

## FELINFACH RACE 2004 - 6 Mile Results

POSITION	NAME	CLUB	CLASS	TIME
1	Paul Griffiths	Swansea Harriers	Male 1st	31.32
2	Felipe Jones	Aberystwyth AC	Male 2nd	31.51
3	Columba Peoples	U.W. Aberystwyth Harriers	Male 3rd	32.06
4	Andrew Abbott	Sarn Helen	Male	33.42
5	Kevin Taylor	Amman Valley	Male Vet 1st	34.01
6	Richard Marks	Sarn Helen	Male Vet 2nd	34.27
7	Phil Adams	Neath Harriers	Male Vet 3rd	35.00
8	Les Chapman	Amman Valley	Male Vet	35.15
9	Michael Davies	None	Male	35.35
10	Dewi Jones	Trots	Male Vet	35.44
11	John Sinnett	Pembs Harriers	Male Vet	36.22
12	Tony Hall	Sarn Helen	Male Vet	36.50
13	Calvin Williams	Sarn Helen	Male Vet	37.04
14	Phillip Hertland	Pembs Harriers	Male	37.08
15	Ann Thomas	Trots	Female Vet 1st	37.09
16	Peter Davies	Sarn Helen	Male Vet	37.15
17	Dallas Wiseman	Sarn Helen	Male	37.30
18	Owen Derrick	Pembs Harriers	Male	37.34
19	Mike Brown	Spa Tans AC	Male	37.42
20	Mark Dunscombe	Sarn Helen	Male Vet	37.47
21	Simon Hall	Sarn Helen	Male	38.03
22	Haydn Lloyd	Sarn Helen	Male	38.04
23	Lyn Rees	Sarn Helen	Male Vet	38.12
24	Jamie Biggs	None	Male	38.21
25	Dave Roberts	Amman Valley	Male Vet	39.05
26	Daniel James	None	Male	39.34
27	Cyril Walters	Trots	Male Vet	39.40
28	Gareth Jones	Sarn Helen	Male	40.01
29	Gareth Elliot	Pembs Harriers	Male	40.05
30	Dave Griffiths	Trots	Male Vet	40.23
31	Alan Edwards	None	Male	40.29
32	Gwilym Jones	Aberystwyth AC	Male Vet	40.30
33	Caroline John	None	Female Vet 2nd	40.49
34	David Martley	None	Male Vet	41.05
35	Brian Healey	Cardigan AC	Male Vet	41.33
36	David Thomas	Sarn Helen	Male Vet	41.54
37	Brian Thomas	Sarn Helen	Male Vet	42.02
38	John Evans	Aberystwyth AC	Male Vet	42.35
39	Jane Buck	Cardigan AC	Female Vet 3rd	42.52
40	Sian Cuthbert	Cardigan AC	Female Vet	43.09
41	Sabrina Schuiz	U.W. Aberystwyth Harriers	Female 1st	43.10

42	Adriano Evola	Aberystwyth	Male Vet	43.47
43	Huw Price	None	Male Vet	44.40
44	Stanley Griffiths	None	Male Vet	44.40
45	Hilary McCarthy	Cardigan AC	Female Vet	45.01
46	Jan Jones	Sarn Helen	Female Vet	45.18
47	Adrian Varney	Trots	Male Vet	45.36
48	Mike Hodges	Trots	Male Vet	45.38
49	Bob Elliott	Pembs Harriers	Male Vet	47.26
50	Arwel Jones	None	Male	48.52
51	Susan Jenkins	Sarn Helen	Female Vet	50.12
52	Sue Lloyd	Pembs Harriers	Female Vet	50.59
53	Mike Todd	Amman Valley	Male Vet	51.18
54	Ruth Hall	Sarn Helen	Female 2nd	51.50
55	Jenny Coombs	None	Female Vet	53.47
56	Pauline Charlett	Pembs Harriers	Female Vet	56.40
57	Eirian Davies	Sarn Helen	Male Vet	57.38
58	Jan Bell	Pembs Harriers	Female Vet	58.06
59	Madeleine Bland	Pembs Harriers	Female Vet	58.21
60	Bethan Williams	None	Female 3rd	65.52
61	Allen Watts	Sarn Helen	Male Vet	65.52

