

# **TRAP SHOW CHARITY FUN RUN 2017 FULL RESULTS**

## **OPEN 4.7 MILE RACE**

### **OPEN MALE**

- |   |                                      |
|---|--------------------------------------|
| 1 Dewi Griffiths, Llanfynydd (22.10) New Record | 2 Archie Morgan, Llandeilo (28.13)   |
| 3 Martin Flear, Cwmgwili (28.53)                | 4 Richard Davies, Tycroes (32.11)    |
| 5 Julian Jones Brynamman (32.15)                | 6 Simon Scurrall, Carmarthen (33.44) |
| 7 Carwyn Griffiths Tiryoetre (33.53)            | 8 Andrew Thomas, Hengrofft (34.57)   |
| 9 Alex Williams, Ammanford (39.56)              | 10 Jac Morgan, Brynamman (41.39)     |
| 11 Aled Jones, Llandeilo (42.15)                | 12 Wil Hynd, Dorchester (43.28)      |
| 13 Adam Poole, Glanamau (43.30)                 | 14 James Barker, Betws (43.33)       |
| 15 Hemi Cousins, Garnant (46.48)                | 16 Alex Roebuck, Llandybie (55.42)   |

### **MENS VETS (40+)**

- |                                       |  |
|---------------------------------------|--|
| 1 Hugh Janney, Glanamau (29.22)       | 2 Wayne Lewis, Pantllyn (30.26)        |
| 3 Simon Vaughan, Lougher (31.31)      | 4 Richard Phillips, Whitland (32.13)   |
| 5 Andrew Rees, Pentregwenlais (33.24) | 6 Anthony Warden, Capel Hendre (37.08) |
| 7 John Marson, Cydweli (40.00)        | 8 Damian Jones, Llandyfan (40.58)      |
| 9 Lee Richards, Ammanford (41.56)     | 10 Martin Cousins, Garnant (42.38)     |
| 11 Dorian Llewelyn, Llandyfan (43.24) | 12 Fabian Davies, Llandeilo (46.19)    |

### **MENS VETS (50+)**

- |                                       |   |
|---------------------------------------|---|
| 1 Alan Davies, Swansea. (28.18)       | 2 Philip England, Capel Isaac (30.36)   |
| 3 Andrew Thomas, Abertawe (34.05)     | 4 Chris Bowen, Carmarthen (35.36)       |
| 5 Kevin Taylor, Ammanford (35.37)     | 6 Eric Davey, Llanelli (40.40)          |
| 7 Brian Mogford, Pontardulais (42.47) | 8 Eirian Davies, Llanwrda(51.33)        |
| 9 John Murphy, Abertawe (51.59)       | 10 Robert Winning, Cynwyl Elfed (55.45) |

### **LADIES OPEN**

- |                                     |                                    |
|-------------------------------------|------------------------------------|
| 1 Rachel Davies, Pontiets (31.29)   | 2 Carys Davies, Gelligroes (42.31) |
| 3 Samantha Lloyd, Penygroes (42.48) | 4 Kim Palfrey, Llandyfan (43.24)   |
| 5 Lisa Jones, Llandeilo (45.10)     | 6 Sian Evans, Rhydaman (45.36)     |
| 7 Elin Cousins, Caerdydd (46.21)    | 8 Nia Williams, Llandybie (55.42)  |

### **LADIES VETS (35+)**

- |   |                                       |
|---|---------------------------------------|
| 1 Llinos Jones, Saron (31.21)           | 2 Clara Davies, Llandeilo (31.49)     |
| 3 Louise Jones, Llansadwrn (33.30)      | 4 Naomi Williams, Llandeilo (37.36)   |
| 5 Sally Martin, Johnstown (37.44)       | 6 Michelle James, Banc y Trap (39.45) |
| 7 Menna Jones, Banc y Trap (40.43)      | 8 Michelle Thomas, Llandybie (42.13)  |
| 9 Emma Evans Ammanford (42.49)          | 10 Melanie Tancock, Ammanford (45.29) |
| 11 Carol Anne Grant, Llansamlet (46.23) | 12 Emma Stewart, Ammanford (51.59)    |

