONE | Male Vet | 42.11 |
| 32 | RICHIE JONES | TROTS | Male Vet | 42.19 |
| 33 | HELEN WILLIAMS | TROTS | Female Vet 2nd | 42.50 |
| 34 | JANE BUCK | CARDIGAN | Female Vet 3rd | 43.19 |
| 35 | RON MORGAN | TROTS | Male Vet | 43.26 |
| 36 | CLAIRE CLEATHERO | TROTS | Female 3rd | 43.55 |
| 37 | CAROLINE LEWIS | NONE | Female Vet | 44.47 |
| 38 | JENNY PARKES | SARN HELEN | Female Vet | 45.25 |

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|----|------------------|----------------|------------|-------|
| 39 | MIKE HODGES | TROTS | Male Vet | 45.51 |
| 40 | ANN ROWELL | TROTS | Female Vet | 45.58 |
| 41 | HILARY McCARTHY | CARDIGAN AC | Female Vet | 47.01 |
| 42 | JILL COLEMAN | PEMBS HARRIERS | Female Vet | 47.39 |
| 43 | LORRAINE DYDE | PEMBS HARRIERS | Female Vet | 48.29 |
| 44 | JAN YOUNGER | PEMBS HARRIERS | Female Vet | 49.24 |
| 45 | MICHAEL PEARCE | PEMBS HARRIERS | Male Vet | 51.43 |
| 46 | PAULINE CHARLETT | PEMBS HARRIERS | Female Vet | 54.43 |
| 47 | RUTH HALL | NONE | Female | 57.01 |
| 48 | JANET BELL | PEMBS HARRIERS | Female Vet | 60.24 |
| 49 | ALLEN WATTS | SARN HELEN | Male Vet | 63.23 |

FELINFACH RACE 2003 - under 18yrs 3000mtr

| POS | NAME | CLUB / SCHOOL | CLASS | TIME |
|-----|----------------|---------------|------------|-------|
| 1 | CARWYN THOMAS | SARN HELEN | Male 1st | 10.51 |
| 2 | IRFON THOMAS | SARN HELEN | Male 2nd | 11.11 |
| 3 | DANIEL JAMES | ABERAERON | Male 3rd | 11.25 |
| 4 | STEPHEN JAMES | ABERAERON | Male | 11.43 |
| 5 | NICOLA WALTERS | CARMARTHEN | Female 1st | 11.55 |
| 6 | MELFYN DAVIES | SARN HELEN | Male | 12.04 |
| 7 | GETHIN JENKINS | SARN HELEN | Male | 12.05 |
| 8 | KATIE PARKES | SARN HELEN | Female 2nd | 12.10 |
| 9 | FFION DAVIES | SARN HELEN | Female 3rd | 12.28 |
| 10 | DANIEL ANGEL | ABERAERON | Male | 12.47 |
| 11 | HUW ROWCLIFFE | DYFFRYN TEIFI | Male | 13.31 |
| 12 | RHODRI BEVAN | ABERAERON | Male | 13.56 |
| 13 | SOPHIE CAVE | SARN HELEN | Female | 14.29 |
| 14 | CARYL DAVIES | SARN HELEN | Female | 14.32 |
| 15 | VANESSA LEITCH | ABERAERON | Female | 14.54 |
| 16 | SIAN JENKINS | SARN HELEN | Female | 15.08 |
| 17 | NATALIE LAST | ABERAERON | Female | 16.13 |
| 18 | MICHELLE JAMES | ABERAERON | Female | 16.18 |
| 19 | MEIRA LLOYD | TREGARON | Female | 17.59 |

FELINFACH RACE 2003 - 9yrs & over 1500mtr Results

| POS | NAME | CLUB / SCHOOL | CLASS | TIME |
|-----|---------------------|--------------------|------------|------|
| 1 | SIONED DAVIES | SARN HELEN / LLANG | Female 1st | 5.48 |
| 2 | XIEN WITT | LLANGEITHO | Male 1st | 5.57 |
| 3 | LYN JONES | LLANWNNEN | Male 2nd | 6.01 |
| 4 | ADAM JONES | YSGOL Y DDERI | Male 3rd | 6.08 |
| 5 | RHIAN DAVIES | SARN HELEN / LLANW | Female 2nd | 6.08 |
| 6 | JOE EARLY | LLANARTH | Male | 6.22 |
| 7 | ADAM JONES | CWRTNEWYDD | Male | 6.28 |
| 8 | GEORGIA COPPEL-ROSE | LLANGEITHO | Female 3rd | 6.30 |
| 9 | RHYS EVANS | SARN HELEN / LLANG | Male | 6.42 |
| 10 | JASON THOMAS | FELINFACH | Male | 6.54 |

