

CWRTNEWYDD 2004 - 4 MILES

POS	NAME	CLUB	CLASS	TIME
1	Andrew Abbott	Sarn Helen	Male 22.11	2
2	Paul Griffiths	Swansea Harriers	Male 22.21	3
3	David Astins	Pembs Tri	Male 23.53	4
4	Richard Marks	Sarn Helen	Male 40 24.03	5
5	Dewi Jones	Trots	Male 40 24.44	6
6	Tony Hall	Sarn Helen	Male 40 25.11	7
7	Paul Jones	None	Male 25.17	8
8	Calvin Williams	Sarn Helen	Male 40 25.21	9
9	Dallas Wiseman	Sarn Helen	Male 25.44	10
10	Robert Dyde	Pembrokeshire Harriers	Male 25.55	11
11	Peter Davies	Sarn Helen	Male 40 25.58	12
12	Haydn Lloyd	Sarn Helen	Male 26.07	13
13	Ann Thomas	Torts	Female 35 26.20	14
14	Owen Derrick	Pembrokeshire Harriers	Male 27.04	15
15	Simon Hall	Sarn Helen	Male 27.06	16
16	Lyn Rees	Sarn Helen	Male 40 27.10	17
17	Cyril Walters	Trots	Male 40 27.15	18
18	Mary Bowen Rees	Triots	Female 35 27.25	19
19	Mark Dunscombe	Sarn Helen	Male 40 27.36	20
20	Peter Turner	Cornelly Striders	Male 40 27.53	21
21	Gareth Jones	Sarn Helen	Male 27.58	22
22	Ellie Jones	Pembs Tri	Female 28.03	23
23	Roland Sherwood	Amman Valley	Male 40 28.59	24
24	Eric Rees	Sarn Helen	Male 29.15	25
25	Jammie Thomas	None	Male 29.15	26
26	Stanley Griffiths	None	Male 40 29.19	27
27	Gareth Elliott	Pembrokeshire Harriers	Male 29.23	28
28	Deb Chick	Bridgend A.C.	Female 35 29.39	29
29	Brian Thomas	Sarn Helen	Male 40 29.44	30
30	Jane Buck	Cardigan	Female 35 29.46	31
31	Gareth Jones	None	Male 29.50	32
32	Brian Healey	Cardigan	Male 40 30.05	33
33	Jenny Parkes	Sarn Helen	Female 35 30.07	34
34	Bryn Williams	None	Male 30.10	35
35	Jonathan Evans	Pembrokeshire Harriers	Male 30.32	36
36	Dewi Jones	None	Male 30.38	37
37	Helen Mc Ramara	Pembrokeshire Harriers	Female 35 30.44	38
38	Terry Glover	Pembrokeshire Harriers	Male 40 31.10	39
39	Helen Williams	Trots	Female 35 31.21	40
40	Paul Colman	Pembrokeshire Harriers	Male 40 31.35	41
41	Janet Jones	Sarn Helen	Female 35 31.40	42
42	Adrian Varney	Trots	Male 40 32.00	43
43	Val Brown	Pembs Tri	Female 35 32.03	44
44	Dorian Rees	None	Male 32.09	45
45	Aled Whitfield	None	Male 32.09	46
46	Jill Colman	Pembrokeshire Harriers	Female 35 32.16	47
47	David Thomas	Sarn Helen	Male 40 32.30	48
48	Jackie Davies	None	Female 35 32.33	49
49	Ron Morgan	Trots	Male 40 32.47	50
50	Bob Elliott	Pembrokeshire Harriers	Male 40 32.55	51
51	Lorraine Dyde	Pembrokeshire Harriers	Female 35 33.47	52
52	Martin Dyde	Pembrokeshire Harriers	Male 40 33.47	53
53	Peter Walker	Pembrokeshire Harriers	Male 40 34.03	54
54	Paul Edwards	None	Male 40 34.11	55
55	Caryl Davies	Sarn Helen	Female 34.36	56
56	Tanis Hand	Trots	Female 35 34.39	57
57	Susan Jenkins	Sarn Helen	Female 35 34.59	58
58	Ruth Hall	Sarn Helen	Female 36.20	59
59	Jim Camplin	None	Male 40 36.32	60
60	Jan Younger	Pembrokeshire Harriers	Female 35 37.15	61
61	Pauline Charlett	Pembrokeshire Harriers	Female 35 37.17	62
62	Hefin Davies	None	Male 40 37.26	63
63	Jennifer Evans	None	Female 35 38.01	64
64	Eirian Davies	None	Male 40 39.14	65
65	Sian Brown	None	Female 35 41.18	66
66	Patricia Sherwood	Amman Valley	Female 35 44.49	67
67	Allen Watts	Sarn Helen	Male 40 47.53	68
68	Trefor Pugh	Maldwyn Harriers	Male 40 D.N.F.	69
69	Dylan Davies	Sarn Helen	Male D.N.R.	70
70	Bill Benet	British Miler Club	Male 40 D.N.R.	