

# LIONS AMMAN VALLEY

## 10km Road Race & Fun Run

*2011*

Pos	Time	Family	First	Num	Gen	Age	Catgy	Club	K/Split
1	0:36:05	Lewis	Geraint	97	M	34	OM	Porthcawl Runners Life	0:03:37
2	0:37:03	Rees	David	117	M	35	OM	Swansea Harriers	0:03:42
3	0:37:18	Morris	John	113	M	30	OM	Amman Valley Harriers	0:03:44
4	0:37:42	Powell	Anthony	66	M	42	M40	Porthcawl Runners Life	0:03:46
5	0:38:06	Barnes	Nigel	58	M	45	M40		0:03:49
6	0:38:36	Jones	Neil	123	M	39	OM	Amman Valley Harriers	0:03:52
7	0:38:46	Jones	Aaron	86	M	55	M50	Port Talbot Harriers A. C.	0:03:53
8	0:39:16	Reismann	Raul	68	M	37	OM	LC Cobras	0:03:56
9	0:39:27	Lloyd	Llewelyn	82	M	19	OM	Sarn Helen	0:03:57
10	0:39:28	Price	Glyn	83	M	44	M40	Sarn Helen	0:03:57
11	0:40:05	Crumplin	Adam	125	M	32	OM		0:04:00
12	0:40:06	Thomas	D	72	M	32	OM		0:04:01
13	0:40:25	Powell	Keith	62	M	58	M50	Cornelly Striders	0:04:03
14	0:40:31	Williams	Jade	132	F	18	OF	Amman Valley Harriers	0:04:03

15	0:40:40	Taylor	Kevin	87	M	50	M50	Amman Valley Harriers	0:04:04
16	0:40:52	Price	Huw	84	M	48	M40	Sarn Helen	0:04:05
17	0:41:08	Evans	Alun	104	M	46	M40		0:04:07
18	0:41:24	Owen	Michael	100	M	41	M40		0:04:08
19	0:41:38	Terry	Mark	92	M	54	M50	TROTts	0:04:10
20	0:41:58	Pugh	K	75	M	46	M40		0:04:12
21	0:42:11	Pearce	Brian	95	M	56	M50		0:04:13
22	0:42:25	Jones	Chris	106	M	43	M40	Amman Valley Harriers	0:04:15
23	0:42:31	Butcher	Paul	79	M	45	M40	Amman Valley Harriers	0:04:15
24	0:42:39	Perkins	Alan	103	M	60	M60	Port Talbot Harriers A. C.	0:04:16
25	0:42:46	Trace	Sian	101	F	19	OF	Amman Valley Harriers	0:04:17
26	0:42:57	Maine	Gabriella	73	F	23	OF	Porthcawl Runners Life	0:04:18
27	0:43:10	Dunscombe	Mark	91	M	49	M40	Sarn Helen	0:04:19
28	0:43:13	Walters	Peter	105		50	M50	TROTts	0:04:19
29	0:43:33	Davey	Eric	108	M	61	M60	Llanelli AC	0:04:21
30	0:44:06	Bown	David	60	M	36	OM	Mumble Milers	0:04:25
31	0:44:20	Maine	Julian	64	M	53	M50	Porthcawl Runners Life	0:04:26
32	0:44:31	Smith	Geraint	107	M	41	M40		0:04:27
33	0:44:48	Moseley	Carol	98	F	34	OF	Port Talbot Harriers A. C.	0:04:29
34	0:45:20	Kenwright	Dawn	56	F	55	F55	Sarn Helen	0:04:32
35	0:45:21	Eynon	Lindy	74	F	50	F45	TROTts	0:04:32
36	0:45:57	Lucas	Andrew	88	M	48	M40	Gorseinon 3ms	0:04:36
37	0:46:06	Thomas	Lisa	122	F	34	OF	Amman Valley Harriers	0:04:37
38	0:46:16	Dulake	Martin	90	M	44	M40		0:04:38
39	0:46:29	Jones	Steffan	81	M	21	OM	Sarn Helen	0:04:39
40	0:46:34	Breen	David	65	M	57	M50	Porthcawl Runners Life	0:04:39
41	0:47:10	West	Klayton	89	M	38	OM		0:04:43
42	0:47:16	Terry	Michael	96	M	60	M60	TROTts	0:04:44

