

**RAS Y LLYCHAU 2000 5 K RESULTS**

NAME CLUB CLASS	POS	TIME
ANDREW ABBOTT SARN HELEN MO	1 1st	16.49
ERIC REES SARN HELEN MO	2 2nd	17.31
MARK WAREING U / A MO	3 3rd	17.36
KEVIN TAYLOR AMMAN VALLEY MO	4	17.41
HAYDN LLOYD SARN HELEN MO	5	17.42
PAUL JONES U / A MO	6	18.14
JAMMIE BIGGS SARN HELEN MO	7	18.31
DAVID THOMAS SARN HELEN MO	8	18.39
LYN REES SARN HELEN MV	9 1st	18.44
CALVIN WILLIAMS SARN HELEN MO	10	18.46
STEVEN DAVIES U / A MO	11	18.52
JOHN SINNETT U / A MV	12 2nd	18.59
TONY HALL SARN HELEN MV	13 3rd	19.21
HYWEL JONES AMMAN VALLEY MO	14	19.27
DAVE GRIFFITHS TROTS MO	15	19.59
	16	

CARWYN PHILLIPS SARN HELEN MV		20.05
	17	
JOSHUA PARSONS U / A M u18 1st		20.10
	18	
ANDREW JAMES SARN HELEN MO		20.12
	19	
CARWYN THOMAS SARN HELEN M u18 2nd		20.15
	20	
DAVID WILLIAMS U / A MO		20.17
	21	
STEPHEN TWEEDALE U / A MV		20.29
	22	
GUY SIMMONDS SARN HELEN M u18 3rd		20.30
	23	
GEOFF THOMAS CARMARTHEN HARRIERS MV		20.34
	24	
MARTIN PHILLIPS SARN HELEN MV		20.50
	25	
STAN GRIFFITHS SARN HELEN MV		21.14
	26	
TONY FURLONG SARN HELEN MO		21.20
	27	
R D HANDCOCK U / A MV		21.30
	28	
MARK ROBLIN U / A MO		21.39
	29	
C WOOD PRESELI MV		22.36
	30	
SIMON WILLIAMS U / A MV		22.36
	31	
NICOLA WALTERS CARMARTHEN HARRIERS Fu18 1st		22.56
	32	
CHRIS LITTLEWOOD U / A MO		23.04

ELFYN EVANS U / A MV	33	23.06
BOB ELLIOTT PRESELI MV	34	23.11
WENDY DAVIES SARN HELEN FO 1st	35	23.16
GETHIN WILLIAMS U / A MO	36	23.40
GARETH ELLIOTT PRESELI M u18	37	23.41
RICHARD HUGHES U / A MV	38	25.04
DANIEL JONES U / A MV	39	25.08
GARETH JONES U / A MO	40	27.21
CATH GRAY SARN HELEN FO 2nd	41	28.03
CHRISTOPER WALTERS CARMARTHEN HARRIERS M u18	42	29.07
ALLEN WATTS SARN HELEN MV	43	29.21