

[Sarn Helen Logo]

## Sarn Helen Club Lampeter, West Wales


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	<b>CWRTNEWYDD 2000</b>	<b>4 MILE RESULTS</b>		
POS	NAME	CLUB	CLASS	TIME
1	MALCOLM ADAMS	TROTS	MV 1st	22.04
2	ANDREW ABBOTT	SARN HELEN	MO 1st	22.24
3	LES HEWITSON	TEAM JAG	MO 2nd	22.31
4	ERIC REES	SARN HELEN	MO	23.16
5	DAVID BUCK	CARDIGAN	MO	23.25
6	HAYDN LLOYD	SARN HELEN	MO	23.41
7	ROBERT DYDE	CLEDDAU	MO	23.55
8	DEBBIE PHILLIPS	CLEDDAU	FO 1st	24.01
9	KEITH GREEN	TEAM JAG	MV 2nd	24.16
10	DYLAN DAVIES	SARN HELEN	MO	24.37
11	KARL SCOTT	CLEDDAU	MO	24.57
12	GARY EDWARDS	CARMARTHEN HARRIERS	MO	25.04
13	MARTIN DYDE	CLEDDAU	MV	25.08
14	LYN REES	SARN HELEN	MV	25.13
15	DAVID THOMAS	SARN HELEN	MO	25.31
16	CARWYN PHILLIPS	TROTS	MO	25.41
17	DENNIS COLLINS	RHONDDA VALLEY	MO	25.46
18	JOHN COLLINS	SWANSEA HARRIERS	MV	25.47
19	EVAN JAMES WILLIAMS	TROTS	MO	25.54
20	MICHAEL REES	CARDIGAN	MO	26.01
21	TONY HALL	SARN HELEN	MV	26.05
22	JAMIE BIGGS	SARN HELEN	MO	26.11
23	IAN WILLIAMS	TROTS	MO	26.14
24	GERAINT DAVIES	SWANSEA HARRIERS	MO	26.43
25	KEITH EVANS	NONE	MO	27.01
26	DARREN TINKER	CLEDDAU	MO	27.09
27	ASHLEY DUNSCOMBE	NONE	MO	27.21
28	JONATHAN PHILLIPS	CLEDDAU	MO	27.24

29	RICHARD JAMES	CARDIGAN	MO	27.44
30	GEOFF THOMAS	CARMARTHEN HARRIERS	MV	27.52
31	LYN GREEN	TEAM JAG	FV 1st	27.55
32	RON MORGAN	TROTS	MV	28.04
33	JAMES BREWSTER LIDDLE	ABERYSTWYTH	MV	28.13
34	DAWN KENWRIGHT	SARN HELEN	FV 2nd	28.23
35	ANDREW JAMES	SARN HELEN	MO	28.25
36	STAN GRIFFITHS	SARN HELEN	MV	28.39
37	ERYL DAVIES	NONE	MO	28.57
38	JAMIE THOMAS	NONE	MO	29.30
39	DORIAN REES	SARN HELEN	MO	29.40
40	DEWI JONES	NONE	MO	29.43
41	ADRIAN VARNEY	TROTS	MO	30.00
42	SULWYN JENKINS	NONE	MO	30.03
43	RICHARD THOMAS	CARMARTHEN HARRIERS	MV	30.09
44	TONY FURLONG	SARN HELEN	MO	30.30
45	WENDY DAVIES	SARN HELEN	FO 2nd	32.15
46	PAUL EDWARDS	NONE	MV	32.34
47	PAUL SCOTT	CLEDDAU	MO	32.56
48	JAN YOUNGER	CLEDDAU	FV	33.38
49	PAT GREEN	TEAM JAG	FV	33.47
50	LORRAINE DYDE	CLEDDAU	FV	34.10
51	PETER DAVIES	NONE	MV	34.27
52	TINA RODERICK	NONE	FO	34.50
53	HEULWEN JAMES	CARDIGAN	FO	35.17
54	LINDI LLOYD	NONE	FO	35.17
55	DAVID WALTERS	NONE	MV	35.59
56	SHARON WILLIAMS	NONE	FV	38.22
57	EIRIAN DAVIES	SARN HELEN	MV	39.45
58	KAREN JONES	NONE	FV	41.35
59	ALLEN WATTS	SARN HELEN	MV	42.02
60	ELERI JONES	NONE	OF	44.11
60	SIAN JONES	NONE	F35	44.11
	1st TEAM - SARN HELEN			
	ANDREW ABBOTT			
	ERIC REES			
	HAYDN LLOYD			

