

RACE NAME CLUB CLASS TIME POSITION POSITION RAS Y LLYCHAU 5K RESULTS 2006 1 LEWYS
HOBBS SWANSEA HARRIERS 1ST OPEN MALE 16:09 2 GARETH JONES GORSEINON 3M RUNNERS 2ND
OPEN MALE 16:21 3 CARWYN JONES UWA HARRIERS 3RD OPEN MALE 16:46 4 STEVE DAVIES
SWANSEA HARRIERS OPEN MALE 17:02 5 CARWYN THOMAS SARN HELEN OPEN MALE 17:19 6
MICHAEL DAVIES UWA HARRIERS OPEN MALE 17:37 7 IRFON THOMAS SARN HELEN 1ST MALE U18'S
17:59 8 GLYN REES SARN HELEN OPEN MALE 18:06 9 JAMIE THOMAS SARN HELEN OPEN MALE 18:39
10 GERIANT MANSFIELD CARMS HARRIERS 2ND MALE U18'S 18:44 11 ROGER COOMBS TROTS 1ST
MALE VET 18:50 12 HUW PRICE SARN HELEN 2ND MALE VET 19:19 13 KRISTIAN BOND UWA
HARRIERS 3RD MALE U18'S 19:23 14 ALVIN PHILLIPS OPEN MALE 19:29 15 JOHN SINNETT PEMBS
HARRIERS 3RD MALE VET 19:34 16 CALVIN WILLIAMS SARN HELEN MALE VET 19:39 17 MARY
BOWEN REES TROTS 1ST FEMALE VET 19:40 18 KEVIN TAYLOR AMMAN VALLEY HARRIERS MALE VET
19:44 19 DAVE GRIFFITHS TROTS MALE VET 19:47 20 MARK DUNSCOMBE SARN HELEN MALE VET
19:57 21 LEE WILLIAMS OPEN MALE 20:01 22 KAT DRIVER PEMBS HARRIERS 1ST OPEN FEMALE
20:03 23 GARETH ELLIOTT PEMBS HARRIERS OPEN MALE 20:08 24 JAMES SHAW PEMBS HARRIERS
OPEN MALE 20:12 25 PETER DAVIES SARN HELEN MALE VET 20:20 26 GETHIN JENKINS SARN HELEN
MALE U18'S 20:27 27 ADRIAN WEAVER PORT TALBOT OPEN MALE 20:46 28 HELEN MANSFIELD
CARMS HARRIERS 2ND FEMALE VET 20:51 29 PAUL COLMAN PEMBS HARRIERS MALE VET 21:11 30
ANDREW LLOYD OPEN MALE 21:15 31 LES CHAPMAN AMMAN VALLEY HARRIERS MALE VET 21:20
32 MARK TERRY MALE VET 21:31 33 SIAN TRACE AMMAN VALLEY HARRIERS 1ST U18'S FEMALE
21:43 34 ROBERT FOWLER AMMAN VALLEY HARRIERS MALE VET 21:44 35 NIGEL THOMAS LLANELLI
TRI CLUB MALE VET 21:48 36 DYLAN DRISCOLL OPEN MALE 22:00 37 SIMON MANSFIELD CARMS
HARRIERS MALE VET 22:06 38 IEUAN DAVIES MALE VET 22:23 39 KEVIN WALTERS 1ST TALLEY 22:31
40 ELVET JONES BRECON MALE VET 22:42 41 GARETH JONES SARN HELEN MALE VET 22:53 42 JAMES
ROYSTON TRACE AMMAN VALLEY HARRIERS MELE VET 22:57 43 ANN ROWELL TROTS 3RD FEMALE
VET 23:02 44 MARK ROBIN OPEN MALE 23:14 45 MARTIN PHILLIPS MALE VET 23:24 46 ALEX
WILLIAMS ROAD RUNNERS CLUB OPEN MALE 23:31:39 47 ANDREA WILLIAMS OPEN MALE 21:31:40
48 MARTIN EVANS AMMAN VALLEY HARRIERS MALE VET 23:38 49 IAN SHIMMIN OPEN MALE 23:44
50 JAN JONES SARN HELEN FEMALE VET 24:21:00 51 BOB ELLIOTT PEMBS HARRIERS MALE VET
25:10:00 52 RHYS JONES SARN HELEN MALE U18'S 25:17:00 53 BRYAN O'LEARY OPEN MALE
25:25:00 54 MIKE TODD AMMAN VALLEY HARRIERS MALE VET 25:34:00 55 JAN YOUNGER PEMBS
HARRIERS FEMALE VET 26:07:00 56 CARYL DAVIES SARN HELEN 2ND OPEN FEMALE 26:08:00 57 JILL
COLMAN PEMBS HARRIERS FEMALE VET 26:19:00 58 JAMIE HOWELL OPEN MALE 26:27:00 59
GARETH DAVIES OPEN MALE 27:05:00 60 ANDREA REYNOLDS SWANSEA HARRIERS FEMALE VET
27:14:00 61 PAULINE CHARLETT PEMBS HARRIERS FEMALE VET 27:18:00 62 ANN MOGFORD
AMMAN VALLEY HARRIERS FEMALE VET 27:54:00 63 BRIAN MOGFORD AMMAN VALLEY HARRIERS
MALE VET 27:55:00 64 LORRAINE DYDE PEMBS HARRIERS FEMALE VET 28:09:00 65 ALISON
GRIFFITHS PEMBS HARRIERS FEMALE VET 28:13:00 66 NIGEL WALTERS MALE VET 28:20:00 67
SELBY LE ROUX OPEN MALE 28:39:00 68 LOUISE COWAN FEMALE VET 28:51:00 69 J R HUGHES
MALE VET 29:24:00 70 SIAN JENKINS SARN HELEN 2ND U18'S FEMALE 29:41:00 71 EIRIAN DAVIES
MALE VET 29:39:00 72 JAN BELL PEMBS HARRIERS FEMALE VET 30:20:00 73 MICHAEL MURRAY
MALE VET 30:54:00 74 GWDRUN JONES SARN HELEN FEMALE VET 31:03:00 75 TOM SPEAKE U18'S
MALE 33:06:00 76 NIA WILLIAMS 3RD U18'S FEMALE 35:24:18 77 RUTH MORGAN U18'S FEMALE
35:24:51 78 ANGUS STEWART U18'S MALE 35:24:88 79 FFION THOMAS U18'S FEMALE 35:25:00 80
REBECCA INGLIS U18'S FEMALE 26:29:00 81 EMILY INGLIS U18'S FEMALE 36:36:00 82 ALEN WATTS
SARN HELEN MALE VET 37:19:00 83 STEPHANIE DAY FEMALE VET 47:21:00