

CWRTNEWYDD 2006 - 4 Miles

Position	Name	Club	Class	Time
1	Carwyn Thomas	Sarn Helen	OM	22.07
2	Jack Davey	Carmarthen Harriers	OM	22.43
3	Filipe Jones	Aberystwyth A C	OM	22.44
4	Adam Bitchell	Aberystwyth A C	OM	22.50
5	Les Hewitson	Ingli Runners	M40	23.40
6	Kevin Griffiths	Trots	M40	24.17
7	Roger Coombs	Trots	M40	24.30
8	Glyn Price	Sarn Helen	OM	24.35
9	Irfon Thomas	Sarn Helen	OM	24.56
10	Haydn Lloyd	Sarn Helen	OM	25.05
11	Jamie Thomas	Sarn Helen	OM	25.15
12	Huw Price	Sarn Helen	M40	25.27
13	Ann Thomas	Trots	F35	25.30
14	Calvin Williams	Sarn Helen	M40	26.23
15	Mary Bowen Rees	Trots	F35	26.30
16	Peter Davies	Sarn Helen	M50	26.46
17	Dave Griffiths	Trots	M40	26.50
18	Ian Morris	Trots	M40	27.01
19	Cyril Walters	Trots	M50	27.02
20	Gordon Orme	Cardigan A C	M50	27.33
21	Lynn Green	Ingli Runners	F45	27.48
22	Paul Colman	Pembs Harriers	M40	27.53
23	Huw Rowcliffe	None	OM	27.53
24	Gethin Jenkins	Sarn Helen	OM	28.21

Dylan Davies Sarn Helen OM 28.27	25
Eric Rees Sarn Helen OM 28.44	26
Jane Buck Cardigan A C F35 28.55	27
Carys Davies Sarn Helen OF 28.58	28
Dewi Jones None OM 29.11	29
Jeremy Bowen Rees Trots M40 30.03	30
Tudur Jones None OM 30.13	31
Kevin Evans None OM 30.59	32
Sion Griffiths None OM 31.16	33
Paul Edwards None M50 31.33	34
Gareth Jones Sarn Helen M40 31.52	35
Stan Griffiths None M50 32.06	36
Michael O'Connor None OM 32.26	37
Hilary McCarthy Cardigan A C F35 32.41	38
Jan Jones Sarn Helen F35 32.56	39
Ian Ralphs None M50 33.07	40
Peter Harding Carmarthen Harriers M50 33.21	41
Niel O'Sullivan None OM 33.50	42
Jill Colman Pembs Harriers F35 33.57	43
Caryl Davies Sarn Helen OF 34.10	44
Dorian Rees None OM 34.59	45
Gethin Thomas None OM 36.09	46
Sarah Hull None OF 38.10	47
Eirian Davies None M50 39.16	48
Gudrun Jones Sarn Helen F45 42.14	49

Sian Jenkins Sarn Helen OF 44.07	50
Allen Watts Sarn Helen M50 49.49	51