

TRAP SHOW CHARITY FUN RUN 2018 FULL RESULTS
OPEN 4.7 MILE RACE

OPEN MALE

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|--------------------------------------|-------------------------------------|
| 1 Rob Davies, Amman Valley (26.42) | 2 Phil Morris, Llangammarch (27.26) |
| 3 Andrew Cleverly, Ammanford (28.48) | 4 Matt Yelland Ammanford (29.06)) |
| 5 Gareth Partridge Cardiff (33.04) | 6 Jay Griffiths, Carmarthen (33.50) |
| 7 Martin White Trap (33.54) | 8 Rhys Morgan, Ammanford (34.54) |
| 9 Iwan Williams, Llandeilo (35.31) | 10 Tai Cousins, Garnant(36.01) |
| 11 Aled Jones, Llandeilo (37.10) | 12 Andrew Lloyd, Penygroes (38.45) |
| 13 Joshua Walsh, Carmarthen (39.28) | 14 Daniel Jones, Ammanford (43.50) |
| 15 Andrew Stock, Cardiff (44.28) | 16 Hemi Cousins, Garnant (45.26) |
| 17 Rhys Richards, Llandeilo (46.20) | 18 Nigel Jones, Llanelli (49.55) |
| 19 Adam Owen, Swansea (52.21) | |

MENS VETS (40+)

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|---------------------------------------|---|
| 1 Gareth Davies, Swansea (28.58) | 2 Wayne Lewis, Pantllyn (31.25) |
| 3 Richard Davies, Tycroes (31.38) | 4 Rob Walters, Trap (31.45) |
| 5 Brian Evans, Salem (32.12) | = 6 Andrew Rees , Pentregwenlais(33.04) |
| =6 Aled Thomas, Ffairfach (33.01)) | 7 Nick Coles Salem (35.54) |
| 8 David Williams, Llanddarog (36.45) | 9 John Marson Cydweli (38.11) |
| 10 Martin Cousins, Gglanamman (43.03) | 11 Christopher Kent, Neath (43.40) |
| 12 Kevin Tozer Llandyfan (46.34) | 13 Gary Morris, Garnant (47.34) |

MENS VETS (50+)

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|--------------------------------------|---|
| 1 Alan Davies, Swansea. (28.08) | 2 Hywel Jones, Tirydail (31.55) |
| 3 Nick Cater, Llandeilo (33.54) | 4 Chris Bowen, Carmarthen (35.14) |
| 5 Mark Bleasedale, Llandeilo (36.27) | 6 Paul Gaston, Glanamman (40.15) |
| 7 Robert Fowler Ammanford (41.13) | 8 Eric Davey. Llangennech (41.50) |
| 9 Andrew Petrie, Llandyfan (42.57) | 10 Graham Penn, Llandysul (46.36) |
| 11 Eirian Davies, Llanwrda (54.28) | 12 Robert Winning, Cynwyl Elfed (56.53) |

LADIES OPEN

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|-------------------------------------|--|
| 1 Freya Petrie. Llandyfan (42.53) | 2 Carys Gomer, Trap (43.35) |
| 3 Suzanne Lander, Llandybie (44.35) | 4 Lia Mand, Pontardulais (44.45) |
| 5 Lisa Jones, Llandeilo (45.13) | 6 Elin Cousins, Caerdydd (45.26) |
| 7 Rosie Amery, Trap (46.40) | 8 Joanna Etheridge, Pontardulais (46.46) |
| 9 Samantha Lloyd, Penygroes (47.13) | 10 Angharad Thomas. Castell (47.36) |
| 11 Hannah Davies. Gowerton (52.21) | 12 Megan Mills. Birchgrove |
| 13 Nicole Bundy Ammanford | |

LADIES VETS (35+)

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|---|---------------------------------------|
| 1 Wendy Price, Llandovery (31.28) | 2 Michelle James, Trap (40.36) |
| 3 Catherine Owen. Penybanc (40.48) | 4 Helen Davies, Ammanford (41.18) |
| 5 Carol Ann Healey, Ammanford (46.15) | 6 Nicola Williams, Ammanford (46.56) |
| 7 Ellen Llewellyn Edwards Castell (47.36) | 8 Meleri Caambell Caerfyrddin (53.03) |
| 9 Christine Davies Ammanford (54.28) | |

LADIES VETS 50+

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|-------------------------------------|------------------------------------|
| 1 Rachel Brown, Llandeilo (35.42) | 2 Dawn Kenwright, Lampeter (37.02) |
| 3 Nia Morgan, Penybanc (39.30) | 4 Agnes Chaste, Tumble (44.17) |
| 5 Ann Mogford, Pontardulais (48.26) | 6 Sue Phillips, Llanwrda (55.33) |
| 7 Kate Glanville. Llandeilo (56.03) | |

TEAM WINNERS- Male Open

- 1 Amman Valley Harriers (Rob Davies, Hugh Janney, Matt Yelland) 2 Amman Valley

Ladies Open: 1 Amman Valley Harriers : Catherine Owen, Nia Morgan, Sam Llayd 2 AVH

