

# LIONS AMMAN VALLEY

## 10km Road Race & Fun Run 2012

Pos	Time	Family	First	Num	Gen	Age	Cat	Club	K/Split
1	0:35:10	Williams	Christopher	146	M	42	M40	Neath Harriers	0:03:31
2	0:35:52	Kulesa	B	144	M	43	M40	Gorseinon 3ms	0:03:35
3	0:36:17	Lovatt	Christian	148	M	15	OM	Carmarthen Harriers	0:03:38
4	0:36:30	Morris	John	319	M	31	OM	Amman Valley Harriers	0:03:39
5	0:36:42	Davies	Alan	154	M	59	M50		0:03:40
6	0:36:54	Kirk	Eamonn	157	M	41	M40	Swansea Harriers	0:03:41
7	0:37:08	Barnes	Nigel	74	M	46	M40	Port Talbot Harriers A. C.	0:03:43
8	0:37:37	Williams	Alex	181	M	44	M40	Port Talbot Harriers A. C.	0:03:46
9	0:38:26	Hodgson	Andrew	141	M	40	M40	BridgendAC	0:03:51
10	0:38:29	Hooper	Daniel	330	M	39	OM	Sarn Helen	0:03:51
11	0:38:32	Relsmann	Raul	156	M	38	OM	Swansea Harriers	0:03:51
12	0:38:43	Morris	Lee	317	M	31	OM	Gorseinon 3ms	0:03:52
13	0:39:07	Whitehouse	Roy	145	M	49	M40	Neath Harriers	0:03:55
14	0:39:15	Rees	Paul	195	M	47	M40	Port Talbot Harriers A. C.	0:03:56
15	0:39:18	Lewis	Geraint	314	M	35	OM	Porthcawl Runners	0:03:56
16	0:39:42	Phillips	Clare	182	F	43	F35	Port Talbot Harriers A. C.	0:03:58
17	0:40:37	Dixon	Christopher	343	M	34	OM	Pembrokeshire Harriers	0:04:04
18	0:40:58	Parfitt	David	197	M	42	M40	Port Talbot Harriers A. C.	0:04:06
19	0:41:03	Thompson	Keith	140	M	50	M50	Rhondda Valley Runners	0:04:06
20	0:41:08	Butcher	Paul	340	M	46	M40	Amman Valley Harriers	0:04:07
21	0:41:31	Davies	John	162	M	58	M50		0:04:09

22	0:41:34	Davies	Neil	312	M	53	M50	Cornelly Striders	0:04:09
23	0:41:43	Powell	Mathew	191	M	33	OM		0:04:10
24	0:41:48	Hubbard	Ben	326	M	27	OM		0:04:11
25	0:41:53	Dinham	Steven	55	M	32	OM	Port Talbot Harriers A. C.	0:04:11
26	0:42:00	Lewis	Alex	193	M	32	OM	Neath Harriers	0:04:12
27	0:42:04	Powell	Keith	147	M	59	M50	Cornelly Striders	0:04:12
28	0:42:07	Hall	Simon	159	M	32	OM	Sarn Helen	0:04:13
29	0:42:11	Smith	Paul	155	M	24	OM	LC Cobras	0:04:13
30	0:42:23	Hoskins	Ian	165	M	39	OM	Gorseinon 3ms	0:04:14
31	0:42:36	Osborne	Peter	332	M	51	M50	Llanelli AC	0:04:16
32	0:42:51	Thomas	Daniel	170	M	22	OM	Swansea Harriers	0:04:17
33	0:43:17	Rees	Alun	190	M	36	OM		0:04:20
34	0:43:20	Beynon-Thomas	Alaw	171	F	22	OF	Swansea Harriers	0:04:20
35	0:43:32	O'Brien	Terry	199	m	55	M50		0:04:21
36	0:43:38	Hughes	Kevin	160	M	38	OM	Sarn Helen	0:04:22
37	0:43:40	Hopkins	John	321	M	49	M40	Port Talbot Harriers A. C.	0:04:22
38	0:43:53	Thomas	Lisa	263	F	35	F35	Amman Valley Harriers	0:04:23
39	0:44:09	Griffiths	Nick	186	M	42	M40		0:04:25
40	0:44:12	Terry	Mark	166	M	55	M50	TROTs	0:04:25
41	0:44:16	James	Richard	149	M	49	M40	Emlyn Runners	0:04:26
42	0:44:29	Craddock	Andrew	177	M	34	OM	Tata	0:04:27
43	0:45:02	Green	Lynn	178	F	54	F45	Cardigan Running Club	0:04:30
44	0:45:26	Morgan	Rebecca	158	F	26	OF		0:04:33
45	0:45:27	Thomas	Kalem	194	M	15	OM	Amman Valley Harriers	0:04:33
46	0:45:29	James	Nathan	188	M	33	OM		0:04:33
47	0:45:45	Murphy	James	323	M	45	M40		0:04:34
48	0:46:11	Brocklebank	Nina	164	F	41	F35	Gorseinon 3ms	0:04:37
49	0:46:18	Perkins	Alan	183	M	61	M60	Port Talbot Harriers A. C.	0:04:38

