

Position	NAME	CLUB	Time
1	NICK EVEREIGHT	R.A.F. BRAUDY.	34.06.
2	BARRY GRIFFITHS.	R.A.F. BRAUDY.	34.08
3	DAVID CUDDY	LLANELLI A.A.C.	34.12
4	PETER SMALL	LLANELLI A.A.C.	35.52. VET.
5	PAUL GOODALL	R.A.F. BRAUDY	36.05.
6	HUW EVANS	LLANELLI A.A.C.	36.11
7	JOHN WANCH	LES CROUVERS.	36.44 VET.
8	HELDYD DAVIES	CARMARTHEN H.	37.02 VET.
9	WYN REES	LLANELLI A.A.C.	38.00
10	NEIL ACKROYD	R.A.F. BRAUDY.	38.04
11	AUSTAIR GRIFFITHS	LLANELLI A.A.C.	38.08
12	PETER SADLER	LLANELLI A.A.C.	38.58 VET.
13	ROBERT FOWLER	AMMAN VALLEY H.	39.22
14	KEITH BEVAN	AMMAN VALLEY H.	39.39
15	ALAN HUGHES	UNATTACHED	40.12. VET/50
16	HELEN WILLIAMS	LLANELLI A.A.C.	40.15' LADY.
17	MIKE DEADMAN	CARMARTHEN H.	40.20 VET.
18	JOHN HIGSON	AMMAN VALLEY H.	40.26
19	MERIDIN BIRD	CARNELLY STRIDERS.	40.52 JAR.
20	DAVID WILKIE	UNATTACHED	40.57
21	PETER HARDING	CARMARTHEN H.	41.01 VET
22	RICHARD SODDEN	R.A.F. BRAUDY	41.20
23	ERIC POLLAK	SARD HELEN	41.37
24	RAYMOND HARLEY	UNATTACHED	42.31.
25	SERWYN PRICE	UNATTACHED	42.51
26	TONY WILLIAMS	UNATTACHED	42.52
27	DAI POWELL	UNATTACHED	42.40
28	PAUL PHILLIPS.	SWANSEA H.	43.58
29	THOMAS FOX	NEATH HARLIERS.	44.37 VET.
30	ROBERT BLIERLEY	CARMARTHEN H.	44.41 VET/65
31	PHILLIPA BURWICH	CARMARTHEN H.	46.09 LADY
32	CONID THOMAS	UNATTACHED.	47.07
33	ANNE NOTMAN	CARDIFF A.A.C.	47.13. LADY.

Position	Name	Club	Time	
34	MICHAEL THOMAS	UNATTACHED	47.18	
35	ANTHONY DAVIES	UNATTACHED	48.39	
36	ELSPEY CRADLE	CORNELLY STRIDERS	48.46	Jnr. LADY
37	EVAN DAVIES	UNATTACHED	48.50	
38	ROBERT DAVIES	UNATTACHED	53.12	
39	<u>RHYDIAN HOWELL</u>	UNATTACHED	53.16	
40	ANNETTE DAVIES	UNATTACHED	57.20	LADY
41	GRAIGER THOMAS	UNATTACHED	57.45	LADY
42	BERYL THOMAS	UNATTACHED	57.54	LADY
43	BILL BRAIN	SYNER C.C.	59.12	NET 0/70

LLANELLWY A.A.C.  
ROGER LEWIS MEMORIAL RACE.  
 (Incorporating CLUB 10K CHAMPIONSHIPS)  
PENBREY 19 JANUARY 1986

OPEN EVENT.

1. NICK EWELEIGH.	R.A.F. BRADY	34.06
2. BARRY GRIFFITHS.	R.A.F. BRADY.	34.08.
3. DAVID CUNDY.	LLANELLWY A.A.C.	34.12.

<u>LLANELLWY A.A.C.</u>	<u>10K.</u>	<u>CHAMPION.</u>	<u>1986.</u>
DAVID CUNDY.			34.12.

VETERANS.

1. PETER SMITH.	LLANELLWY A.A.C.	35.52.
2. JOHN WASH.	LES CREUPIERS.	36.44.
3. HEDD DAVIS.	CARMARTHEN HARRIERS	37.02.

Ladies

1. HELEN WILLIAMS	LLANELLWY A.A.C.	40.15
2. PHILLIPA BURLEIGH	CARMARTHEN HARRIERS.	46.09.
3. ANNE JOYMAN	CARDIFF A.A.C.	47.13.

<u>VETERAN OVER 50.</u>	<u>ALAN HUGHES</u>	<u>UNATTACHED</u>	40.12.
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<u>VETERAN OVER 60.</u>	ROBERT BIERLEY	CARMARTHEN HARRIERS	44.41
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<u>VETERAN OVER 70</u>	BILL BRAIN	BYNER C.C.	59.12.
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LLANELLI A.A.C.

ROGER LEWIS MEMORIAL RACE.

JUNIOR - MALE.

MERIDIN BIRD                      CORNELLY STRIDERS                      40.52.

JUNIOR - FEMALE.

ELSPETH CRADLE                      CORNELLY STRIDERS                      48.46.

TEAMS

1. R.A.F. BRANDY.                      8 POINTS.  
    (MICK EVELEIGH, BARRY GRIFFITHS, PHIL GOODALL)
2. LLANELLI A.A.C. "A"                      15 POINTS.  
    (DAVE CUNDY, PETER SMALL, HILW EVANS)
3. LLANELLI A.A.C. "B"                      32 POINTS.  
    (WYN REES, ALISTAIR GRIFFITHS, PETER SADLER)

44 ENTRIES.

44 STARTERS.

43 FINISHERS.