### **LADIES VETS 50+**

- |                                     |                                       |
|-------------------------------------|---------------------------------------|
| 1 Lindy Eynon, Narberth (35.20)     | 2 Rachel Brown, Llandeilo (36.34)     |
| 3 Oona Crawford TROTS (37.52)       | 4 Lynne Brown, Sketty (43.43)         |
| 5 Ann Mogford, Pontardulais (46.48) | 6 Pauline Thomas, TROTS (52.06)       |
| 7 Sue Phillips, Ffarmers (53.43)    | 8 Linda Winning, Cynwyl Elfed (56.15) |
| 9 Rose Fitzgerald Amman Valley      |                                       |

### **TEAM WINNERS- Male Open**

1 Amman Valley Harriers (Wayne Lewis, Hugh Janney, Richard Davies) 2 Llanelli Athletic

**Ladies Open:** 1 Amman Valley Harriers : Llinos Jones, Clara Davies, Rachel Davies 2 AVH

**LOCAL & SHOW STEWARDS PRIZES:** Male Carwyn Griffiths; Ladies: Menna Jones

## JUNIOR 2.8 MILE RACE

### YEARS 9, 10, 11 (BOYS)

- |                                   |   |
|-----------------------------------|---|
| 1 Callum Lovatt Ammanford (17.00) | 2 Steffan Evans, Heol Ddu (17.56)       |
| 3 Tai Cousins, Garnant (20.28)    | 4 Iestyn Jones Evans Llansadwrn (20.36) |
| 5 Tristan Morgan, Garnant (21.06) | 6 Steffan Phillips, Cwmffrwd (27.11)    |
| 7 Dewi Evans, Ammanford (37.17)   | 8 Joshua Howells, Betws (56.00)         |

### YEARS 9, 10, 11(GIRLS)

- |                                      |                                      |
|--------------------------------------|--------------------------------------|
| 1 Maddie Morgan, Caerfyrddin (20.10) | 2 Libby James, Betws (26.37)         |
| 3 Ffion Morris, Ammanford (37.18)    | 4 Shannon Gravelle, Y Rock (39.30)   |
| 5 Catherine Jones, Y Rock (39.43)    | 6 Elin Williams, Gelli (49.30)       |
| 7 Ebony Rees, Amman Valley (50.01)   | 8 Shiann Llewelyn, Llandyfan (52.00) |

### YEARS 7 & 8 (BOYS)

- |                                       |                                       |
|---------------------------------------|---------------------------------------|
| 1 Cian Williams, Ammanford (18.44)    | 2 Sion Evans, Heol Ddu (18.55)        |
| 3 Jayden Evans, Rhydaman (19.53)      | 4 Rhys Jones, Tycroes (21.34)         |
| 5 Iago Cousins, Garnant (23.13)       | 6 Devon Turrell, Golden Grove (30.22) |
| 7 Jensen Evans, Glanamau (32.01)      | 8 Cellan Edwards, Cwmaman (34.43)     |
| 9 Zaidley Evans, Heol Lluchwr (34.56) | 10 Thomas Jones, Llandyfan (41.38)    |
| 11 Jamie Barker, Betws (49.10)        |                                       |

### YEARS 7 & 8 (GIRLS)

- |                                    |                                    |
|------------------------------------|------------------------------------|
| 1 Clara Jones, Betws (20.59)       | 2 Rebecca Garton, Glanamau (32.02) |
| 3 Kirsty Davies, Penygroes (34.41) | 4 Katy Poole, Glanamau (44.40)     |

### YEARS 5 & 6 (BOYS)

- |  |  |
|--|--|
| 1 Thomas James, Pontamman (20.05)      | 2 Aaron Timothy, Glanamau (21.45)      |
| 3 Sion Davies, Plasbach, (24.14)       | 4 Shaun Morgan, Cwmifor (24.45)        |
| 5 Gwion Jones Evans Llansadwrn (24.57) | 6 Sean Jac Lawlor, Hopkinstown (27.05) |
| 7 Mathew Rees, Betws (29.10)           | 8 Luke Poole, Glanamau(29.30)          |
| 9 Harri Morris, Rhydaman (36.27)       | 10 Gareth Williams, Y Gelli (36.33)    |
| 11 Harri Baker, Betws (38.17)          | 12 Rhys Jones, Banc y Trap (39.25)     |
| 13 Gwion Aaron Page, Betws (46.58)     |  |