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|----|--------------------|--------------------|--------|-------|
| 11 | TOMOS MILES | LLANARTH | Male | 6.58 |
| 12 | DAN JONES | SARN HELEN / LLANW | Male | 6.59 |
| 13 | MARTYN HYWEL LLOYD | LLANGEITHO | Male | 7.16 |
| 14 | HUW OWENS | CILIAU PARC | Male | 7.20 |
| 15 | CADOG DAVIES | DIHEWYD | Male | 7.24 |
| 16 | DOMINIC COLEMAN | PEMBS HARRIERS | Male | 7.50 |
| 17 | CHARLIE O'DONOVAN | NEW INN | Male | 7.51 |
| 18 | MATHEW ROWCLIFFE | NEW INN | Male | 8.51 |
| 19 | REBECCA ANN MORGAN | LLANARTH | Female | 8.55 |
| 20 | ALED DAVIES | CILIAU PARC | Male | 9.18 |
| 21 | MARK PENDLE | NEW INN | Male | 10.15 |
| 22 | SHANE BOLWELL | LLANARTH | Male | 10.44 |
| 23 | SHON ROWCLIFFE | NEW INN | Male | 11.04 |
| 24 | FRANKIE EARLY | LLANARTH | Female | 14.58 |

FELINFACH RACE 2003 - 8yrs & under 800mtr Results

| POS | NAME | CLUB / SCHOOL | CLASS | TIME |
|-----|---------------------------|----------------|------------|------|
| 1 | KIERON ANTHONY BOYES | CILCENNIN | Male 1st | 3.21 |
| 2 | SIAN DOWNES | LLANGEITHO | Female 1st | 3.23 |
| 3 | JAC EVANS | FELINFACH | Male 2nd | 3.23 |
| 4 | DYLAN DAVIES | LLANWENOG | Male 3rd | 3.24 |
| 5 | DANIEL PRICE | LLANGEITHO | Male | 3.33 |
| 6 | DANIEL COLMAN | PEMBS HARRIERS | Male | 3.38 |
| 7 | ANGHARAD EVANS | LLANWENOG | Female 2nd | 3.38 |
| 8 | T. J. GIBBINS | LLANARTH | Male | 3.40 |
| 9 | DARREN HOPKINS | DIHEWYD | Male | 3.41 |
| 10 | RHIAN JONES | LLANWENOG | Female 3rd | 3.42 |
| 11 | SION PRICE | FELINFACH | Male | 3.43 |
| 12 | RHYS LLOYD JONES | LLANARTH | Male | 3.45 |
| 13 | STEFFAN KEITH DANIELS | FELINFACH | Male | 3.46 |
| 14 | BEN ROBSON | ABERAERON | Male | 3.48 |
| 15 | ASHLEY THOMAS | LLANARTH | Male | 3.50 |
| 16 | LUKE HUNTER | CWRTNEWYDD | Male | 3.53 |
| 17 | LOWRI DAVIES | DIHEWYD | Female | 3.56 |
| 18 | CARWYN DAVIES | CWRTNEWYDD | Male | 3.56 |
| 19 | TRYSTAN JOHN DANIELS | FELINFACH | Male | 3.57 |
| 20 | RHYS JON JAMES | LLANARTH | Male | 3.57 |
| 21 | HEULYN EVANS | LLANGEITHO | Male | 3.58 |
| 22 | SIONED OWENS | CILIAU PARC | Female | 4.02 |
| 23 | FIONA THOMAS | FELINFACH | Female | 4.04 |
| 24 | JAKE TANSEY | LLANARTH | Male | 4.08 |
| 25 | CHARLOTTE ELIZABETH MORGA | LLANARTH | Female | 4.08 |
| 26 | AARON HUNTER | CWRTNEWYDD | Male | 4.09 |
| 27 | LIAM WALTERS | FELINFACH | Male | 4.15 |
| 28 | SAMUEL ROBSON | ABERAERON | Male | 4.16 |
| 29 | GWION DAVIES | FELINFACH | Male | 4.24 |

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|----|--------------------|-------------|--------|------|
| 30 | STEFFAN EVANS | LLANWENOG | Male | 4.24 |
| 31 | DELYTH EVANS | FELINFACH | Female | 4.30 |
| 32 | TANWEN EVANS | FELINFACH | Female | 4.36 |
| 33 | RHODRI AERON JONES | FELINFACH | Male | 4.50 |
| 34 | SIONED DAVIES | DIHEWYD | Female | 4.53 |
| 35 | LAUREN KEMP | DIHEWYD | Female | 4.54 |
| 36 | MEINIR DAVIES | CWRTNEWYDD | Female | 5.01 |
| 37 | MARED JONES | FELINFACH | Female | 5.04 |
| 38 | LLEUCU IFANS | DIHEWYDD | Female | 5.05 |
| 39 | GABY LESTAR | DIHEWYDD | Female | 5.14 |
| 40 | HELEDD HAWKINS | CILIAU PARC | Female | 5.19 |
| 41 | CARYS THOMAS | FELINFACH | Female | 5.28 |
| 42 | TOMOS JAC JAMES | NONE | Male | 6.09 |
| 43 | ELIN WYNNE HARRIES | FELINFACH | Female | 6.10 |
| 44 | KATE KEANE | GLYNARTHEN | Female | 6.56 |
| 45 | MOLLY PEARCE | NONE | Female | 7.23 |