

LLANELLI AMATEUR ATHLETIC CLUB

SENIOR MENS

OPEN CROSS COUNTRY RACE

To start from Bryngwyn School Sports Centre, Dafen at 11.00 am Sunday, 17th December, 1978, where good Parking and Changing facilities are available.

Trophies will be awarded and individual prizes in the following events:-

- a) 1st, 2nd, 3rd, individual places.
- b) 1st W.C.C.A. club team.
- c) 1st Veteran.
- d) 1st non A.A.A. or W.C.C.A. club individual finisher.
- e) 1st non A.A.A. or W.C.C.A. Club Team.
- f) 1st "Llanelli" resident to finish.

The Course will cover a single circuit of approximately $6\frac{3}{4}$ miles. The conditions will range from Tarmac (1 Mile of footpath, although you may run on grass verge) to very soft ground in places. Marshalls will be in attendance to supervise main route junctions.

CONDITIONS OF ENTRY AND RULES:

1. The Llanelli Amateur Athletic Club, its members and acting officials cannot accept responsibility or liability for loss or accidental damage to spectators or competitors or their property.
2. All individual athletes and teams must be declared before 10.30 am on day of race.
3. Teams shall comprise of a maximum of 5 with 4 to count as starters.
4. Entry fees will be 20p per individual before the day of the race and 30p on the day.
5. Entry forms are available beforehand from; The Secretary, Llanelli A.A.C., 36 Heol Innes, Felinfoel, Llanelli. Requests for forms should be accompanied by S.A.E. Completed forms with remittance should be returned to the same address.
6. Entry forms will be available at the School on the day of the race.
7. All competitors must be senior men 18 years old or over on the day of the race.
8. The non 'A.A.A.' or 'W.C.C.A.' team or individual specified in the awards shall never have been a member of such a Club. The awards shall be aimed for example: at a Soccer, Rugby or Cycling form of athletics club.
9. The 'Llanelli' finisher award is intended for a bona fide resident of the greater district for 5 years or more.
10. All finishing athletes must complete the whole specified course to qualify for any of the aforementioned awards or prizes.
11. All competitors must be Amateur athletes.

RESULTS

LLANELLI A.A.C. SENIOR MEN'S CROSS COUNTRY RACE 17-12-78

FINISH POSITION	TIME	NAME	TEAM
1	34.30	A. Cole	Swansea Harriers
2	35.16	J. Seaman	" "
3	35.49	D. Flynn	" "
4	36.04	B. Bullen	" "
5	37.55	D. Robbins	" "
6	37.57	J. Collins	" "
7	38.22	J. Evans	Neath Harriers
8	38.57	D. Jones	" "
9	39.00	D. Trick	" "
10	39.52	J. Griffiths	Swansea Harriers
11	40.05	R. Hickman	Llanelli AAC
12	40.12	P. Evans	Swansea Harriers
13	41.05	P. Oram	Llanelli AAC
14	41.51	A. Currie	Neath Harriers
15	42.12	C. Rees	Llanelli AAC
16	46.44	J. Clarkson	Swansea Harriers
17	50.15	M. Kendrick	" "
18	50.26	R.W. Lewis	Individual
19	50.44	A. Jones	Neath Harriers
20	51.06	A. Long	Individual
21	53.44	H.L. Rees	"
22	57.47	D. Wotton	"

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Senior Men's Open Cross Country Race, Bryngwyn School, Dafen.

Sunday, 17th December, 1978.

In good running conditions the above race was won by Alan Cole of Swansea Harriers over a distance of six miles, from Dafen to Llangennech and back. The Team Prize was also won by Swansea Harriers. The first veteran home in 5th Place overall was Dil Robbins of Swansea Harriers and the first Llanelli athlete to finish was the much improved Robert Hickman. Although the Llanelli Team was weakened by the absence of Paul Osborne and Bruce Walker they are now very confident that the Senior Men's Section of the Club will continue to improve and achieve a good position in their first year of competition in the Gwent Cross Country League. The Club are now considering holding another Meeting in March 1979.

(Pictured with Miss Llanelli presenting the prizes are Alan Cole, D. Robbins and R. Hickman).

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PAUL ORAM,
Treasurer & Assistant Secretary
LLANELLI AMATEUR ATHLETIC CLUB.

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ENTRY FORM - CROSS COUNTRY RACE 17.12.78

Please PRINT:

<u>Full Name Of Competitor</u>	<u>Date Of Birth</u>	<u>Name of Team (If Applicable)</u>	<u>Please Tick (✓) If Born or Resident In Llanelli For 5 Years</u>
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

I declare that the details provided are correct and agree that the Llanelli Amateur Athletic Club, its members and acting officials cannot accept responsibility or liability for loss or accidental damage to spectators or competitors or their property.

Signed:

Date:

Team Sec*/Individual*
(Delete as Appropriate)