### YEAR 5 & 6 (GIRLS)

- |                                     |   |
|-------------------------------------|---|
| 1 Mali Garland, Betws (22.29)       | 2 Nel Alaw Davies, Pentregwenlais (23.39) |
| 3 Aminah Adamson, Bro Banw(23.40)   | 4 Delyth Haf Walters, Penybanc (24.42)    |
| 5 Emma Fpms, Ammanford (25.18)      | 6 Ella Davis, Llandeilo (25.35)           |
| 7 Erin Gardner, Ffairfach (26.21)   | 8 Megan Cooke Jones, Ammanford (27.51)    |
| 9 Ana Redalenski, Ammanford (29.50) | 10 Jorja Harries, Ammanford (30.25)       |
| 11 Gwennan Rees, Betws (30.26)      | 12 Jessica Faith Evans, Glanamau (38.16)  |
| 13 Mattie Morgan, Llandeilo (39.01) | 14 Cerys Phillips, Heol Ddu (39.02)       |
| 15 Celyn Watkins, Rhydaman (39.04)  | 16 Ffion Williams, Y Gelli (41.20)        |
| 17 Molly Jones, Llandyfan (44.02)   | 18 Cerys Morgan, Bro Banw (50.05)         |

### BOYS UP TO YEAR 4

- |                                     |  |
|-------------------------------------|--|
| 1 Steffan Thomas, Llandeilo (19.44) | 2 Taliesyn Williams, Penygroes (20.40) |
| 3 Zac Jones, Brechfa (21.04)        | 4 George Williams, Garnlwydwen(21.32)  |
| 5 Scot Morgan, Cwmifor (21.53)      | 6 Jac Stevens, Bro Banw (22.05)        |
| 7 Alex Belton, Bro Banw (22.09)     | 8 Aron Davies, Plasbach (22.19)        |
| 9 Rhys Jones, Brechfa (23.29)       | 10 Kennedy Richards, Ammanford (23.36) |
| 10 Jac Llewelyn, Brynmawr (23.37)   | 12 William Jones Llandybie (24.08)     |
| 13 Llew Evans, Brynmawr (24.09)     | 14 Isholo Adamson, Bro Banw (24.10)    |
| 15 Emyr Jones, Llandeilo (24.20)    | 16 Kristos Tesho, Bro Banw (24.23)     |

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|--|--|
| 17 Jacob Williams, Garnlwydwen (24.24) | 18 Jac Cloake, Bro Banw (24.54)        |
| 18 Jacob Protheroe, Bro Banw (24.55)   | 20 Tyler Evans, Wernddu (26.36)        |
| 21 Alex Redaleski, Bro Banw (26.44)    | 22 Owain Page, Betws (27.59)           |
| 23 Iwan Richards, Trap (28.08)         | 24 Osian Jones, Saron (28.55)          |
| 25 Tomos Rees, Betws (29.08)           | 26 Aled Jenkins, Pencefn (29.11)       |
| 27 Ronnie Bullions, Bro Banw (30.33)   | 28 Cellan Allcock, Heol Ddu (30.36)    |
| 29 Dafydd Davies, Gelligroes (30.56)   | 30 Tayib Adamson, Bro Banw (32.31)     |
| 31 Daniel James, Pontaman, (32.55)     | 32 Frank Bullions, Bro Banw (34.15)    |
| 33 Sion Revitt, Llandeilo (35.36)      | 34 Oliver Cloake, Bro Banw (38.27)     |
| 35 Dafydd Griffiths Trap (39.37)       | 36 Dewi Jones, Brynaman (40.39)        |
| 37 Harri Noa, Rhydaman (40.56)         | 38 Taliesyn Davies, Gelligroes (41.54) |