LOCAL PRIZES: Male Martin White, Trap; Ladies: Rosie Amery Trap

JUNIOR 2.8 MILE RACE

YEARS 9, 10, 11 (BOYS)

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|-------------------------------------|------------------------------------|
| 1 Osian Williams, Penygroes (19.30) | 2 Jayden Evans, Ammanford (19.54) |
| 3 Dewi Williams, Gwynfe (21.39) | 4 Tomos Ayscough Llandeilo (21.40) |
| 5 Carwyn Davies. Ammanford (37.38) | |

YEARS 9, 10, 11(GIRLS)

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|-----------------------------------|--|
| 1 Clara James, Betws (20.05) | 2 Nel Davies. Pentregwenlais (24.12) |
| 3 Ella Morris, Llandybiw (24.26) | 4 Cassie Hutching Ammanford(29.05) |
| 5 Rebecca Garton, Garnant (30.46) | 6 Kirsty Davies, Penygroes (32.52) |
| 7 Ffion Morris, Ammanford (37.38) | 8 Shannon Gravelle , Llandybie (44.05) |
| 9 Megan Tozer. Llandyfan | |

YEARS 7 & 8 (BOYS)

- | | |
|--------------------------------------|-------------------------------------|
| 1 Scott Price Llandovery (17.23) | 2 Cian Roach GCG (22.55) |
| 3 Iago Cousins, Garnant (23.05) | 4 Aaron Timothy, Glanamman (23.17) |
| 5 Harri Morris, Ammanford (27.35) | 6 Gareth Williams, Gelli (39.44) |
| 7 Gwion Page 49.07 Glanamman (32.01) | 8 Taylor Moriarte, Aberlash (49.08) |

YEARS 7 & 8 (GIRLS)

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|-----------------------------------|-------------------------------------|
| 1 Delyn Walters, Penybanc (24.50) | 2 Mali Roberts Heol Ddu (33.03) |
| 3 Elineor Goss, Salem (33.19) | 4 Chelsea Walters, Dryslwyn (37.12) |
| 5 Ffion Williams, (Gelli) (38.40) | 6 Anna Evans Llandybie (38.48) |

YEARS 5 & 6 (BOYS)

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|--|--------------------------------------|
| 1 Alex Coles, Cynghordy (19.38) | 2 Charlie Price, Llandovery (19.58) |
| 3 Taliesyn Williams, Penygroes (21.47) | 4 George Williams, Llandyfan (22.06) |
| 5 Jac Lewis, Rhydaman (23.15) | 6 Ishola Adamson Bro Banw (24.59) |
| 7 Owain Page. Betws (25.04) | 8 Jack Clarke Bro Banw (25.30) |
| 9 Jacob Williams, Llandyfan, (25.56) | 10 Emyr Jones, Bethlehem (26.33) |
| 11 Alex Belton. Bro Banw (28.47) | 12 Kristos Tesho. Bro Banw (28.48) |
| 13 Adam Harding, Llandeilo (30.00) | 14 Arthur Cater, Llandeilo (33.56) |
| 15 Daniel Davies. Castell (38.37) | 16 Ben Murray. Bro Banw (39.20) |

YEAR 5 & 6 (GIRLS)

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|--|---------------------------------------|
| 1 Hall-Rae Morris. Cefngorwydd (22.16) | 2 Elsie Taylor. Garnant (24.10) |
| 3 Aminah Adamson, Bro Banw (24.23) | 4 Seren O'Sullivan, Gelli Aur (26.50) |
| 5 Mia Tesho. Bro Banw (27.24) | 6 Erin Gardner. Ffairfach (27.59) |
| 7 Carys Mason. Gwynfe (28.46) | 8 Olivia Tozer. Llandyfan (41.15) |
| 9 Holly Blundy. Ammanford (44.14) | |

BOYS UP TO YEAR 4

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|--|---|
| 1 Gwilym Jac Jones Brechfa (19.09) | 2 William Coles. Cynghordy (19.43) |
| 3 Dewi Williams. Gwynfe (20.17) | 4 William Jones. Llandybie (21.35) |
| 5 Gwilym Rhys Jones. Brechfa (22.19) | 6 Macs Morgan. Rhydargaeau (22.37) |
| 7 James Bentley. Glanamman (25.56) | 8 Alex Radulescu Llandeilo (26.07) |
| 9 Harry Blundy Ammanford (26.21) | 10 Louis Gravelle Hay. Heol Ddu (26.37) |
| 10 Riley Yelland Saron (26.52) | 12 Sion Revitt. Llandeilo (27.38) |
| 13 George Coen Carmarthen (30.46) | 14 Xanda Davies. Llandeilo (34.00) |
| 15 Oliver Morse Cefncethin (34.15) | 16 Steffan Davies, Llanwrda (34.31) |
| 17 Cerdin Davies, Cross Hands (37.08) | 18 Dafydd Caio Gomer . Trap(37.09) |
| 18 Harrison Morse. Cefncethin (37.18) | 20 Dyfan Williams, Llandeilo (38.24) |
| =21 Regan Davies. Trap (39.20) | =Jac Price Llandyfan (39.20) |
| 23 Tyler Jay Morgan Betws (39.34) | 24 William Tozer. Llandyfan (44.05) |
| 25 Twm Griffiths, Llandyfan (47.41) | 26 Joseff Lemon. Bonllwyn (48.23) |
| 27 Owain McRae Jones Bethlehem (51.48) | 28 Trystan Rees. Gwynfe (59.58) |
| 29 Harri Jac Thomas Caerdydd (60.00) | |

