

LLANELLI AMATEUR ATHLETIC CLUB

O P E N C R O S S C O U N T R Y R A C E S

U N D E R W . C . C . A . R U L E S

A T

BRYNGWYN SCHOOL SPORTS CENTRE
DAFEN, LLANELLI

O N

SUNDAY, 16TH DECEMBER, 1979.

Trophies awarded for First Place and Team (of three) plus a Veterans Prize in senior event.

<u>Race Times</u>	<u>AGE GROUPS:-</u>					(1 LAP = 1 MILE)
10.30 a.m.	Minor Girls	under	13	on	1.9.79	- 1 Lap
10.40 a.m.	Junior Women	"	15	on	"	- 1½ Laps
10.55 a.m.	Intermediate Women	"	17	on	"	- 2½ Laps
11.15 a.m.	Senior Women	over	17	on	"	- 3 Laps
10.40 a.m.	Colts	11 but under	13	on	"	- 1½ Laps
10.55 a.m.	Boys	"	15	on	"	- 2½ Laps
11.15 a.m.	Youths	"	17	on	"	- 3 Laps
11.20 a.m.	Junior & Senior Men	over	17	on	"	- 1 Lap + 2 Circuits of lower Lliedi Reservoir. TOTAL = 6 Miles

N.B. Spikes may be used for field laps but ripples or road shoes only, can be used for Senior and Junior Men's Course.

The Club reserves the right to cancel races or alter race times as necessary.

It is a condition of entry that all competitors are Amateurs and no liability will be accepted for loss, damage or injury to any person or their property.

For information on weather or course conditions on the day, telephone Llanelli 57881 or Gorseinon 894093.

Club Secretaries are asked to provide approximate numbers of entries beforehand if possible: Contact:-

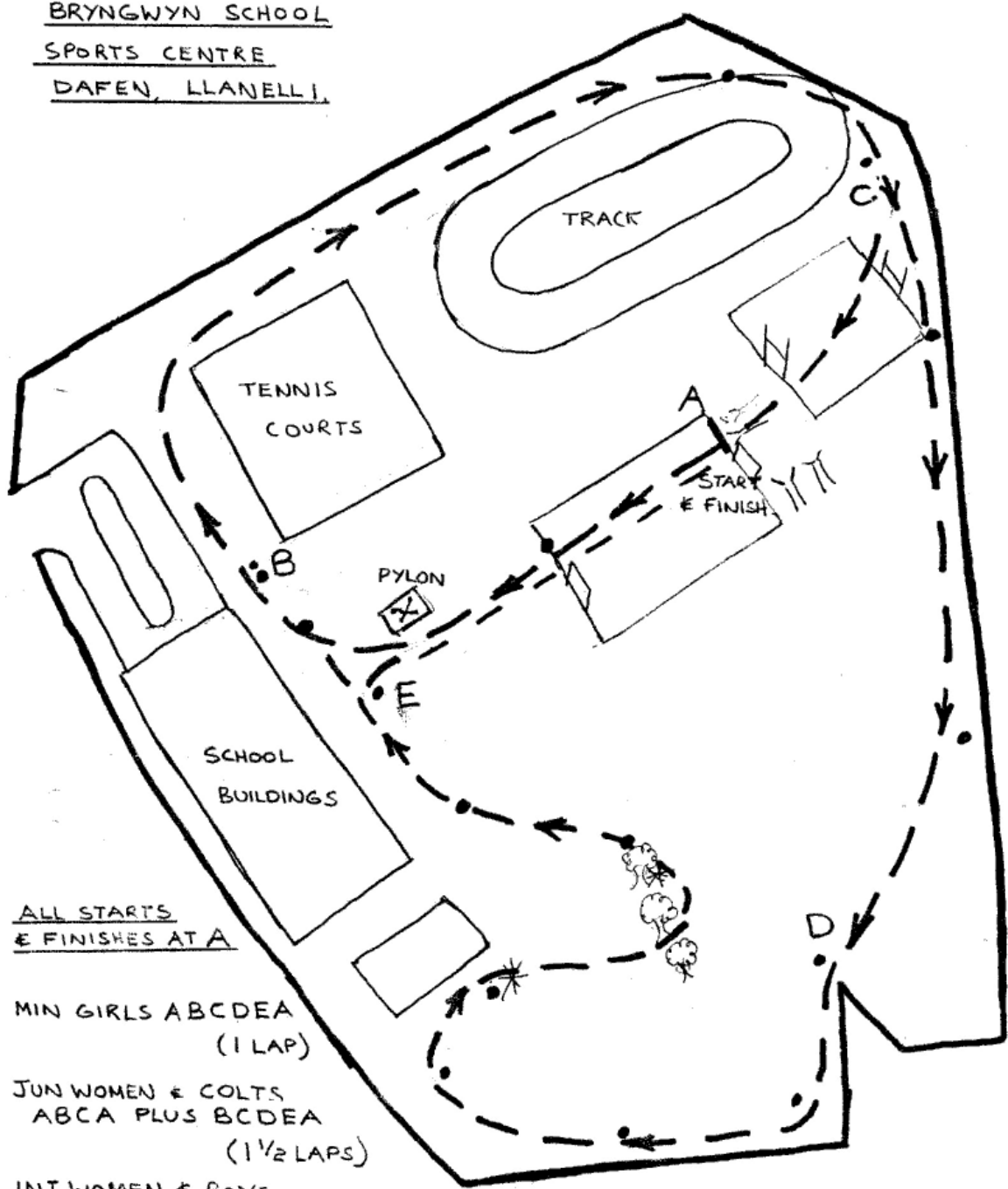
R. P. Oram,
36, Heol Innes,
Felinfoel,
LLANELLI, Dyfed.