- |  |   |
|--|---|
| 39 James Henderson, Llandeilo, (42.29) | 40 Harri Jones, Banc y Trap (42.33)     |
| 41 Cerdyn Davies, Cross Hands (44.31)  | 42 Deiniol Jones, Brynaman (44.52)      |
| 43 Tom Griffiths, Llandyfan (45.46)    | 44 Oscar Roberts, Glanamau (45.54)      |
| 45 William Tozer, Llandyfan (47.28)    | 46 Louis Gravelle Hay, Heol Ddu (47.29) |
| 47 Ben Murray, Bro Banw (48.34)        | 48 Jensen Harries, Ammanford (49.14)    |
| 49 Isaac Protheroe, Bro Banw (53.38)   | 50 Iolo Griffiths, Trap (55.24)         |
| 51 Griff Rees, Betws (56.00)           |   |

#### **GIRLS UP TO YEAR 4**

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|--|---|
| 1 Lowri Jones, Tycoes (22.25)            | 2 Martha Morgan, Llandeilo(25.59)       |
| 3 Poppy Jones, Cilsane (30.10)           | 4 Elen Williams, Garnlwydwen (33.09)    |
| 5 Iola Bo Parfitt, Penygroes (33.29)     | 6 Carys Grant (40.54)                   |
| 7 Olivia Tozer, Llandyfan (41.07)        | 7 Erin Revitt, Llandeilo (41.21)        |
| 9 Becca Davies, Gelligroes (41.54)       | 10 Emily Cooke Jones, Ammanford (47.59) |
| 11 Ellie Murray, Bro Banw (48.37)        | 12 Harriet Tozer, Llandyfan (50.15)     |
| 13 Jeanie Gravelle Hay Heol Ddu (50.16)) | 14 Emmie Roberts, Glanamau (51.28)      |
| 15 Lucy Pool, Glanamau (54.50)           | 15 Hannah Pool, Glanamau (55.30)        |
| 17 Bronwen Jenkins, Betws (56.00)        |   |

#### **SCHOOL TEAMS**

**Primary :** 1 Ysgol Bro Banw ( George Williams, Jacob Williams, Kristos Tesho)

**Secondary** 1 Amman Valley A (Callum Lovatt, Cian Williams, Steffan Evans)

**£25 PRIZE FOR SCHOOL WITH MOST TEAMS:** Ysgol Gymraeg Rhydaman (7)

#### **FUN RUNNERS & WALKERS**

Emma Williams Gelli Plant; Sera a Damian Revitt, Llandeilo; Nan & Sharon Richards, Craigyrodin; Mark Moriarty, Nicola Jones; Councillor Edward Thomas, Elizabeth Dwerryhouse and family; Aled Griffiths a'r teulu Llandyfan; Aimee Tozer, Llandyfan; Wyn Griffiths, Cysgod y Berllan, Caryl Jones Brynaman; Elaine Phillips, Cwmffrwd; Helen Williams, Parchenri, Martin Jones, Butcher; Nia Williams, Y Felin; Nicole Davies, Penygroes; Peter Gravelle & Adella Hay; Sara a Clare Jones, Cilsane; Megan Mills; Debbie & Tim Greenish, Gelligroes; Rhodri Gomer Gelligroes; Alun a Elin Rees, Betws; Layton Parfitt, Caerbtyn; Helen Garland, Betws; Enid a Wyn Williams, Llandybie; Eleri Roebuck, Llandybie; Erti Tesho; Katie Evans, Wernddu; Tony Belton, Pantyffynnon; Paul a Gaynor Evans, Heolddu; Gemma Cloake, Wernddu; Gloria & Ebony Wide, Capel Hendre; Michael Protheroe, Capel Hendre; Andrew Cloake: Catrina Poole; Karen, Huw a Cerys Towns, Nanrhibo; Robert a Rhiannon Jones, Llandybie; Sas Evans, Ffairfach; Gary Morris, Garnant; Suzanne Garton; Rachel Allcock, Heolddu; Michelle Jones, Llandyfan; Hannah Jones, Ana Harries, Claudia Redaleski; Mr. Page, Betws; Ruth Bullions; James Williams; Andrew Murray, Cherie Adamson.

**BRECON CARREG SHIELD for OUTSTANDING CONTRIBUTION to TRAP FUN RUN**  
was awarded to Robert & Linda Winning, Cynwyl Elfed.