

## CWRTNEWYDD 2005 - 4 MILES

POSITION	NAME	CLUB	CLASS	TIME
1	Andrew Abbott	Sarn Helen	Male	22.10
2	Carwyn Jones	None	Male	22.53
3	Les Hewitson	None	Male 40	23.16
4	Carwyn Thomas	Sarn Helen	Male	23.29
5	Michael Davies	None	Male	23.53
6	Malcolm Adams	Trots	Male 40	24.19
7	Richard Marks	Sarn Helen	Male 40	24.20
8	Roger Coombs	Torts	Male	24.37
9	Michael Kallenberg	Cardigan	Male	25.11
10	Jamie Biggs	None	Male	25.29
11	Huw Price	Sarn Helen	Male 40	25.33
12	Mark Dunscombe	Sarn Helen	Male 40	25.53
13	Michael Rees	Cardigan	Male	26.22
14	Haydn Lloyd	Sarn Helen	Male	26.27
15	Mary Bowen Rees	Triots	Female 35	26.35
16	Peter Davies	Sarn Helen	Male 40	26.50
17	Cyril Walters	Trots	Male 40	27.03
18	Dylan Davies	Sarn Helen	Male	27.05
19	James Thomas	None	Male	27.21
20	Gareth Jones	Sarn Helen	Male	27.30
21	Martin Dyde	Pembrokeshire Harriers	Male 40	27.43
22	Dewi Jones	Trots	Male 40	27.47
23	Claire Cleathero	Trots	Female	28.06
24	Bryn Williams	None	Male	28.09
25	Lynn Green	None	Female 35	28.12
26	Dave Griffiths	Trots	Male 40	28.13
27	Gary Waters	Swansea	Male 40	28.14
28	Calvin Williams	Sarn Helen	Male 40	28.19
29	John Collins	Swansea Harriers	Male 40	28.34
30	Keith Evans	None	Male	28.54
31	Jane Buck	Cardigan	Female 35	29.18
32	Eric Rees	Sarn Helen	Male	29.38
33	Roland Sherwood	Amman Valley	Male 40	29.43

34	Dewi Jones	None	Male	29.48
35	Gareth Jones	None	Male	29.57
36	Paul Edwards	None	Male 40	30.26
37	Lucy Elcomb	Pembrokeshire Harriers	Female	30.43
38	Richard Edwards	None	Male	31.04
39	Mike Hodges	Trots	Male 40	31.19
40	Lindy Eynon	Trots	Female 35	31.24
41	Jill Colman	Pembrokeshire Harriers	Female 35	31.26
42	Sulwyn Jenkins	None	Male	31.36
43	Ann Rowell	Trots	Female 35	31.52
44	Carol Howard	Pembrokeshire Harriers	Female 35	31.53
45	Janet Jones	Sarn Helen	Female 35	32.18
46	Dorian Rees	None	Male	32.53
47	Aled Whitfield	None	Male	32.53
48	Paul Colman	Pembrokeshire Harriers	Male 40	33.10
49	Caryl Davies	Sarn Helen	Female	33.26
50	Dave Howells	Pembrokeshire Harriers	Male 40	33.40
51	Kelvin Evans	None	Male	33.45
52	David Phillips	Pembrokeshire Harriers	Male 40	33.49
53	Susan Jenkins	Sarn Helen	Female 35	33.52
54	Christine Jennings	None	Female 35	34.33
55	Lorraine Dyde	Pembrokeshire Harriers	Female 35	35.05
56	Hillary Mc Carthy	Cardigan	Female 35	35.47
57	Pauline Charlett	Pembrokeshire Harriers	Female 35	37.07
58	Laura Jenkins	None	Female	38.03
59	Eirian Davies	None	Male 40	39.00
60	Sian Jenkins	Sarn Helen	Female	40.23
61	Gudrun Jones	Sarn Helen	Female 35	40.34
62	Charlotte Darnery	Pembrokeshire Harriers	Female	41.51
63	Eleri Jones	None	Female	51.35
64	Alan Jones	None	Male 40	51.35