Tel: Llanelli 51191(home) or 2288 (work).

Entry Fee: 30p SENIOR MEN
20p ALL OTHERS

LLANELLI A.A.C.
OPEN CROSS COUNTRY RACES

BRYNGWYN SCHOOL
SPORTS CENTRE
DAFEN, LLANELLI.



ALL STARTS
& FINISHES AT A

MIN GIRLS ABCDEA
(1 LAP)

JUN WOMEN & COLTS
ABCA PLUS BCDEA
(1 1/2 LAPS)

INT WOMEN & BOYS
ABCA PLUS 2 CIRCUITS BCDE FIN AT A
(2 1/2 LAPS)

SEN WOMEN & YOUTHS
A (3 CIRCUITS BCDE) FIN AT A
(3 LAPS)

1 LAP = 1 MILE

1 LAP = 1 MILE	<u>NAME</u>	<u>CLUB</u>	<u>POSITION</u>	<u>TIME</u>
<u>Senior Women .</u>				
3 Laps.	D. Rees	Carmarthen.	1	15.02
<u>Intermediate Women.</u>				
2½ Laps.	C. Nicks	Carmarthen.	1	13.31
<u>Junior Women .</u>				
1¼ Laps.	J. Thomas	Carmarthen	1	9.45
	C. Jenkins	Llanelli	2	13.18
<u>Minor Girls.</u>				
1 Lap.	A. Parry.	Cleddau.	1	6.51
	J. Beynon.	Llanelli.	2	8.13
	A. Hall.	St. John Lloyd.	3	8.58
	C. Beynon.	Llanelli.	4	9.18
<u>Colts.</u>				
1¼ Laps.	S. Chapman	Bryngwyn .	1	11.11
	D. Pellew	Bryngwyn.	2	11.58
<u>Boys.</u>				
2½ Laps.	P. Breed.	Llanelli.	1	17.09
	M. Morgan.	Bryngwyn.	2	17.11
	P. Davies.	Llanelli.	3	17.14
	G. Davies.	Bryngwyn.	4	18.16
	N. Caton.	Bryngwyn.	5	19.00
	R. Buxton.	Llanelli.	6	19.02
	P. O'Sullivan.	Llanelli.	7	19.05
	R. Davies.	Llanelli.	8	19.18
<u>YOUTHS - 5 MILE ROAD RACE.</u>				
	G. Hill.	Swansea	1st	33.33
	J. Chick.	Port Talbot	2nd	35.08

SENIOR MENDECEMBER 1979

1.	A. Cole	Swansea Harrier	A	31.58
2.	H. Parsell	"	" B	32.57
3.	B. Bullen	"	" C	33.12
4.	D. H. Davies	Carmarthen	"	33.42
5.	C. Davies	Swansea	C	33.50
6.	J. O'Brian	Bridgend		34.12
7.	R. H. Davies	Carmarthen		34.21
8.	J. Collins	Swansea	B	35.45
9.	D. Robbins	Swansea	A	36.21V
10.	O. Lewis	Neath		37.04
11.	A. Thompson	Swansea	A	37.31
12.	G. Jones	Llanelli		37.38
13.	S. Evans	Llanelli		39.22
14.	C. Rees	Llanelli		39.28
15.	J. Griffiths	Swansea		39.38
16.	P. Oram	Llanelli		39.45
17.	D. Jones	Neath		39.57
18.	B. Morgan	Llanelli		41.36
19.	J. Clarkson	Swansea	C	42.37
20.	H. Rees	Unattached		46.14
21.	C. Balty	Swansea	B	47.55
22.	P. Rees	Swansea	C	48.41