	DYLAN DAVIES			
	<b>CWRTNEWYDD 2000</b>	<b>2 MILE RESULTS</b>		
POS	NAME	CLUB	CLASS	TIME
1	EVAN JAMES WILLIAMS	TROTS	M 1st	11.43
2	IAN WILLIAMS	TROTS	M 2nd	11.46
3	CARWYN THOMAS	SARN HELEN	M 3rd	13.19
4	NICOLA WALTERS	CARMARTHEN HARRIERS	F 1st	13.29
5	GUY SIMMONDS	SARN HELEN	M	14.32
6	MERERID DAVIES	SARN HELEN	F 2nd	15.36
7	CHRISTOPHER WALTERS	CARMARTHEN HARRIERS	M	15.44
8	LORIN WITTIG	SARN HELEN	M	15.58
9	SHIRIN THOMAS	SARN HELEN	F 3rd	15.59
10	ROSEMARY BRACY	DREFACH	F	16.42
11	DANIELLE BRACY	DREFACH	F	16.43
12	RHIAN THOMAS	CARMARTHEN HARRIERS	F	17.07
13	CERYYS REES	SARN HELEN	F	18.05
14	LUKE UNSWORTH	SARN HELEN	M	18.24
15	ROWENA DAVIES	SARN HELEN	F	19.59
16	JODI-MARIE WINSTON	SWANSEA HARRIERS	F	21.28
	<b>CWRTNEWYDD 2000</b>	<b>1 MILE RESULTS</b>		
POS	NAME	SCHOOL	CLASS	TIME
1	IRFON THOMAS	LAMPETER	M 1st	5.45
2	MELFYN DAVIES	LLANGEITHO	M 2nd	6.12
3	HUW ROWCLIFFE	NEW INN	M 3rd	6.38
4	CARYS DAVIES	LLANWENOG	F 1st	6.39
5	LUKE WINSTON	SWANSEA	M	6.43
6	OLIVER SAWYER	CILCENNIN	M	6.44
7	GETHIN JENKINS	LLANWENOG	M	6.45
8	CARYL REES	PONTSIAN	F 2nd	6.46
9	HELEDD THOMAS	PONTSIAN	F 3rd	6.49
10	FFION DAVIES	LLANWENOG	F	7.04
11	STEFFAN THOMAS	CWRTNEWYDD	M	7.06
12	STEFFAN DAFIS	TALGARREG	M	7.25
13	SIAN JENKINS	LLANWENOG	F	7.26

14	DANIEL BIRD	CWRTNEWYDD	M	7.27
15	DYFRIG DAFIS	TALGARREG	M	7.33
16	RICHARD BRACY	LLANWENOG	M	7.34
17	REBECA THOMAS	CWRTNEWYDD	F	7.37
18	BRYN EVANS	CWRTNEWYDD	M	7.39
19	MARTIN HUNTER	CWRTNEWYDD	M	7.41
20	JAC EVANS	CWRTNEWYDD	M	7.46
21	NERIS THOMAS	PONTSIAN	F	7.48
22	PAUL HANDS	LLANWENOG	M	7.50
23	LIAM KYNE	CWRTNEWYDD	M	8.15
24	RHYS EVANS JONES	LLANWENOG	M	8.18
25	TOBY KYNE	CWRTNEWYDD	M	8.20
26	LYN JONES	LLANWNNEN	M	8.21
27	GETHIN HUNTER	CWRTNEWYDD	M	8.22
28	CATRYN REES	PONTSIAN	F	8.23
29	ZORA FELSKÉ	CWRTNEWYDD	F	8.25
30	BLEDDYN EDWARDS	CWRTNEWYDD	M	8.26
31	RHIAN DAVIES	LLANWENOG	F	8.28
32	MATHEW THOMAS	LLANDEILO	M	8.46
33	CEIRON JENKINS	CWRTNEWYDD	M	9.02
34	HARRY THOMAS	LLANDEILO	M	9.04
35	CASSIE MORRIS	CWRTNEWYDD	F	9.08
36	CAROLYN PHILLIPS	CLYNDERWEN	F	9.10
37	ADAM JONES	CWRTNEWYDD	M	9.13
38	MORGAN DAVIES	CILIAU AERON	M	9.16
39	DAVID EVENDEN	CWRTNEWYDD	M	9.26
40	CERI THOMAS	LLANYBYDDER	M	9.35
41	DANNY HOLLAND	CWRTNEWYDD	M	9.36
42	CENNYDD DAFIS	TALGARREG	M	9.43
43	JAY FELSKÉ	CWRTNEWYDD	M	9.45
44	KLOE HANDS	LLANWENOG	F	10.07
45	GARY MARTIN	LLANYBYDDER	M	10.08
46	ROISIN THOMAS	CWRTNEWYDD	F	10.09
47	MARCUS FOWDEN	CRIBYN	M	10.10
48	DYLAN DAVIES	LLANWENOG	M	10.18
49	ELIN JONES	LLANLLWNI	F	10.21
50	IESTYN JAC	CWRTNEWYDD	M	10.25
51	TANIA EVANS	CWRTNEWYDD	F	10.27
52	HELEDD THOMAS	LLANYBYDDER	F	10.36

53	DAISY FURLONG	CWRTNEWYDD	F	10.37
54	GETHIN HATCHER	CWRTNEWYDD	M	10.46
55	CARWYN DAVIES	CWRTNEWYDD	M	10.48
56	RHYS THOMAS	CWRTNEWYDD	M	11.02
57	LUNED MAIR	CWRTNEWYDD	F	11.03
58	SION GRIFFITHS	LLANWENOG	M	11.07
59	DANIEL FARMER	LLANYBYDDER	M	11.16
60	JON MARTIN	LLANYBYDDER	M	11.17
61	MATHEW FURLONG	CWRTNEWYDD	M	11.23
62	SHON ROWCLIFFE	NEW INN	M	11.29
63	MEGAN GUTTERIDGE	CWRTNEWYDD	F	11.33
64	NATHAN HUNTER	CWRTNEWYDD	M	12.36

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