

* = DYED CHAMPIONSHIP ENTRIES.

Position	NAME.	CLUB.	TIME	
1.	TOM THEOPHILUS.	SWANSEA H.	31.47.	
2.	OWEN LEWIS	SWANSEA H.	32.04.	
3. *	ROB. HICKMAN	LLANWELLI AAC	32.58.	
4.	DAVE JONES	SWANSEA H.	33.21.	
5.	JIM O'BRIEN	BRIDGEND AAC.	33.25.	Vet.
6.	DAVE WILLIAMS.	SWANSEA H.	33.55.	
7.	STEVE BRACE	BRIDGEND AAC.	34.36.	
8. *	BARRY GRIFFITHS	R.A.F. BRADY.	34.38.	
9. *	KEITH DAVIES.	LLANWELLI AAC	35.01	Vet.
10. *	JASON PRICE	LLANWELLI AAC	35.06	Junior.
11.	CHRIS. BELL	SWANSEA H.	35.11	
12.	M. ARMSTRONG.	BRIDGEND AAC.	35.14	
13. *	ANDY MORGAN	CARMARTHEN H.	35.18	
14.	PHIL HARDING	SWANSEA H.	35.26	
15.	J. REES.	PORT TARBET H.	35.44	
16.	MIKE JENABLES	U/A.	35.44.	
17. *	PETER SMALL	LLANWELLI AAC	36.04	Vet.
18. *	H. HARRIES.	SARN HELEN	36.15.	
19.	S. DAVIDSON	BRIDGEND AAC	36.21.	
20.	C. BOWEN	CROFTAMBERY A.C.	36.28.	
21.	MARC STEPHENS	SOSPAN ROAD RUNNERS	36.38.	
22.	STEVE SCAMAN	SWANSEA H.	36.42.	
23*	ERIC DAVEY	LLANWELLI AAC	36.58	
24.	T. WILLIAMS.	BRIDGEND AAC	37.00	
25.	R. NICOLSON	BRIDGEND AAC	37.07	Vet.
26.	K. TAKEWAY	U/A.	37.11	
27.	D.M. BEYNOID	NEATH HARRIERS	37.26	Vet.
28.	M. EVANS-PRITCHARD	CARDIFF AAC.	37.28	
29.	M. OWEN	CARDIFF AAC.	37.33.	
30.*	CERI WILLIAMS	CARMARTHEN H.	37.40	Junior.
31. *	TONY HALL.	SARN HELEN.	37.41	
32.	DIL. ROBBINS	SWANSEA H.	37.41	Vet.
33.	R. BRADCOX	BRIDGEND AAC	37.51	Vet.

Position	NAME	CLUB	TIME	
34	R. MORCOM	BRIDGEND AAC	37.51.	
35 *	GARY CUTLER	LLANELLI AAC	37.59.	Junior.
36	K. FULTHORPE	CARDIFF AAC	38.01	
37	P. WIDDINGTON	BRIDGEND AAC	38.03	Vet.
38 *	ERIC HARRIES.	SARN HELEN	38.07	
39	T. POWELL	BRIDGEND AAC	38.15	
40 *	HEDYDD DAVIES.	CARMARTHEN H.	38.17	Vet.
41	P. WALTERS.	AMMAN VALLEY H.	38.25	
42	T. R. ELLIS	TEILO ROAD RUNNERS	38.31.	
43	N. MULLER.	SWANSEA H.	38.37	
44 *	LYN ROSS	LLANELLI AAC.	38.47	
45.	G. EVANS	NEATH H.	38.49	
46.	VIV COLE	LLANELLI AAC	38.52.	
47 *	CLIVE JAMES	SARN HELEN	38.55.	
48 *	PETER SADLER	LLANELLI AAC	38.56	Vet.
49 *	PETER OSBORNE	LLANELLI AAC	39.02	
50 *	PAUL ORAM	LLANELLI AAC	39.05.	
51	MIKE HALL	TEILO ROAD RUNNERS	39.15.	Junior
52 *	J. LOUGKIN	SARN HELEN	39.37	Vet.
53.	J. DUNCAN	RYDE H.	39.38	
54.	T. HAMILTON	SWANSEA H.	39.44	
55.	ALLAN STOCKHAM	SESPAN ROAD RUNNERS	39.50	
56 *	TONY BROCK	CARMARTHEN H.	39.55	Vet.
57.	D. ROWLANDS	NEATH H.	40.06	
58.	R. JAQUEST	SWANSEA H.	40.20.	
59.	J. BHUNT.	U/A.	40.26.	
60.	K. THOMAS	U/A.	40.49.	
61 *	WISH GOULA	SARN HELEN	40.57	Vet.
62 *	PETER HARDING	CARMARTHEN H.	41.08	Vet.
63 *	S. GOULA	SARN HELEN	41.30.	
64.	DAVE JONES	PORT TAZBOT H.	41.38.	Vet.
65.	T. REES.	SESPAN ROAD RUNNERS	41.42.	
66.	ERIC EVANS	CARMARTHEN H.	41.50	

