

**JB3 1500m**

**Record:**

**Dewi Griffiths**

**2005**

**04:16.5**

1	Luke Parker	Cardigan	04:35.30
2	Andrew Drakeleigh	Penreddig	04:42.20
3	Matthew Richards	STP	04:58.40
4	Paul Bennett	Penglais	05:03.60
5	Thomas Longley	SJL	05:55.90
6			
7			