

**TRAP SHOW CHARITY FUN RUN 2016 FULL RESULTS**  
**OPEN 4.7 MILE RACE**

**OPEN MALE**

- |   |   |
|---|---|
| 1 Christian Lovatt, Swansea Ha. (25.25) | 2 Jack Tremlett Felingwm TROTS (27.06)  |
| 3 Ken Caulket, Sarn Helen (27.23)       | 4 Matt Yelland, Saron (28.41)           |
| 5 Iestyn Williams, Llanddeusant (29.46) | 6 Geraint Jones, Penybanc (31.35)       |
| 7 Cayo Aran, Swansea (32.37)            | 8 Julian Jones, Brynaman (33.50)        |
| 9 Carwyn Griffiths, Tirgoetre (33.52)   | 10 Charlie Bleasdale, Llandeilo (34.14) |
| 11 Iwan Davies, Llanwrda (35.18)        | 12 Carwyn Price, Cardiff (36.55)        |
| 13 Chris Jones, Ffairfach (37.48)       | 14 Aled Jones, Llandeilo (38.39)        |
| 15 Andrew Thomas, Hengrofft (39.30)     | 16 Andrew Carlson, Cardiff (41.25)      |
| 17 Daniel Hawke, Burry Port (42.18)     | 18 Howard Dawson, Garnant (48.00)       |
| 19 Hemi Cousins, Garnant (54.48)        |   |

**MENS VETS (40+)**

- |  |                                       |
|--|---------------------------------------|
| 1 Glyn Price, Cwrtnewydd, SarnHelen (28.52)  | 2 Huw Janney, Glanamman (30.26)       |
| 3 Wayne Lewis, Pantllyn (32.08)              | 4 John Marson, Cydweli (33.13)        |
| 5 Aled Griffiths, Llandyfan (33.40)          | 6 Geraint Jenkins Llanedi (35.58)     |
| 7 Aled Thomas, Cefncethin (34.23)            | 8 Mark Bleasdale, Llandeilo (35.50)   |
| 9 Alwyn Williams, Llandeilo (36.06)          | 10 David Williams, Llanddarog (37.12) |
| 11 Christopher Jones, Penllergaer 3M (41.09) | 12 Christopher Kent, Neath (41.20)    |
| 13 Anthony Dunham, Llandyfan (43.04)         | 14 Martin Cousins, Garnant (45.20)    |
| 15 Kemi Adamson, Garnant (47.40)             |                                       |

**MENS VETS (50+)**

- |                                       |                                      |
|---------------------------------------|--------------------------------------|
| 1 Alan Davies, Swansea. (28.35)       | 2 Peter Osborne, Llanelli (29.16)    |
| 3 Philip England, Capel Isaac (31.27) | 4 Mark Terry, Carmarthen (35.54)     |
| 5 Huw Price, Drefach (34.01)          | 6 Paul Watts, Betws (34.51)          |
| 7 Andrew Thomas, Abertawe (34.56)     | 8 Mike Terry, Gorslas (37.59)        |
| 9 Robert Fowler, Penybanc AVH (39.53) | 10 Eric Davey Llangennech (40.05)    |
| 11 Nigel Watts, Ammanford (40.46)     | 12 Paul Gaston, Sussex (43.33)       |
| 13 Andrew Petrie, Maesyrogof (43.08)  | 14 Nigel James, Llanelli (47.56)     |
| 15 Gerry Murphy, Derwydd (53.08)      | 16 Robert Winning, Llanllwni (55.15) |
| 17 Eirian Davies, Llanwrda (56.16)    |                                      |

**LADIES OPEN**

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|-------------------------------------|------------------------------------|
| 1 Sian Thomas, Capel Hendre (40.13) | 2 Freja Petrie, Maesyrogof (42.02) |
| 3 Lisa Jones, Llandeilo (47.38)     | 4 Efa Dafydd, Rhydaman (47.46)     |
| 5 Sian Evans, Rhydaman (50.38)      | 6 Nicole Murphy, Derwydd (53.09)   |

**LADIES VETS (35+)**

- |   |   |
|---|---|
| 1 Tanwen Randall Davies Cross Hands (33.35) | 2 Llinos Jones, Saron (33.53)           |
| 3 Catherine Bleasdale, Llandeilo (35.29)    | 4 Helen Janney, Garnant (38.41)         |
| 5 Cala Davies, Llandeilo (40.41)            | 6 Menna Jones, Banc y Trap (41.35)      |
| 7 Catrin Owen, Penybanc (41.37)             | 8 Melanie Tancock, Ammanford (43.23)    |
| 9 Sharon Richards, Craigyrodin (45.24)      | 10 Tania Sullivan, Golden Grove (47.37) |

