

18 December 1988 Christmas Cross Country + Dyfed Champ.

Position.	Name	Club.		Time.
1	Jason Price	Llanelli AAC.	Jm.	32.53 *
2	Eric Rodrick	RAF Beawsey		33.14 *
3	Mike Venables	Unattached		34.16
4	Adrian Wilton	RAF Beawsey	Jm.	34.35 *
5	Martin Jenkins	Aberystwyth AC		34.55 *
6	Eric Dawey	Llanelli AAC		35.01 *
7	Dai Roberts	Aberystwyth AC		35.07 *
8	Kelvin Thomas	Llanelli AAC		35.12
9	Peter Small	Llanelli AAC	Vet	35.30 *
10	Hugh Evans	Llanelli AAC		35.36 *
11	Neil Lusk	Aberystwyth AC	Youth	35.39
12	Chris Starr	RAF Beawsey		35.42 *
13	Danny Rooney	RAF Beawsey		36.00 *
14	Wyn Thomas	Unattached.		36.11
15	Clive Evans	Llanelli AAC	Vet	36.32 *
16	Alan Jones	Carmarthen H.		36.41 *
17	Mike Rees	Llanelli AAC.	Youth	36.53
18	Phil Bayler	Gospar R.R.		36.56 *
19	David Breeze	T.R.O.T.S.		37.01 *
20	Robert Fowler	Amman Valley H.	Vet	37.03 *
21	Mike Beynon	Neath H.	Vet	37.28 *
22	Glynn Davise	Llanelli AAC	Vet	37.50 *
23	John Collins	Swansea H.	Vet.	38.06
24	Mike Webb	Carmarthen H.	Jm.	38.19 *
25	Stuart Curwood	Gospar R.R.		38.33 *
26	Clive James	Llanelli AAC.	Vet	38.35 *
27	Lyn Rees	Sarn Helen		38.39
28	Chris Bell	Swansea H.		38.43
29	Mike Quinn	South London H.	Vet	38.46
30	Eric Evans	Carmarthen H.	Vet	38.54 *
31	Richard Darrett	T.R.O.T.S.	Jm.	38.56 *
32	Bryce Thomas	unattached	Vet.	39.06

Position	Name	Club.		Time.
33	Leighton Morris	Llanelli AAC.		39.18*
34	Adrian Hughes	Sospan R.R.	Vet	39.27*
35	Clive Morgan	RAF Beawood		39.38*
36	Martin Phillips	Llandovery Runners		39.52*
37	Richie Phillips	T.R.O.T.S.		39.55*
38	Lincoln Law	Llanelli AAC	Vet	40.54*
39	Gimon Thompson	R.A.F. Beawood		41.02*
40	Gerald Thomas	Sospan R.R.	Vet.	41.06*
41	Huw Evans	Carmarthen H.	Youths	41.47
42	John Freeman	Amman Valley H.		45.05*
43	Glyn Jones	Amman Valley H.	Vet	45.22
44	Robert Thompson	Carmarthen H.		47.08
45	Mike Tattershall	Neath H.	Vet.	48.44
46	Bob Elliott	Unattached.		53.07

Senior Women. Approx 7K.

1	Helen Williams	Llanelli AAC.		25.31*
2	Julie Williams	Aberystwyth AC.		26.25*
3	Nicola Morgan	Carmarthen H.		28.06*
4	Lyndy Eynon	T.R.O.T.S.		32.07*
5	Amanda Jones	Llanelli AAC.		34.29*
6	Dawn Hambling	Llanelli AAC.	Vet	39.03*

* Championship Entries.

dns. Hedydd Davies Carm H.

dnf. Sam Moore, Wynford Williams both Llanelli AAC.

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Overall Winners

Male.

1. Jason Price Llanelli AC 32.53
2. Eric Roderick RAF Brandy 33.14
3. Mike Venables Unattached 34.16.

Female.

1. Helen Williams Llanelli AC 25.31
2. Julie Williams Aber AC 26.25
3. Nicola Morgan Carm H 28.06

Vets.

1. Peter Small Llanelli AC 35.20
2. Clive Evans Llanelli AC 36.32
3. Robert Fowler Amman Valley H 37.03

1. Dawn Hambling Llanelli AC 39.03

Teams.

1. Llanelli AC (J. Price, E. Davey, K. Thomas, P. Small) 15.
2. RAF Brandy (E. Roderick, A. Wilson, C. Starr, D. Jones) 18.
3. Aberystwyth AC (M. Jenkins, D. Roberts, N. Lisk) 23.

Ladies.

1. Llanelli AC (H. Williams, A. Jones, D. Hambling) 12.

Vets.

1. Llanelli AC (P. Small, C. Evans, G. Davies, C. James) 46.

Dyfed Championships.

Senior Men

1. Eric Roderick RAF Brandy 32.14
2. Martin Jenkins Aberystwyth AC 34.55.
3. Eric Davey Llanelli AC 35.01

Senior Women.

1. Helen Williams Llanelli AC 25.31
2. Julie Williams Aber AC 26.25
3. Nicola Morgan Carm H 28.06.

Vets.

1. Peter Small Llanelli AC 35.30.
2. Clive Evans Llanelli AC 36.32.
3. Robert Fowler Amman Valley H 37.03.

1. Dawn Hambling Llanelli 39.03.

Junior Men.

1. Jason Price Llanelli AC 32.53.