#### FELINFACH RACE 2004 - under 18yrs 3000mtr

POSITION	NAME	CLUB / SCHOOL	CLASS	TIME
1	Carwyn Thomas	Sarn Helen	Male 1st	10.49
2	Adam Bitchell	Penweddig	Male 2nd	10.58
3	Gethin Jenkins	Sarn Helen	Male 3rd	11.38
4	Melfyn Davies	Sarn Helen	Male	11.48
5	Ffion Davies	Sarn Helen	Female 1st	11.57
6	Sioned Davies	Sarn Helen	Female 2nd	12.24
7	Rhodri Bevan	Aeraeron	Male	13.41
8	Caryl Davies	Sarn Helen	Female 3rd	13.46
9	Sion Griffiths	Sarn Helen	Male	14.26
10	Rhys Jones	Sarn Helen	Male	14.34
11	Sian Jenkins	Sarn Helen	Female	14.43
12	Caryl Evans	Lampeter	Female	14.43
13	Ffion Aur Evans	Amman Valley Harriers	Female	15.59
14	Michelle James	Aberaeron	Female	16.37
15	Meira Lloyd	Tregaron	Female	18.50
16	Michelle Morgan	Lampeter	Female	21.38
17	Charlotte Murray	Lampeter	Female	21.39
18	Mark Pendle	Dyffryn Teifi	Male	22.03

#### FELINFACH RACE 2004 - 9yrs & over 1500mtr Results

POSITION	NAME	CLUB / SCHOOL	CLASS	TIME
1	Gethin Wyn Jones	Sarn Helen	Male 1st	5.38
2	Rhian Mair Davies	Sarn Helen	Female 1st	5.41
3	Georgia Copper-Rose	Llangeitho	Female 2nd	6.11
4	Rhys Evans	Sarn Helen	Male 2nd	6.17
5	George Giles	Talley	Male 3rd	6.20
6	Sian Downes	Llangeitho	Female 3rd	6.31
7	Stephanie Harrand	Dihewyd	Female	6.32
8	Martyn Lloyd	Llangeitho	Male	6.41
9	Dan Jones	Sarn Helen	Male	6.45
10	Teifion Davies	Pontsian	Male	6.45
11	Llyr James	Sarn Helen	Male	6.48
12	Elin Haf Evans	Amman Valley Harriers	Female	6.57
13	Anwen Thomas	Dihewyd	Female	7.00
14	Glen Janes	Ysgol y Dderi	Male	7.04
15	Carwyn Evans	Cribyn	Male	7.08
16	Sion Price	Sarn Helen / Felinfach	Male	7.24
17	Daniel Edwardes	Sarn Helen	Male	7.28
18	Scott Roberts	Felinfach	Male	7.34
19	Michael Roberts	Amman Valley Harriers	Male	7.34
20	Jason Thomas	Felinfach	Male	7.35
21	Lisa Thomas	Cribyn	Female	7.38
22	Simon Jones	Felinfach	Male	7.57
23	Rowan Griffiths	Manorbier	Female	7.58
24	Savannah Davies	Llanwenog	Female	7.59
25	Benjamin Kirtley	Dihewyd	Male	8.06
26	Steffan Keith Daniels	Felinfach	Male	8.09
27	Aled Jones	Llangeitho	Male	8.16
28	Philip Roberts	Amman Valley Harriers	Male	8.21
29	Heulyn Evans	Sarn Helen	Male	8.22
30	Carys Rhys Lewis	Pennant	Female	9.23
31	Cadog Llyr Davies	Dihewyd	Male	9.39
32	Ffion Thomas	Felinfach	Female	9.50

### FELINFACH RACE 2004 - 8yrs & under 800mtr Results

POSITION	NAME	SCHOOL	CLASS	TIME
1	Emlyn Jones Lewis	Pennant	Male 1st	3.05
2	Dylan Davies	Llanwenog	Male 2nd	3.06
3	Daniel Price	Felinfach	Male 3rd	3.10
4	Jack Todd	Nantygroes	Male	3.14
5	Angharad Evans	Llanwenog	Female 1st	3.18
6	Rhian Jones	Llanwenog	Female 2nd	3.20
7	Darren Hopkins	Dihewyd	Male	3.34
8	Steffan Evans	Llanwenog	Male	3.43
9	Richard Downes	Llangeitho	Male	3.53