**1st TEAM - SARN HELEN**

Andrew Abbott

Carwyn Thomas

Richard Marks

Huw Price

**4 MILE COURSE RECORD**

1997 STEPHEN GRIFFITHS 21min 11sec

1997 HAYLEY NASH 23min 48sec

**CWRTNEWYDD 2005 - 3000m**

POSITION	NAME	CLUB / SCHOOL	CLASS	TIME
1	Adam Bitchell	Penweddig	Male	10.44
2	Irfon Thomas	Sarn Helen	Male	11.41
3	Catrin Lewis	Carmarthen Harriers	Female	11.42
4	Carys Davies	Sarn Helen	Female	11.45
5	Gethin Jenkins	Sarn Helen	Male	12.43
6	Sarah Janes	Sarn Helen	Female	14.37
7	Rhys Evans	Sarn Helen	Male	15.07
8	Gary Steven Martin	Lampeter	Male	23.01
	Sioned Haf Davies	Sarn Helen	Female	D.N.F.

**CWRTNEWYDD 2005 - 1500m**

POSITION	NAME	CLUB / SCHOOL	CLASS	TIME
1	Davy Lewis	Carmarthen Harriers	Male	5.54
2	Leah Bitchell	Aberystwyth	Female	6.10
3	Florance Bowen Rees	Trots	Female	6.24
4	Adam Jones	Cwrtnewydd	Male	6.36
5	Dylan Davies	Sarn Helen	Male	6.43
6	Rhian Jones	Sarn Helen	Female	7.04
7	Damon Lye	Cwrtnewydd	Male	7.13
8	Jac Wilson	Cwrtnewydd	Male	7.21
9	Heulyn Evans	Sarn Helen	Male	7.28
10	Angharad Evans	Sarn Helen	Female	7.30
11	Kloe Hands	Sarn Helen	Female	7.38
12	Daniel Coleman	Pembrokeshire Harriers	Male	7.44
13	Steffan Evans	Llanwenog	Male	7.54
14	Rhodri Hatcher	Cwrtnewydd	Male	7.56
15	Luke Hunter	Cwrtnewydd	Male	8.03
16	Marian Thomas	Cwrtnewydd	Female	8.04
17	David Thomas	Cwrtnewydd	Male	8.17
18	Arwel Jones	Cwrtnewydd	Male	8.21
19	Steffan Jenkins	Llanwnnen	Male	8.22

20	Tristan Jennings	Newcastle Emlyn	Male	8.28
21	Mathew Rowcliffe	New Inn	Male	8.34
22	Beatrice Bowen Rees	Whitland	Female	8.38
23	Richard Jones	Pontsian	Male	8.43
24	Rhydian Evans	Llangeitho	Male	8.44
25	Thomos Jones	Pontsian	Male	8.49
26	Sioned Davies	Sarn Helen	Female	8.50
27	Luned Medi Jones	Cwrtnewydd	Female	8.56
28	Imogen Furlong	Cwrtnewydd	Female	9.13
29	Ryan Watkins	Cwrtnewydd	Male	9.14
30	Cerys Lewis	Cwrtnewydd	Female	9.27
31	Keanu-Ryver Lye	Cwrtnewydd	Male	9.29
32	Sion Lewis	Cwrtnewydd	Male	9.35
33	Elinor Jones	Cwrtnewydd	Female	9.40
34	Carwyn Davies	Cwrtnewydd	Male	9.42
35	Edward Furlong	Cwrtnewydd	Male	9.56
36	Zowie Williams	Cwrtnewydd	Female	10.02
37	Yvie Williams	Cwrtnewydd	Female	10.03
38	Kelly Jones	Cwrtnewydd	Female	10.08
39	Rhian Gutteridge	Cwrtnewydd	Female	10.18
40	Meinir Davies	Cwrtnewydd	Female	10.22
41	Gwawr Hatcher	Cwrtnewydd	Female	10.36
42	Sabrina Gibbons	Cwrtnewydd	Female	10.44
43	Sophie Jones	Cwrtnewydd	Female	10.45
44	Max Bransden-Jones	Cwrtnewydd	Male	10.52
45	Alysha Warburton	Cwrtnewydd	Female	10.55
46	Lowri Ann Davies	Llanwenog	Female	11.12
47	Lauren Jones	Cwrtnewydd	Female	11.14
48	Briallt Wyn Williams	Cwrtnewydd	Female	11.44
49	Mathew Furlong	Cwrtnewydd	Male	11.45
50	Sion Davies	Drefach	Male	12.07
51	Aarun Gibbons	Cwrtnewydd	Male	13.43
52	Alpha Jones	Cwrtnewydd	Female	15.47