43	0:47:20	MacLarty	Evan	115	M	30	OM		0:04:44
44	0:48:09	Thomas	Nicola	63	F	44	F35	Porthcawl Runners Life	0:04:49
45	0:48:18	Smith	Robert	76	M	50	M50	Pembrokeshire Harriers	0:04:50
46	0:48:48	Lewis	Stephen	67	M	37	OM	Celtic Tri	0:04:53
47	0:48:50	Williams	Alwyn	102	M	43	M40		0:04:53
48	0:48:58	Howell	Michael	136	M	48	M40		0:04:54
49	0:49:04	Job	Stephen	61	M	43	M40		0:04:54
50	0:49:09	Rees	Simon	109	M	31	OM		0:04:55
51	0:49:45	Beynon	Jonathan	71	M	37	OM	LC Cobras	0:04:59
52	0:49:49	John	Amanda	119	F	47	F45	Amman Valley Harriers	0:04:59
53	0:49:58	Shepherd	Simon	57	M	40	M40	Amman Valley Harriers	0:05:00
54	0:50:49	Gruepel	P	127	F	50	F45	Amman Valley Harriers	0:05:05
55	0:51:01	Williams	Gethin	121	M	30	OM		0:05:06
56	0:51:01	Smith	Paul	69	M	23	OM	LC Cobras	0:05:06
57	0:52:04	Sherwood	Roland	55	M	65	M60		0:05:12
58	0:52:28	Rowell	Ann	77	F	55	F55	TROT's	0:05:15
59	0:53:23	Tippins	Matthew	124	M	19	OM		0:05:20
60	0:53:28	Pearce	Dora	94	F	51	F45		0:05:21
61	0:54:46	Driscoll	Sarah	114	F	28	OF		0:05:29
62	0:54:57	Jones	Matthew	70	M	34	OM	LC Cobras	0:05:30
63	0:55:19	Liles	Steve	80	M	42	M40		0:05:32
64	0:55:30	Davies	Wayne	85	M	41	M40		0:05:33
65	0:55:38	Owen	Caturin	99	F	36	F35	Amman Valley Harriers	0:05:34
66	0:55:50	Phillips	Helen	120	F	52	F45	Amman Valley Harriers	0:05:35
67	0:57:12	Swanson	Ian	78	M	61	M60	Port Talbot Harriers A. C.	0:05:43
68	0:57:31	Bullough	Malcolm	126	M	53	M50		0:05:45
69	0:58:34	Williams	Donna	133	F	46	F45		0:05:51
70	0:58:34	Williams	Hayden	134	M	43	M40		0:05:51

71	0:59:04	Trace	James	135	M	49	M40		0:05:54
72	0:59:47	Fussell	Kevin	129	M	39	OM		0:05:59
73	1:00:33	Chapman	Les	130	M	63	M60	Amman Valley Harriers	0:06:03
74	1:00:38	Williams-Tesho	Nicola	116	F	36	F35		0:06:04
75	1:00:52	Collins	Corinna	111	F	48	F45		0:06:05
76	1:01:28	Thomas	Pauline	131	F	68	F55	TROT's	0:06:09
77	1:01:33	Tancock	Melanie	93	F	40	F35	Amman Valley Harriers	0:06:09
78	1:04:20	Owens	Linda	118	F	60	F55	Gorseinon 3ms	0:06:26
79	1:06:20	Price	Jayne	110	F	34	OF		0:06:38
80	1:08:27	Coombes	Cindy	112	F	48	F45		0:06:51
81	1:09:11	Barnes	Kay	59	F	41	F35		0:06:55
82	1:09:40	Fowler	Rob	128	M	66	M60	Amman Valley Harriers	0:06:58
83	1:29:39	Watts	Allen	54	M	82	M60	Sarn Helen	0:08:58