

# AMMAN VALLEY HARRIERS

## 10km Road Race & Fun Run *2010*

Pos	Time	Family	First	No	Gen	Age	Cat	Club	Mile Split
1	0:35:06	Talbot	Paul	202	M	43	M40	Neath	0:05:40
2	0:35:13	Price	Glyn	258	M	43	M40	Sarn Helen	0:05:41
3	0:36:12	Davies	Alan	211	M	57	M50		0:05:50
4	0:36:34	Morris	John	277	M	29	OM	Amman Valley Harriers	0:05:54
5	0:36:45	Ayres	Gareth	239	M	27	OM	Port Talbot Harriers	0:05:56
6	0:37:01	Parker	Chris	257	M	44	M40	Swansea Harriers	0:05:58
7	0:37:06	Giasnsirascusa	Jeffrey	208	M	29	OM	Swansea Harriers	0:05:59
8	0:37:13	Fulcher	Chris	216	M	43	M40	Port Talbot Harriers	0:06:00
9	0:38:02	Weaver	Adrian	238	M	32	OM	Neath	0:06:08
10	0:38:11	Davies	Jeremy	217	M	46	M40	Neath	0:06:10
11	0:38:51	Williams	Alex	259	M	42	M40	Port Talbot Harriers	0:06:16
12	0:39:18	Davies	Neil	300	M	51	M50	Cornelly Striders	0:06:20
13	0:39:31	Reismann	Paul	225	M	36	OM	LC2 Running Club Cobras	0:06:22
14	0:39:33	Rees	Paul	241	M	45	M40	Port Talbot Harriers	0:06:23

15	0:39:50	Powell	Keith	200	M	57	M50	Cornelly Striders	0:06:25
16	0:40:10	James?	?	271	M	40	M40		0:06:29
17	0:40:20	Jones	Jonathan	281	M	40	M40	Carmarthen Harriers	0:06:30
18	0:40:22	Taylor	Kevin	273	M	49	M40	Amman Valley Harriers	0:06:31
19	0:40:39	Irving	Gary	244	M	50	M50	Swansea Harriers	0:06:33
20	0:40:42	Evans	Alun	293	M	45	M40		0:06:34
21	0:41:05	John	Tim	263	M	37	OM	TROTS	0:06:38
22	0:41:17	Adams	Phil	247	M	48	M40	Neath	0:06:40
23	0:41:18	Price	Huw	268	M	47	M40	Sarn Helen	0:06:40
24	0:41:28	Cole	Michelle	272	F	32	OF	3m Gorseinon RR	0:06:41
25	0:41:30	Rees	G	218	M	35	OM		0:06:42
26	0:41:59	Crumplin	Adam	301	M	31	OM		0:06:46
27	0:42:07	Drasey	Glenn	308	M	48	M40	Swansea Harriers	0:06:48
28	0:42:10	Walters	Peter	303	M	49	M40	TROTS	0:06:48
29	0:42:41	Perkins	Alan	251	M	59	M50	Port Talbot Harriers	0:06:53
30	0:42:48	Joyce	Kev	229	M	45	M40	Pembs Harriers	0:06:54
31	0:43:05	Terry	Mark	260	M	53	M50	TROTS	0:06:57
32	0:43:29	Batcup	Marc	207	M	28	OM	Swansea Harriers	0:07:01
33	0:43:34	Speed	Ian	253	M	44	M40		0:07:02
34	0:43:47	Davey	Eric	219	M	60	M60	Llanelli AC	0:07:04
35	0:43:49	Williams	David	290	M	39	OM		0:07:04
36	0:43:52	Halsall	Michael	220	M	37	OM	Llanelli AC	0:07:05
37	0:44:11	Corwen	Kevin	205	M	48	M40	Swansea Harriers	0:07:08
38	0:44:28	Moseley	Carol	237	F	33	OF	Port Talbot Harriers	0:07:10
39	0:44:33	Mogford	Brian	288	M	50	M50	Amman Valley Harriers	0:07:11
40	0:44:39	Kumari	Uku	206	M	58	M50	Swansea Harriers	0:07:12

41	0:44:43	Grant	Mick	227	M	54	M50	Road Runners Club	0:07:13
42	0:44:51	Thomas	Gari	286	M	43	M40	Emlyn Runners	0:07:14
43	0:44:59	Cox	Linden	296	M	42	M40		0:07:15
44	0:45:07	Jones	Chris	282	M	42	M40	Amman Valley Harriers	0:07:17
45	0:45:36	Hold	Calvin	212	M	36	OM	Swansea Harriers	0:07:21
46	0:45:51	Walters	Cyril	236	M	62	M60	TROTS	0:07:24
47	0:46:23	Bennett	Chris	289	M	21	OM		0:07:29
48	0:46:38	Morgan	Rebecca	215	F	24	OF		0:07:31
49	0:46:39	Daniel	Noelwyn	275	M	42	M40		0:07:31
50	0:46:42	Williams	Matthew	307	M	39	OM		0:07:32
51	0:47:20	Jenkins	Geraint	234	M	42	M40	Amman Valley Harriers	0:07:38
52	0:47:22	Dulake	Martyn	203	M	43	M40		0:07:38
53	0:47:25	Beynon	Jonathan	226	M	36	OM	LC2 Running Club Cobras	0:07:39
54	0:47:45	Leslie	Bill	264	M	39	OM		0:07:42
55	0:47:53	Bradley	Malcolm	295	M	60	M60		0:07:43
56	0:48:13	Morgan	Barry	246	M	38	OM		0:07:47
57	0:48:31	Rabaiotti	Mario	240	M	47	M40	Port Talbot Harriers	0:07:50
58	0:49:07	Sherwood	Roland	204	M	64	M60		0:07:55
59	0:49:32	Williams	Stephen	302	M	53	M50	Les Croupiers	0:07:59
60	0:50:21	Davies	Ray	243	M	51	M50		0:08:07
61	0:50:27	John	Amanda	279	F	46	F45	Amman Valley Harriers	0:08:08
62	0:50:56	Thomas	Andrew	262	M	35	OM		0:08:13
63	0:51:02	Eyre	Del	248	F	46	F45	3m Gorseinon RR	0:08:14
64	0:51:56	Rowell	Ann	235	F	54	F45	TROTS	0:08:23
65	0:52:41	Crawford	Oona	242	F	56	F55	TROTS	0:08:30
66	0:52:46	Rees	Linda	223	F	49	F45	3m Gorseinon RR	0:08:31