<b>10</b>	<b>Trystan John Daniels</b>	<b>Felinfach</b>	<b>Male</b>	<b>4.00</b>
<b>11</b>	<b>Tanwen Evans</b>	<b>Felinfach</b>	<b>Female 3rd</b>	<b>4.01</b>
<b>12</b>	<b>Catrin Hope</b>	<b>Felinfach</b>	<b>Female</b>	<b>4.02</b>
<b>13</b>	<b>Liam Walters</b>	<b>Felinfach</b>	<b>Male</b>	<b>4.03</b>
<b>14</b>	<b>Gwion Davies</b>	<b>Felinfach</b>	<b>Male</b>	<b>4.06</b>
<b>15</b>	<b>Lauren Kemp</b>	<b>Dihewyd</b>	<b>Female</b>	<b>4.07</b>
<b>16</b>	<b>William Pierce</b>	<b>Felinfach</b>	<b>Male</b>	<b>4.10</b>
<b>17</b>	<b>Mared Fflur Davies</b>	<b>Felinfach</b>	<b>Female</b>	<b>4.12</b>
<b>18</b>	<b>Carys Evans</b>	<b>Cribyn</b>	<b>Female</b>	<b>4.13</b>
<b>19</b>	<b>Ieuan Wyn Rees</b>	<b>Llangeitho</b>	<b>Male</b>	<b>4.14</b>
<b>20</b>	<b>Lowri Mai Davies</b>	<b>Dihewyd</b>	<b>Female</b>	<b>4.15</b>
<b>21</b>	<b>Rhodri Aeron Jones</b>	<b>Felinfach</b>	<b>Male</b>	<b>4.17</b>
<b>22</b>	<b>Sionos Fflur Davies</b>	<b>Dihewyd</b>	<b>Female</b>	<b>4.19</b>
<b>23</b>	<b>Carwyn Davies</b>	<b>Cwrtnewydd</b>	<b>Male</b>	<b>4.20</b>
<b>24</b>	<b>Rhydian Evans</b>	<b>Llangeitho</b>	<b>Male</b>	<b>4.24</b>
<b>25</b>	<b>George Lewes</b>	<b>Trefilan</b>	<b>Male</b>	<b>4.29</b>
<b>26</b>	<b>Lleucu Ifans</b>	<b>Dihewyd</b>	<b>Female</b>	<b>4.30</b>
<b>27</b>	<b>Ryan Kemp</b>	<b>Dihewyd</b>	<b>Male</b>	<b>4.32</b>
<b>28</b>	<b>Osian Jones</b>	<b>Felinfach</b>	<b>Male</b>	<b>4.33</b>
<b>29</b>	<b>Carys Thomas</b>	<b>Felinfach</b>	<b>Female</b>	<b>4.55</b>
<b>30</b>	<b>Gaby Lester</b>	<b>Dihewyd</b>	<b>Female</b>	<b>4.56</b>
<b>31</b>	<b>Gwennan Jones</b>	<b>Dihewyd</b>	<b>Female</b>	<b>4.58</b>
<b>32</b>	<b>Meinir Davies</b>	<b>Cwrtnewydd</b>	<b>Female</b>	<b>5.14</b>
<b>33</b>	<b>Elin Hope</b>	<b>Felinfach</b>	<b>Female</b>	<b>5.23</b>
<b>34</b>	<b>Llio Jones</b>	<b>Felinfach</b>	<b>Female</b>	<b>5.44</b>
<b>35</b>	<b>Owain Verdin</b>	<b>Dihewyd</b>	<b>Male</b>	<b>5.50</b>
<b>36</b>	<b>Luke Reid</b>	<b>Felinfach</b>	<b>Male</b>	<b>6.11</b>
<b>37</b>	<b>Brennig Ifans</b>	<b>Dihewyd</b>	<b>Male</b>	<b>6.20</b>
<b>38</b>	<b>Joshua Lewes</b>	<b>Trefilan</b>	<b>Male</b>	<b>6.21</b>
<b>39</b>	<b>Moya Lewes</b>	<b>Feithrin Felinfach</b>	<b>Female</b>	<b>6.22</b>
<b>40</b>	<b>Daniel Jones</b>	<b>Dihewyd</b>	<b>Male</b>	<b>6.23</b>
<b>41</b>	<b>Alaw Jones</b>	<b>Feithrin Felinfach</b>	<b>Female</b>	<b>6.43</b>
<b>42</b>	<b>Jac McEvoy</b>	<b>Feithrin Felinfach</b>	<b>Male</b>	<b>7.19</b>
<b>43</b>	<b>Ifan Sion Mason Evans</b>	<b>Feithrin Felinfach</b>	<b>Male</b>	<b>7.22</b>
<b>44</b>	<b>Iwan Jenkins</b>	<b>Feithrin Felinfach</b>	<b>Male</b>	<b>8.04</b>
<b>45</b>	<b>Alaw Jones</b>	<b>Felinfach</b>	<b>Female</b>	<b>8.04</b>