

# AMMAN VALLEY HARRIERS

## 10km Road Race & Fun Run 2009

Pos	No	First	Name	Club	Time	Cat	Age
1	298	GARETH	JONES	3M GORSEINON	00:34:46	OM	32
2	292	GLYN	PRICE	SARN HELEN	00:35:37	M40	42
3	284	MICHAEL	DAVIES	SARN HELEN	00:36:35	M40	40
4	297	MARK	REYNOLDS	NEATH HARRIERS	00:38:13	OM	39
5	289	IAN	WEBB	LLANELLI AAC	00:38:22	M50	52
6	324	ALUN	EVANS	NONE	00:38:58	M40	44
7	288	MARTIN	WEBBORN	SWANSEA HARRIERS	00:39:12	M40	47
8	306	GARY	IRVING	SWANSEA HARRIERS	00:39:27	M40	49
9	293	STEVE	WILLIAMS	NEATH HARRIERS	00:39:36	M50	50
10	314	JOHN	MORRIS	AMMAN VALLEY HARRIERS	00:39:42	OM	28
11	326	RICHARD	MARKS	SARN HELEN	00:40:15	M50	59
12	281	CLARE	PHILLIPS	PORT TALBOT HARRIERS	00:40:49	F35	40
13	291	ANN	THOMAS	TROTS	00:40:58	F35	42
14	285	HUW	PRICE	SARN HELEN	00:41:00	M40	46
15	299	KEITH	POWELL	CORNELLY STRIDERS	00:41:07	M50	56
16	275	CHRIS	LEWIS	NONE	00:41:29	OM	28
17	325	DEAN	WEBSTER	3M GORSEINON	00:41:45	OM	30
18	322	MARK	TERRY	TROTS	00:41:48	M50	52
19	355	HYWEL	JONES	AMMAN VALLEY HARRIERS	00:41:55	M40	47
20	338	IAN	EVANS	ABERYSTWYTH AC	00:42:05	OM	30
21	331	RACHEL	ALLCOCK	AMMAN VALLEY HARRIERS	00:42:47	F35	36
22	351	SIMON	HALL	SARN HELEN	00:42:57	OM	29
23	309	AMANDA	EVANS	3M GORSEINON	00:43:06	F35	39
24	301	STUART	GRIFFITHS	3M GORSEINON	00:43:09	OM	33
25	327	MARY	BOWEN REES	TROTS	00:43:22	F45	47
26	354	BRIAN	MOGFORD	AMMAN VALLEY HARRIERS	00:43:43	M40	49
27	282	GRAHAM	VYNER	3M GORSEINON	00:44:07	M40	40
28	323	RICHARD	WEBSTER	3M GORSEINON	00:44:08	M50	54
29	296	MICHAEL	EVANS	NEATH HARRIERS	00:44:15	M40	49
30	279	MICK	GRANT	ROAD RUNNERS CLUB	00:44:23	M50	52
31	334	SIAN	TRACE	AMMAN VALLEY HARRIERS	00:44:38	OF	17
32	357	LISA	THOMAS	AMMAN VALLEY HARRIERS	00:45:00	OF	32
33	307	UKA	KUMARI	SWANSEA HARRIERS	00:45:24	M50	57
34	290	LINDY	EYNON	TROTS	00:45:31	F45	48
35	361	LINDEN	COX	NONE	00:46:07	M40	41
36	352	SIAN	PHILLIPS	SWANSEA HARRIERS	00:46:22	F45	48
37	339	ADRIANO	EVOLA	ABERYSTWYTH AC	00:46:55	M50	30
38	333	MARIO	RABAIOTTI	PORT TALBOT HARRIERS	00:46:56	M40	46
39	350	DEE	JOLLY	SARN HELEN	00:47:02	OF	22