**LADIES VETS 50+**

- |                                      |                                 |
|--------------------------------------|---------------------------------|
| 1 June Avery, Glanaman (35.28)       | 2 Oona Crawford TROTS (39.32)   |
| 3 Eryl Mathias, Caerau, Trap (50.44) | 4 Pauline Thomas, TROTS (53.08) |
| 5 Linda Winning, Llanllwni (57.30)   |                                 |

**TEAM WINNERS- Male Open**

1 Swans : Christian Lovatt, Iestyn Williams, Jac Tremlett. 2 Llanelli 3 Sarn Helen

**Ladies:**1 Amman Valley Harriers : Tanwen Davies, Llinos Jones, Helen Janney 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 (17.06)     | 2 Rhys Davies Cwmgors (18.42)           |
| 3 Steffan Evans, Heol Ddu(19.04)      | 4 Iestyn Jones Evans Llansadwrn (19.36) |
| 5 Daniel Willoudehey, Cwmcoch (21.02) | 6 Finn O'Neil, Bonllwyn (25.10)         |
| 7 Iwan Tinney, Llandeilo (25.54)      | 8 Jack Thomas, Ffairfach (28.24)        |
| 9 Aled Williams, Parc Henri (32.07)   | 10 Archie Dunham, Llandyfan             |

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

- |                                   |  |
|-----------------------------------|--|
| 1 Non Morgan, Llandoverly (19.58) | 2 Rebecca Morgan, Broad Oak (22.23)    |
| 3 Libby James, Betws (23.35)      | 4 Isabella Caulkett, Cilcennin (30.12) |

### YEARS 7 & 8 (BOYS)

- |                                     |                                      |
|-------------------------------------|--------------------------------------|
| 1 Dafydd Jones, Cydweli (17.54)     | 2 Ifan Davies, Manordeilo (18.12)    |
| 3 Oliver Thomas, Ffairfach (19.45 ) | 4 Sion Evans, Heol Ddu (19.52)       |
| 5 Tai Cousins, Glanamman (20.04 )   | 6 Jack Caulkett, Cilcennin (22.38)   |
| 7 Iolo Dafydd, Myddfai (22.41)      | 8 Thomas Jones, Llandyfan (48.36)    |
| 9 Jamie Barker, Glanaman (51.47)    | 10 Osian Williams, Aberaeron (73.00) |

### YEARS 7 & 8 (GIRLS)

- |   |                                       |
|---|---------------------------------------|
| 1 Phoebe Davis, Llandeilo (18.04)         | 2 Clara Jones, Betws (21.47)          |
| 3 Lili Mai Davies, Pentregwenlais (26.47) | 4 Kirsty Davies, Penygroes (34.59)    |
| 5 Shannon Gravelle, Rock House (35.00)    | 6 Destiny Williams, Ammanford (37.04) |
| 7 Elin Williams Gellifawnen (74.00)       |                                       |

### YEARS 5 & 6 (BOYS)

- |   |   |
|---|---|
| 1 Rhys Williams, Llanwnen (18.47)       | 2 Scott Price Llandoverly (19.16)       |
| 3 Sean Lawlor, Hopkinstown (21.33)      | 4 Rhys Jones, Tycroes (22.03)           |
| 5 Aaron Timothy, Ammanford (22.15)      | 6 Rhodri Gregson, Cwrtnewydd (22.57)    |
| 7 Morgan Williams, Llanddeusant(24.23)  | 8 Gwion Jones Evans, Llansadwrn (25.44) |
| 9 Iago Cousins Rhydaman (27.08)         | 10 Sion Davies, Plasbach (27.19)        |
| 11 Oliver Hawke, Burry Port (28.53)     | 12 Luke Poole, Glanaman (29.39)         |
| 13 Harvey Barker, Glanaman (38.31)      | 14 Sion Morgan, Cwmifor (40.55)         |
| 15 Gareth Williams, Gellifawnen (41.46) | 16 Mabon Tinney, Llandeilo (52.10)      |

### YEAR 5 & 6 (GIRLS)

- |   |   |
|---|---|
| 1 Sara Evans, Nantgaredig (25.43)       | 2 Delyth Haf Walters, Cwmllynfell( 27.50) |
| 3 Ella Davis, Llandeilo (29.07)         | 4 Violet Caulkett, Cilcennin (30.12)      |
| 5 Grace Maria Heaney, Llandybie (30.49) | 6 Ellie Roderick, Pontardulais (32.24)    |
| 7 Courtney Crocker, Llandybie (33.49)   | 8 Maria Margaret, Ammanford (35.11)       |
| 9 Celyn Watkins Ammanford (35.52)       | 10 Emily Guerrero, Ammanford (40.12)      |
| 11 Megan Tozer, Llandyfan (45.40)       | 12 Ffion Williams, Gellifawnen (47.07)    |
| 13 Megan Keyte, Glanaman (47.12)        |   |