Position	NAME	Club	Time	
67.	D. COOPER	NEATH H.	42.03	
68.	D. VENABLES.	u/a.	42.11	Vet o/s.
69.	LYN WILLIAMS	SWANSEA H.	42.16.	LADY.
70.	B. J. THOMAS.	SESPAN ROAD RUNNERS	42.25.	Vet.
71. *	E. POLLAK	SARN HELEN	42.35.	
72.	HELEN WILLIAMS	LLANELLI A.A.C.	42.36.	LADY.
73.	MARK HURLEY	LLANELLI A.A.C.	42.48	
74.	T. DAVIES.	u/a.	42.52.	
75.	G. THOMAS.	u/a.	43.17.	
76.	S. CURWOOD	u/a.	43.19.	
77.	B. BRITCHARD	NEATH HARRIERS	43.28.	Vet.
78.	N. POWSEY	AMMAN VALLEY H.	43.40.	
79.	C. THOMAS	u/a.	43.54.	
80.	R. W. JONES.	u/a.	44.04	
81.	STUART LEWIS	LLANELLI A.A.C.	44.08.	
82.	D. RASSI.	u/a.	44.37.	
83.	R. EDWARDS.	SESPAN ROAD RUNNERS	44.43.	
84.	MARGARET JAMES	SARN HELEN	45.15.	LADY - Vet.
85.	A. PICKLES	u/a.	45.35	LADY.
86. *	GLYNOUR WILLIAMS	LLANELLI A.A.C.	45.45.	Vet o/s.
87.	R. DAVIES.	SESPAN ROAD RUNNERS	45.53	Vet.
88. *	ROBERT BRICKLEY.	CARMARTHEN H.	46.26	Vet o/s.
89.	JACKIE REDMAN	SWANSEA H.	49.33	LADY.

97 ENTRIES.

93 STARTERS.

89 FINISHERS.

LLANELLI A.A.C.
ANNUAL CROSS COUNTRY EVENT.
(Incorporating Dyfed Championships)
PEMBREY 22 December 1985.

OPEN EVENT.

1. John Theophilus Swansea H. 31.47.
2. Owen Lewis Swansea H. 32.04.
3. Robert Hickman Llanelli AAC. 32.58.

VETERANS.

1. Jim O'Brien Bridgend AAC. 33.25.
2. Keith Davies Llanelli AAC. 35.01.
3. Peter Small Llanelli AAC. 36.04.

LADIES.

1. Lyn Williams Swansea H. 42.16.
2. Helen Williams Llanelli AAC. 42.36.
3. Margaret James Sam Helen 45.15.

TEAMS.

1. SWANSEA H.A.C. - 7 points.
(J. Theophilus, O. Lewis, D. Jones.)
 2. LLANELLI A.A.C. - 22 points.
(R. Hickman, K. Davies, J. Price)
 3. BRIDGEND A.A.C. - 24 points.
(J. O'Brien, S. Price, M. Armstrong)
- NONE ATHLETIC CLUB MEMBER - 1ST M. VENABLES. 35.44.

Llanelli A.A.C.
ANNUAL CROSS COUNTRY EVENT
PENBRY 22 December 1985.

VETERAN OVER 50.

1. R. BRANDON BRIDGEND AAC. 37.51

VETERAN OVER 60.

1. Glynor Williams Llanelli AAC. 45.45.
2. Robert Brierley Carmarthen AAC. 46.26.

VETERANS TEAMS

1. BRIDGEND A.A.C. - 63 points
(J. O'Brien, R. Nicolson, R. Brandon)
2. LLANELLI A.A.C. - 74 points.
(Keith Davies, Peter Small, Peter Sadler)
3. CARMARTHEN HARRIERS. - 158 points.
(H. Davies, T. Brock, P. Harding)

Dyfed Cross Country Championships.
Pembrey 22 December 1985

SENIOR MEN

1. Robert Hickman -	Llanelli AAC	32.58
2. Barry Griffiths -	R.A.F. BRADY	34.38.
3. Keith Davies -	Llanelli A.A.C.	35.01.

VETERANS

1. Keith Davies -	Llanelli AAC	35.01
2. Peter Small -	Llanelli AAC	36.04
3. Hedydd Davies -	Carmarthen H.	38.17.

VETERAN OVER 50.

1. DEREK DEWARLES -		42.11.
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VETERAN OVER 60.

1. Glynis Williams.	Llanelli AAC.	45.45.
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JUNIOR MEN

1. Jason Price	Llanelli AAC	35.06.
2. Ceri Williams	Carmarthen H.	37.40.
3. Gary Cutler	Llanelli AAC.	37.59.