40	340	AMANDA	JOHN	AMMAN VALLEY HARRIERS	00:47:27	F45	45
41	344	VIC	SAUNDERS	MUMBLERS MILERS	00:47:29	M40	43
42	349	ANDREW	LLOYD	AMMAN VALLEY HARRIERS	00:47:34	OM	25
43	272	LES	CHAPMAN	AMMAN VALLEY HARRIERS	00:47:50	M60	60
44	320	MICHAEL	TERRY	NONE	00:48:09	M50	58
45	319	FFION	EVANS	AMMAN VALLEY HARRIERS	00:48:13	OF	18
46	304	JULIE	THOMAS	3M GORSEINON	00:48:18	F45	47
47	365	MALCOLM	BRADLEY	NONE	00:48:19	M50	59
48	286	CHRISTINA	SMITH	3M GORSEINON	00:48:27	F45	49
49	273	GERAINT	JENKINS	AMMAN VALLEY HARRIERS	00:48:40	M40	42
50	335	JAMES	TRACE	AMMAN VALLEY HARRIERS	00:49:02	M40	47
51	317	REBECCA	MORGAN	AMMAN VALLEY HARRIERS	00:49:44	OF	23
52	312	MARK	ROBLIN	CARMARTHEN HARRIERS	00:50:10	M40	42
53	362	STEPHEN	EVANS	NONE	00:50:27	M40	44
54	316	CHRIS	BOWEN	NONE	00:50:30	M40	44
55	329	CORDELIA	JONES	3M GORSEINON	00:50:40	OF	27
56	336	DAVID	THOMAS	SARN HELEN	00:50:56	M40	46
57	277	ROLAND	SHERWOOD	AMMAN VALLEY HARRIERS	00:51:10	M60	63
58	356	STEPHEN	WILLIAMS	LES CROUPIERS	00:51:37	M50	52
59	283	CARYL	DAVIES	SARN HELEN	00:52:03	OF	21
60	367	MARIO	SALINI	NONE	00:52:06	M40	45
61	278	ANDREW	JONES	NONE	00:52:40	OM	30
62	303	ANN	ROWELL	TROTS	00:52:46	F45	53
63	308	MICHELLE	PHILLIPS	AMMAN VALLEY HARRIERS	00:52:54	F35	36
64	287	ANNA	WAKE	3M GORSEINON	00:53:10	F35	37
65	311	JOHN	HOLOHAN	3M GORSEINON	00:54:34	M60	60
66	294	FAY	SHARPE	3M GORSEINON	00:54:38	F45	49
67	310	KIM	HOLOHAN	3M GORSEINON	00:54:49	F45	52
68	318	JO	DAVIES	NONE	00:54:56	F35	41
69	364	MALCOLM	BULLOUGH	NONE	00:54:59	M50	51
70	343	KIRSTEN	TUCKER	SWANSEA HARRIERS	00:55:04	OF	33
71	337	LYN	BROWN	AMMAN VALLEY HARRIERS	00:56:28	F45	47
72	358	RICHARD	LLOYD	NONE	00:56:29	OM	23
73	332	DAVID	JONES	NONE	00:56:54	M40	43
74	366	JOY	SALINI	NONE	00:57:08	F35	40
75	363	MICHELLE	OWEN	AMMAN VALLEY HARRIERS	00:57:54	F35	38
76	300	LINDA	REES	3M GORSEINON	00:58:01	F45	48
77	302	DONNA	GRIFFITHS	3M GORSEINON	00:58:01	OF	31
78	345	NEIL	LEWIS	MUMBLES MILERS	00:58:02	M40	49
79	347	SAMANTHA	MOGFORD	AMMAN VALLEY HARRIERS	00:58:17	OF	23
80	348	JOANNA	MOGFORD	AMMAN VALLEY HARRIERS	00:58:30	OF	25
81	315	PAULINE	THOMAS	TROTS	00:58:31	F55	66
82	321	OONA	CRAWFORD	TROTS	00:59:31	F55	56
83	353	ANN	MOGFORD	AMMAN VALLEY HARRIERS	00:59:50	F45	45
84	305	MENNA	STEPHENS	ABERYSTWYTH AC	01:00:03	OF	31
85	346	ANTHONY	HENEBERY	MUMBLES MILERS	01:00:34	M40	42
86	328	DYLAN	JONES	NONE	01:00:45	M40	42
87	295	DAVID	ROSSER	AMMAN VALLEY HARRIERS	01:00:46	M60	75
88	330	JOY	THOMAS	AMMAN VALLEY HARRIERS	01:02:17	F35	40
89	280	SIMON	HUDD	NONE	01:02:27	M40	42
90	341	LINDA	WALLER	3M GORSEINON	01:03:44	F45	53

91	359	SARAH	MARSH	AMMAN VALLEY HARRIERS	01:03:51	OF	32
92	274	ROB	FOWLER	AMMAN VALLEY HARRIERS	01:03:52	M60	64
93	276	ALLEN	WATTS	SARN HELEN	01:24:25	M60	80
9999	342	NIGEL	JONES	LLANELLI STROLLERS		M50	54
9999	360	DENISE	THOMAS	NONE		F35	39

9999 Did not Finish or Run

Team Winners, Men's *Sarn Helen*, Ladies *T.R.O.T.s*