50	0:46:24	Deacon	Peter	153	M	55	M50	Swansea Harriers	0:04:38
51	0:46:37	Phillips	Sian	338	F	51	F45	Swansea Harriers	0:04:40
52	0:46:45	Jones	Chris	185	M	44	M40	Amman Valley Harriers	0:04:41
53	0:47:17	Lloyd	Andrew	281	M	28	OM	Amman Valley Harriers	0:04:44
54	0:47:20	Evans	John	169	M	66	M60	Aberystwyth AC	0:04:44
55	0:47:21	Ornberg	Ola	270	M	47	M40	Lonesome Runners	0:04:44
56	0:47:32	Jenkins	Geraint	335	M	44	M40	Amman Valley Harriers	0:04:45
57	0:47:44	Davey	Eric	320	M	62	M60	Llanelli AC	0:04:46
58	0:48:16	Wiltshire	Shan	189	F	29	OF		0:04:50
59	0:48:37	Jones	Steffan	161	M	22	OM	Sarn Helen	0:04:52
60	0:48:37	Jones	Gareth	198	M	46	M40	Sarn Helen	0:04:52
61	0:48:42	Jones	Mark	196	M	50	M50		0:04:52
62	0:49:08	Elvy	David	143	M	47	M40		0:04:55
63	0:49:27	Shepherd	Simon	77	M	41	M40	Amman Valley Harriers	0:04:57
64	0:49:41	Liles	Steven	139	M	43	M40		0:04:58
65	0:49:45	Job	Stephen	167	M	44	M40		0:04:59
66	0:50:42	Graeple	Penny	329	F	51	F45	Amman Valley Harriers	0:05:04
67	0:51:30	Jeremiah	Carl	187	M	50	M50		0:05:09
68	0:51:39	Ayres	John	184	M	57	M50	Port Talbot Harriers A. C.	0:05:10
69	0:51:44	Terry	Michael	324	M	61	M60	TROT's	0:05:10
70	0:52:01	Owen	Cathrin	318	F	37	F35	Amman Valley Harriers	0:05:12
71	0:52:08	Davies	Allan	168	M	45	M40		0:05:13
72	0:52:24	Crawford	Oona	176	F	58	F55	TROT's	0:05:14
73	0:53:26	Toop	Mark	173	M	45	M40		0:05:21
74	0:53:35	Powell	Joshua	137	M	18	OM		0:05:21
75	0:54:28	Hart	Jack	172	M	20	OM		0:05:27
76	0:54:39	Reid	Sally	142	F	44	F35	Gorseinon 3ms	0:05:28
77	0:55:02	Liguz	Greg	331	M	44	M40		0:05:30

78	0:55:30	Phillips	Michelle	163	F	39	F35	Amman Valley Harriers	0:05:33
79	0:57:57	Powell	Nicola	192	F	36	OF		0:05:48
80	0:58:02	Leighton-Jones	Nigel	339	M	57	M50	Llanelli Strollers	0:05:48
81	0:58:10	Johnson	Hannah	325	F	25	OF	Sospan RR	0:05:49
82	0:58:17	Smith	Gail	333	F	40	F35		0:05:50
83	0:58:38	Davies	Shelley	286	F	49	F45	Cornelly Striders	0:05:52
84	0:58:46	Bullough	Malcolm	313	M	54	M50		0:05:53
85	0:58:55	Phillips	Helen	342	F	53	F45	Amman Valley Harriers	0:05:54
86	0:59:37	Jones	Carys	180	F	24	OF		0:05:58
87	1:00:08	Collins	Corinna	337	F	49	F45		0:06:01
88	1:00:18	Gilbert	Amanda	174	F	46	F45	Celtic Tri	0:06:02
89	1:01:03	Mogford	Samantha	285	F	26	OF	Amman Valley Harriers	0:06:06
90	1:01:04	Williams	Sharon	341	F	49	F45		0:06:06
91	1:01:09	Leeman	Greg	179	M	26	OM		0:06:07
92	1:01:38	Larkin	Leah	151	F	19	OF	Sospan RR	0:06:10
93	1:01:38	Watts	Nigel	327	M	55	M50		0:06:10
94	1:02:11	Mogford	Joanna	322	F	28	OF	Amman Valley Harriers	0:06:13
95	1:04:07	Thomas	Pauline	175	F	69	F55	TROTs	0:06:25
96	1:05:47	Coombes	Cindy	328	F	49	F45		0:06:35
97	1:06:02	Jenkins	Susanna	336	F	45	F45	Amman Valley Harriers	0:06:36
98	1:07:36	Rosser	David	315	M	78	M60	Amman Valley Harriers	0:06:46
99	1:09:05	Edmondson	Gareth	150	M	37	OM		0:06:55
100	1:11:48	Ornberg	Lena	204	F	48	F45	Lonesome Runners	0:07:11
101	1:13:01	Davies	Louise	334	F	36	F35		0:07:18
102	1:14:32	Larkin	Chris	152	F	40	F35	Sospan RR	0:07:27
103	1:14:32	Fowler	Robert	316	M	67	M60	Amman Valley Harriers	0:07:27
104	1:38:30	Watts	Allen	138	M	83	M60	Sarn Helen	0:09:51