GIRLS UP TO YEAR 4

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|---------------------------------------|--|
| 1 Martha Morgan, Llandeilo (23.43) | 2 Mali Cousins. Caerdydd (26.26) |
| 3 Poppy Goss, Salem (27.32) | 4 Efa Davies. Gelli Aur (34.43) |
| 5 Mollie Edwards Castell (37.36) | =6 Anwen McRae Jones Bethlehem (37.38) |
| =6 Iola Davies Cross Hands (37.38) | 7 Ellen Williams Llandyfan (38.24) |
| 8 Beth Edwards, Castell (38.53) | 9 Erin Revitt. Llandeilo (39.44) |
| 10 Annie Thomas Castell (39.53) | =11 Harriet Tozer, Llandyfan (39.57) |
| =11 Beca Gwen Gomer, Trap (39.57)) | =12 Evie Walter, Dryslwyn (41.24) |
| =12 Jeanie Gravelle Hay (41.24) | 13 Bethan Harding, Llandeilo (42.09) |
| 14 Lili Mai Morgan, Betws (44.58) | 15 Ellie Murray. Bro Banw (45.51) |
| 16 Orla O'Sullivan. Gelli Aur (48.10) | 17 Efa Cousins. Garnant (48.48) |
| 18 Amber Moriarty Aberlath (49.13) | 19 Evie-Leigh Bentley. Glanamman (49.43) |
| 20 Emily Cook Jones. Betws (50.03) | 21 Emmie Roberts Glanamman (50.39) |
| 22 Bronwen Jenkins. Glanamman (50.40) | 23 Gwen Thomas. Bro Banw (58.57) |
| =24 Beca Mason. Gwynfe (59.58) | =25 Gwenno Rees Gwynfe (59.58) |

SCHOOL TEAMS

Primary : 1 Ysgol Rhys Pritchard Llandovery (Charlie Price. William a Alex Coles)
2 Llandovery College (Dewi Williams, William Jones & Erin Gardner)

Secondary 1 Dyffryn Amman A (Gareth Williams, Harri Morris, Aaron Timothy)
2 Dyffryn Amman B (Ffion Williams, Mali Roberts a Delyn Walters)

PRIZE FOR SCHOOL WITH MOST TEAMS: Ysgol Bro Banw & Llandeilo CP (4 each)

BRECON CARREG SHIELD for OUTSTANDING CONTRIBUTION to TRAP FUN RUN
was awarded to Eirian Davies, Llanwrda.

FUN RUNNERS & WALKERS

Dawn Webb, Drefach; Andrew a Sian Thomas, Caerdydd; Carwyn a Sam Griffiths, Caerdydd; Vanessa Masters, Llandybie; Iwan Horan a Nia Owen; Ffairfach; Emma Williams Gelli Plant; Sera a Damian Revitt, Llandeilo; Nan & Sharon Richards, Craigyrodin; Dan Richards, Mark Moriarty, Nicola Jones; Councillor Edward Thomas, Elizabeth Dwerryhouse; Aled Griffiths Llandyfan; Aimee Tozer, Llandyfan; Nicole & Suzy Davies, Penygroes; Peter Gravelle & Adella Hay; Rhodri Gomer a Taliesyn, Gelligroes; Tony Belton, Pantyffynnon; Robert a Rhiannon Jones, Llandybie; Claudia Redalesku; Selwyn Page, Betws; James Williams; Andrew Murray, Andrew & Karen Goss, Salem; Hannah Jones Betws; Sarah Morris, Ammanford; Ellen Haf Davies, Gelli Aur; Sarah, Evana a Ffion Davies; Lynda Winning, Cynwyl Elfed; Pat Dermody, Abercraf; Tony Morgan; Tanwen Randall Davies, Saron; Sarah a Ellen, Ddafadfa; Beth Jenkins, Glanamman; Colin a Susan Evans, Wernddu; Pamela Adams & Rachel Lemon, Bonllwyn; Helen, Hywel, Bethan a Julie Cousins, Garnant; Andrew Gardner, Ces Evans, Ffairfach; Alex Etheridge, Llandeilo; Tanya O'Sullivan & Jo Dunham, Llandyfan; Nia Davies, Gorslas; Soriah Tinsley, Josie Norton, Rebecca Davies, Carol Taylor & Teresa Norton, Bryn y Wawr; Clare Mosley, Ffairfach