

CWRTNEWYDD 2003 - 4 MILES

POS NAME CLUB CLASS TIME 1 Tim

O'Conner Swansea Male 22.36 2 David Astins Pembs Tri Male 22.52 3 Richard Marks Sarn Helen Male 40 23.18 4 Paul Rose Cardigan Male 23.46 5 Les Hewitson Cardigan Male 24.31 6 Dafydd Richards Pembs Tri Male 24.43 7 John Griffiths Sarn Helen Male 40 24.50 8 Martin Dyde Pembrokeshire Harriers Male 40 25.02 9 Tony Hall Sarn Helen Male 40 25.06 10 Malcolm Adams Torts Male 40 25.11 11 Michael Rees Cardigan Male 25.19 12 Haydn Lloyd Sarn Helen Male 25.22 13 Roger Devonald Pembs Tri Male 25.26 14 Calvin Williams Sarn Helen Male 40 25.31 15 Dylan Davies Sarn Helen Male 26.24 16 Lyn Rees Sarn Helen Male 40 26.28 17 Paul Colman Pembrokeshire Harriers Male 40 26.51 18 Peter Davies Sarn Helen Male 40 27.06 19 Ellie Jones Pembs Tri Female 27.52 20 Andrew James Sarn Helen Male 27.55 21 Ann Thomas Trots Female 35 28.04 22 Dallas Wiseman Sarn Helen Male 28.05 23 Cyril Walters Trots Male 40 28.08 24 Brian Thomas Sarn Helen Male 40 28.21 25 Roland Sherwood Amman Valley Male 40 28.41 26 Eric Rees Sarn Helen Male 28.43 27 Lynn Green Cardigan Female 35 28.57 28 Claire Cleathroe Trots Female 29.09 29 Gareth Jones Sarn Helen Male 29.11 30 David Thomas Sarn Helen Male 40 29.19 31 Jane Buck Cardigan Female 35 29.35 32 Stan Griffiths Sarn Helen Male 40 29.55 33 Shan Cuthbert Cardigan Female 35 30.10 34 Helen Williams Trots Female 35 30.16 35 Helen Mc Ramara Pembrokeshire Harriers Female 35 30.23 36 Colin Spicer None Male 30.53 37 Bryn Williams None Male 30.56 38 Dorian Rees None Male 31.06 39 Dewi Jones None Male 31.10 40 Gareth Jones Trots Male 31.14 41 Gwyn Charlett Pembrokeshire Harriers Male 40 31.25 42 Robert Price Jones None Male 31.28 43 Carol Howard Pembrokeshire Harriers Female 35 31.31 44 Sulwyn Jenkins None Male 31.41 45 Laurence Worth Pembrokeshire Harriers Male 40 31.53 46 Jenny Parkes Sarn Helen Female 35 31.58 47 Tony Furlong None Male 32.14 48 Ron Morgan Trots Male 40 33.06 49 Peter Harding Carmarthen Harriers Male 40 33.30 50 Lorraine Dyde Pembrokeshire Harriers Female 35 33.42 51 Heulwen James Cardigan Female 35 33.47 52 Jill Colman Pembrokeshire Harriers Female 35 34.31 53 Jan Younger Pembrokeshire Harriers Female 35 34.55 54 Ruth Harrison Pembrokeshire Harriers Female 35 35.23 55 Viv Edwards None Male 35.27 56 Caroline Lewis None Female 35 35.28 57 Dannie Hatcher None Male 40 35.44 58 Pauline Charlett Pembrokeshire Harriers Female 35 35.54 59 Karen Osborne Pembrokeshire Harriers Female 35 37.04 60 Janet Jones Sarn Helen Female 35 37.06 61 Susan Jenkins None Female 35 37.27 62 Eirian Davies Sarn Helen Male 40 39.40 63 Madaline Bland Pembrokeshire Harriers Female 35 39.57 64 Ruth Hall None Female 42.47 65 Allen Watts Sarn Helen Male 40 43.57 66 Patricia Sherwood Amman Valley Female 35 48.32 67 Geraint Hatcher None Male 40 50.00 68 Philip Davies 3 M Gorseinon Male 40 D.N.R.