67	0:52:49	Thomas	Sue	285	F	42	F35		0:08:31
68	0:52:52	Rees	Paul	274	M	48	M40	3m Gorseinon	0:08:32
69	0:53:26	Job	Stephen	252	M	42	M40		0:08:37
70	0:53:28	Morris	Gary	306	M	36	OM		0:08:37
71	0:53:28	Thomas	Rob	213	M	49	M40		0:08:37
72	0:53:56	Sparrow	Karen	254	F	32	OF	Amman Valley Harriers	0:08:42
73	0:54:23	Phillips	Helen	280	F	51	F45	Amman Valley Harriers	0:08:46
74	0:54:49	Jones	Malcolm	228	M	58	M50	Brackla	0:08:50
75	0:55:12	Jones	Nigel	299	M	55	M50	Llanelli Strollers	0:08:54
76	0:55:28	Holohan	Kim	249	F	53	F45	3m Gorseinon RR	0:08:57
77	0:55:52	Hurdidge	Christine	224	F	58	F55	3m Gorseinon RR	0:09:01
78	0:56:31	Kinsman	Danielle	283	F	31	OF		0:09:07
79	0:56:33	Morris	Kieran	305	M	18	OM		0:09:07
80	0:56:33	Mainwaring	Owain	304	M	40	M40		0:09:07
81	0:56:42	Slate	Brian	231	M	64	M60		0:09:09
82	0:56:43	Slate	Graham	230	M	43	M40		0:09:09
83	0:56:46	Donne	Richard	298	M	48	M40	3m Gorseinon RR	0:09:09
84	0:57:04	Cox	Catherine	297	F	39	F35		0:09:12
85	0:57:24	Sharpe	Fay	222	F	50	F45	3m Gorseinon RR	0:09:15
86	0:57:35	Rosser	David	232	M	76	M60	Amman Valley Harriers	0:09:17
87	0:58:23	Johnson	James	233	M	73	M60		0:09:25
88	0:58:29	Fussell	Kevin	270	M	38	OM		0:09:26
89	0:58:40	Salini	Joy	294	F	41	F35		0:09:28
90	0:59:00	Mogford	Joanna	287	F	26	OF	Amman Valley Harriers	0:09:31
91	0:59:13	Ellis	Verona	256	F	58	F55	Amman Valley Harriers	0:09:33
92	0:59:24	Tancock	Melanie	276	F	39	F35	Amman Valley Harriers	0:09:35

93	0:59:47	Jones	Julie	278	F	42	F35		0:09:39
94	0:59:52	Thomas	Pauline	250	F	65	F55	TROTS	0:09:39
95	0:59:57	Best	Mel	309	F	30	OF		0:09:40
96	1:00:03	Bullough	Malcolm J	214	M	54	M50		0:09:41
97	1:00:12	Thomas	Sarah	261	F	35	F35		0:09:43
98	1:00:23	Swanson	Ian	221	M	60	M60	Port Talbot Harriers	0:09:44
99	1:00:28	Thomas	Joy	265	F	41	F35	Amman Valley Harriers	0:09:45
100	1:02:04	Davies	Mary	266	F	52	F45		0:10:01
101	1:03:04	Evans	Eirlys	201	F	48	F45		0:10:10
102	1:05:19	Edwards	Sioned	291	F	15	OF		0:10:32
103	1:05:29	Owens	Linda	267	F	59	F55	3m Gorseinon RR	0:10:34
104	1:06:01	Davies	Karen	284	F	37	F35		0:10:39
105	1:07:09	Coombes	Cindy	310	F	47	F45		0:10:50
106	1:07:27	Austin	Maddy	209	F	53	F45	Womens Running Network	0:10:53
107	1:10:06	Davies	Louise	311	F	34	OF		0:11:18
108	1:10:06	Fowler	Robert	255	M	65	M60	Amman Valley Harriers	0:11:18
109	1:13:36	Day	Julian	292	M	44	M40		0:11:52
110	1:15:08	Morgan	Emma	245	F	37	F35		0:12:07
111	1:15:08	Thomas	Jane	269	F	42	F35		0:12:07
112	1:22:14	Watts	Allen	210	M	81	M60	Sarn Helen	0:13:16