

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	MALE 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