

Cwrtnwydd 2007 - 4 mile Results

<u>Position</u>	<u>Name</u>	<u>Club</u>	<u>Age</u>	<u>Class</u>	<u>Time</u>
1	Adam Bitchell	Carmarthen	15	M	21.39
2	Carwyn Jones	Cardiff AAC	27	M	22.03
3	Andrew Abbott	Sarn Helen Club	35	M	23.02
4	Glyn Price	Sarn Helen Club	40	M40	23.10
5	Keegan Galleymore	Sarn Helen Club	21	M	23.23
6	Jack Davy	Carmarthen	18	M	23.27
7	Michael Davies	UWA Harriers	38	M	23.39
8	Les Hewitson	Ingli Runners	43	M40	23.50
9	Carwyn Thomas	Sarn Helen Club	19	M	24.00
10	Ann Thomas	Trots	39	F35	25.01
11	Richards Marks	Sarn Helen Club	57	M50	25.36
12	Gareth Elliott	Pembs Harriers	24	M	25.52
13	James Thomas	Sarn Helen Club	25	M	26.03
14	David Frost		42	M40	26.16
15	Huw Price	Sarn Helen Club	44	M40	26.27
16	Gordon Orme	Cardigan Running Club	64	M50	26.28
17	Mark Dunscombe	Sarn Helen Club	45	M40	26.35
18	Mark Terry		49	M40	26.54
19	Martin Davies	Trots	25	M	26.55
20	Mary Bowen Rees	Trots	44	F35	26.55
21	Huw Rowcliffe	Sarn Helen Club	18	M	27.08
22	Gethin Jenkins	Sarn Helen Club	16	M	27.16
23	Peter Davies	Sarn Helen Club	52	M50	27.18
24	Dave Griffiths	Trots	44	M40	27.45
25	Tudur Jones		30	M	28.27
26	Lee Williams		40	M40	28.41
27	Claire Cleathero	Trots	33	F	28.42
28	Dylan Davies	Sarn Helen Club	34	M	28.46
29	Keith Evans		31	M	29.09
30	Kelvin Evans		34	M	29.30
31	Lindy Eynon	Trots	46	F45	29.51
32	Jason Wilkins	Cardigan Running Club	37	M	29.59

33	Jane Buck	Cardigan Running Club	44	F35	30.05
34	David Andrew Edgell	Sarn Helen Club	30	M	30.41
35	Eric Rees	Sarn Helen Club	35	M	30.45
36	Bryn Williams		22	M	30.53
37	Dylan Davies		24	M	30.58
38	Elvet Jones	Brecon A.C	60	M50	31.07
39	Roland Sherwood	Amman Valley Harriers	61	M	31.13
40	Gareth Jones	Sarn Helen Club	41	M40	31.21
41	Dewi Jones		36	M	31.25
42	Lyn Rees	Sarn Helen Club	57	M50	31.47
43	Toby Rogers	Ingli Runners	28	M	31.54
44	Stan Griffiths		54	M50	32.03
45	Mike Hodges	Trots	54	M50	32.05
46	Eilir Williams		24	M	32.16
47	Gethin Thomas		26	M	32.51
48	Terry Gover	Pembs Tri Club	59	M50	33.02
49	Tony Furlong		42	M40	33.08
50	Hilary McCarthy	Cardigan Running Club	40	F35	33.29
51	Jan Jones	Sarn Helen Club	41	F35	33.42
52	Kate Hovers	Brecon A.C	46	F45	33.42
53	Laura Doheny		48	F45	33.44
54	David Breeze	Trots	49	M40	34.08
55	Sue Lloyd	Pembs Harriers	43	F35	34.11
56	Laura Jenkins		31	F	34.27
57	Caryl Davies	Sarn Helen Club	19	F	34.52
58	Pauline Charlett	Pembs Harriers	45	F	36.07
59	Lorraine Dyde	Pembs Harriers	49	F45	37.23
60	Jan Bell	Pembs Harriers	61	F45	37.41
61	Rhys Jones	Sarn Helen Club	15	M	38.02
62	Dorian Rees		31	M	38.03
63	Sian Jenkins	Sarn Helen Club	17	F	40.01
64	Robert Winning	British Airways Athletics	70	M50	40.15
65	Eirian Davies		55	M50	41.16
66	Alison Griffiths	Pembs Harriers	37	F	41.23

67	Heddwen Davies		35	F35	42.56
68	Alwen Jones		24	F	44.02
69	Allen Watts	Sarn Helen Club	78	M50	52.44