

AMMAN VALLEY HARRIERS

10km Road Race & Fun Run 2004

Steve Rees Port Talbot Amman Valley 10km Winner

Pos	No	First	Name	Club	Time	Cat
1	74	STEVE	REES	PORT TALBOT	00:32:47	OM
2	93	ANDREW	ABBOTT	SARN HELEN	00:35:12	OM
3	81	RICHARD	MARKS	SARN HELEN	00:36:06	M50
4	69	LES	CHAPMAN	AMMAN VALLEY HARRIERS	00:36:56	M50
5	82	PAUL	BOWEN	NONE	00:37:17	OM
6	96	OWEN	DERRICK	PEMBROKESHIRE HARRIERS	00:38:17	OM
7	112	JOHN	SINNETT	PEMBROKESHIRE HARRIERS	00:38:19	M40
8	70	TONY	HALL	SARNHELEN	00:38:28	M40
9	75	ALAN	PERKINS	PORT TALBOT	00:38:58	M50
10	124	HADYN	LLOYD	SARN HELEN	00:39:15	OM
11	105	PHIL	HARTLAND	PEMBROKESHIRE HARRIERS	00:39:23	OM
12	129	ANN	THOMAS	TROTS	00:39:30	F35
13	90	NEIL	THOMAS	SOSPAN	00:39:54	OM
14	87	MALCOLM	HOWELLS	SOSPAN ROAD RUNNING	00:40:04	M60
15	103	STEVEN	LEWIS	NONE	00:40:18	OM
16	130	LYN	REES	SARN HELEN	00:40:39	M50
17	128	PETER	DAVIES	SARN HELEN	00:40:59	M40
18	76	DAVE	ROBERTS	AMMAN VALLEY	00:41:02	M40

19	109	GARETH	ELIOTT	PEMBROKESHIRE HARRIERS	00:41:05	OM
20	104	CYRIL	WALTERS	TROTS	00:41:06	M50
21	106	DAVE	GRIFFITHS	TROTS	00:41:08	M40
22	72	MIKE	GLEESON	VISTEON	00:41:19	OM
23	119	GARETH	JONES	SARN HELEN	00:42:07	OM
24	73	ROLAND	SHERWOOD	AMMAN VALLEY HARRIERS	00:42:43	M50
25	71	ELFYN	EVANS	AMMAN VALLEY HARRIERS	00:43:19	M40
26	99	MARK	THOMAS	VISTEON	00:44:45	M40
27	80	JONATHAN	DAVIES	SOSPAN ROAD RUNNERS	00:44:48	OM
28	83	SIAN	JONES	AMMAN VALLEY HARRIERS	00:46:27	OF
29	101	KATHLEEN	BRADBURY	AMMAN VALLEY HARRIERS	00:46:28	F35
30	91	ODETTE	WHITE	SOSPAN ROAD RUNNERS	00:46:33	F45
31	88	MARK	WILLIAS	SOSPAN ROAD RUNNERS	00:46:34	OM
32	120	JAN	JONES	SARN HELEN	00:46:39	F35
33	113	LINDEN	COX	NONE	00:46:47	OM
34	100	JENNA	PAYNTER	AMMAN VALLEY HARRIERS	00:47:02	OF
35	94	ROBERT	FOWLER	AMMAN VALLEY HARRIERS	00:47:03	M50
36	89	ALAN	MORRIS	SOSPAN ROAD RUNNERS	00:48:22	OM
37	127	ANWEN	OWEN	AMMAN VALLEY HARRIERS	00:49:03	OF
38	122	BRIAN	JENKINS	VISTEON	00:49:18	OM
39	78	MIKE	VOROS	NONE	00:49:41	M40
40	115	RICHARD	DANNE	3MS ROAD RUNNERS	00:49:44	M40
41	77	LEIGHTON	JOHNSON	VISTEON	00:49:52	M40
42	84	FAY	SHARPE	3MS GORSEINON	00:50:11	F35
43	121	L P	HUTCHINSON	3MS GORSEINON	00:50:11	F35
44	123	PAUL	REES	3MS GORSEINON	00:50:13	M40
45	110	EMYR	THOMAS	NONE	00:50:15	OM
46	111	ALUN	MORGAN	NONE	00:50:15	OM
47	107	LYN	BOWEN	AMMAN VALLEY HARRIERS	00:50:30	F35
48	116	LON	MORGAN	TROTS	00:51:18	F45
49	117	PAULINE	THOMAS	TROTS	00:51:25	F50
50	92	JULIETTE	HADLEY	NONE	00:51:56	OF
51	108	HELEN	PHILLIPS	AMMAN VALLEY HARRIERS	00:52:14	F45
52	118	NIGEL	JONES	NONE	00:52:20	M40
53	125	DAVID	JONES	NONE	00:52:26	OM
54	95	HADYEN	WILLIAMS	AMMAN VALLEY HARRIERS	00:54:24	OM
55	79	MIKE	TODD	AMMAN VALLEY HARRIERS	00:54:24	M40
56	85	MATTHEW	FINCHER	SOSPAN	00:54:45	OM
57	102	BRIAN	WILLIAMS	TROTS	00:55:16	M50
58	86	ANDRE	MCPHERSON	NONE	00:55:49	OM
59	114	CATHERIN	RICHARDS	AMMAN VALLEY HARRIERS	00:56:05	OF

60	97	JOANNA	MOGFORD	AMMAN VALLEY HARRIERS	00:56:32	OF
61	98	ANN	MOGFORD	AMMAN VALLEY HARRIERS	00:56:32	F35
62	67	ALLEN	WATTS	SARN HELEN	01:04:59	M60
63	126	ANNA	PARRY	AMMAN VALLEY HARRIERS	01:04:59	F45

9999 Did not Finish or Run

These Results are from the Time Sheets of the Time Recorders. If your time is wrong email to info@onlineraceresults.co.uk

THANKS Roland Sherwood