

# LIONS AMMAN VALLEY

## 10km Road Race & Fun Run 2013



Pos	Time	Family	First	Num	Gen	Age	Catg	Clu
1	0:33:11	Griffiths	Josh	358	M	19	OM	Swansea Harriers
2	0:37:17	Kirk	Eamonn	346	M	42	M40	Swansea Harriers
3	0:37:35	Morris	John	399	M	32	OM	Amman Valley H
4	0:37:43	Davies	Alan	362	M	60	M60	
5	0:38:09	Harris	Ian	411	M	29	OM	Gorseinon 3ms
6	0:39:25	Lewis	Geraint	388	M	36	OM	Porthcawl Runne
7	0:39:27	O'Callaghan	James	416	M	43	M40	
8	0:40:22	Philippart	Kneath	348	M	54	M50	Swansea Harriers
9	0:40:34	Osborne	Peter	401	M	52	M50	Llanelli AC
10	0:40:39	Morrison	Andrew	354	M	34	OM	Swansea Harriers
11	0:40:40	Williams	Alex	387	M	45	M40	Port Talbot Harri
12	0:41:02	Phillips	Clare	386	F	44	F35	Port Talbot Harri
13	0:41:30	Thomas	Ann	378	F	46	F45	TROTs
14	0:41:59	Powell	Mathew	392	M	34	OM	Celtic Tri
15	0:42:26	Beasley	Marc	409	M	26	OM	
16	0:42:32	Griffiths	Nick	359	M	43	M40	Amman Valley H
17	0:42:44	Davies	John	385	M	59	M50	San Domenico
18	0:43:32	Tippins	Matthew	394	M	21	OM	
19	0:43:43	Janney	Hugh	397	M	42	M40	Amman Valley H

20	0:43:58	Trace	Sian	375	F	21	OF	Amman Valley H
21	0:44:33	Davies	Neil	382	M	54	M50	Cornelly Striders
22	0:44:44	Griffiths	Dwayne	356	M	15	OM	Carmarthen Harr
23	0:44:46	Cole	Michelle	363	F	35	F35	Gorseinon 3ms
24	0:45:17	Wootton	Martin	369	M	39	OM	
25	0:45:36	Thomas	Carwyn	368	M	47	M40	
26	0:45:43	Webster	Richard	371	M	57	M50	Gorseinon 3ms
27	0:45:45	Taylor	Kevin	390	M	52	M50	Amman Valley H
28	0:46:36	Perkins	Alan	407	M	62	M60	Port Talbot Harri
29	0:46:36	Rabaiotti	Mario	372	M	50	M50	Port Talbot Harri
30	0:46:39	Jones	Jack	349	M	25	OM	Swansea Harriers
31	0:46:46	Morgan	Wayne	345	M	41	M40	
32	0:46:50	Elvy	Lyndon	357	M	25	OM	
33	0:46:55	Evans	Geraint	395	M	43	M40	Llandovery
34	0:47:12	Leslie	Bill	367	M	42	M40	
35	0:47:26	Jon es	Llinos	412	F	32	OF	Amman Valley H
36	0:47:39	Davies	Allan	380	M	46	M40	
37	0:47:58	Grant	Mick	389	M	56	M50	Road Runners Cl
38	0:48:29	Davies	Tanwen	384	F	33	OF	Amman Valley H
39	0:48:51	Shepherd	Simon	361	M	42	M40	Amman Valley H
40	0:49:34	Liles	Steven	344	M	44	M40	
41	0:50:05	Davies	Helen-Marie	404	F	37	F35	Swansea Harriers
42	0:50:07	Job	Stephen	366	M	45	M40	Sospan RR
43	0:50:51	Reed	Martin	370	M	51	M50	
44	0:51:50	Evans	John	365	M	67	M60	Aberystwyth AC
45	0:52:51	Rees	Andrew	410	M	40	M40	
46	0:52:53	Smith	Robert	360	M	52	M50	Pembrokeshire H
47	0:53:02	Readwin	Mitchell	391	M	30	OM	Sarn Helen
48	0:53:20	Terry	Michael	396	M	62	M60	TROTs
49	0:54:33	Howell	Amber	415	F	15	OF	Carmarthen Harr
50	0:54:57	Kennedy	Penny	403	F	46	F45	Swansea Harriers
51	0:55:05	Owen	Cathrin	405	F	38	F35	Amman Valley H
52	0:55:38	Jones	Carys	374	F	25	OF	
53	0:56:09	Tippins	Zara	393	F	25	OF	
54	0:56:16	Crawford	Oona	377	F	60	F55	TROTs
55	0:57:42	Phillips	Helen	413	F	54	F45	Amman Valley H
56	0:59:13	Davies	Rhys	408	M	22	OM	
57	0:59:29	Jones	Dylan	383	M	46	M40	
58	0:59:44	Fitzgerald	Kevin	402	M	65	M60	
59	0:59:54	Leighton-Jones	Nigel	406	M	58	M50	Llanelli Strollers
60	1:00:44	Leeman	Greg	373	M	27	OM	
61	1:02:23	Jones	Dan	381	M	65	M60	
62	1:03:20	Lewis	Leon	351	M	35	OM	
63	1:03:31	Donne	Richard	398	M	51	M50	Gorseinon 3ms

64	1:06:44	Lewis	Sam	352	F	38	F35	
65	1:06:44	Burton	Ria	350	F	31	OF	
66	1:07:19	Rees	Sarah	414	F	41	F35	Llanelli Circuits C
67	1:08:50	Thomas	Pauline	379	F	70	F55	TROTs
68	1:13:25	Sherwood	Roland	347	M	67	M60	Carmarthen Harr
69	1:17:48	Rosser	David	355	M	78	M60	Amman Valley H
70	1:17:50	Fowler	Robert	400	M	68	M60	Amman Valley H
71	1:20:54	Watts	Allen	353	M	84	M60	Sarn Helen