### BOYS UP TO YEAR 4

- |  |  |
|--|--|
| 1 Charlie Price Llandoverly (20.32)      | 2 George Williams, Garnlwydwen (22.38) |
| 3 Aaron Davies, Plasbach (22.41)         | 4 Taliesyn Williams, Penygroes (23.38) |
| 5 Harri Davies, Manordeilo (24.19)       | 6 Jacob Williams, Garnlwydwen (26.18)  |
| 7 Llain Dafydd, Myddfai (27.02)          | 8 Rhodri Jenkins, Pencefn (27.20)      |
| 9 Scott Morgan, Cwmifor (28.14)          | 10 Kristos Tesho, Bro Banw (28.15)     |
| 10 Oliver Macarb, Llanegwad (28.37)      | 12 William Jones Llandybie (28.39)     |
| 13 Gwion Evans, Nantgaredig (29.15)      | 14 Isholo Adamson, Bro Banw (29.25)    |
| 15 Jacob Protheroe, Capel Hendre (29.26) | 16 Jac Rees, Cwmsychpant (30.04)       |
| 17 Cian Garland, Ammanford (30.48)       | 18 Ivan Sim, Tirdail (31.22)           |
| 18 Tomos Rees, Betws (32.12)             | 20 Regan Davies Trap (34.37)           |
| 21 Dewi Gwyn Jones, Brynaman (38.00)     | 22 Joseph Tinney, New Inn (40.15)      |

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|--|---|
| 23 Trystan Evans, Nantgaredig (41.34)  | 24 Aled Jenkins, Pencefn(44.25)           |
| 25 Sion Revitt, Llandeilo (44.28)      | 26 Oliver Dudsberry, Peniel (45.25)       |
| 27 Rhys Jones, Brynhyfyd, Trap (47.45) | =28 Dafydd & Iolo Griffiths, Trap (48.05) |
| 29 Louis Gravelle, Heol Ddu (50.20)    | 30 Jac Rees, Cwmsychpant (51.52)          |
| 31 Benjamin Murray, Bro Banw (55.03)   | 32 Robert Healey, Llandybie (55.12)       |
| 33 No. 843 (55.56)                     | 34 Alex Belton, Pantyffynnon (57.00)      |
| 35 Harri Jones, Brynhyfryd (59.34)     | 36 Iestyn Brewster (60.00)                |
| 37 Oscar Roberts, Garnant (60.10)      | 38 Griff Rees, Betws (60.11)              |
| 39 William Tozer, Garn View (64.00)    | 40 Dafydd Caio, Gelligroes (71.25)        |
| 41 Ellis Dempster Cwmerach (71.26)     |   |

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

- |   |   |
|---|---|
| 1 Mali Garland, Ammanford (23.42)         | 2 Lowri Jones, Tycroes (24.17)          |
| 3 Nel Alaw Davies, Pentregwenlais (26.02) | 4 Amina Adamson, Bro Banw (28.02)       |
| 5 Gwenan Rees, Betws (31.00)              | 6 Erin Gardner, Ffairfach (34.22)       |
| 7 Carys Mason, Gwynfe (34.41)             | 7 Brook Davies Trap (36.08)             |
| 9 Seren O'Sullivan, GoldenGrove (36.09)   | 10 Poppy Jones, Birds Hill (36.13)      |
| 11 Cerys Morgan, Ammanford (37.19)        | 12 Molly Vaughan Jones Llandyfan(38.31) |
| 13 Imogen Evans, Bumpers (39.10)          | 14 Elen Williams, Garnlwydwen (44.10)   |
| 15 Jeanie Gravelle, Heol Ddu (44.40)      | 15 Erin Revitt, Llandeilo (46.20)       |
| 17 Elan Gruffydd, Gelli Aur (47.36)       | 18 Efa Cousins, Garnant (51.36)         |
| 19 Bronwen Jenkins, Llandyfan (63.47)     | 20 Harriet Tozer, Llandyfan (64.00)     |
| 21 Becca Gwen, Gelligroes (71.25)         | 22 Bethan Dempster, Cwmerach (71.26)    |

#### **SCHOOL TEAMS**

**Primary :** 1 Teilo Sant ( Rhodri Jenkins, Harri Davies & Aaron Davies)

**Secondary** 1 Amman Valley A (Callum Lovatt, Rhys Davies, Tai Cousins)

**£25 PRIZE FOR SCHOOL WITH MOST TEAMS:** Ysgol Bro Banw (4)

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

Dawn Webb, Drefach; Sian Thomas a Harri Jac, Caerdydd; Emma Williams Gelli Plant; Sera a Damian Revitt, Llandeilo; Gareth a Beth Jenkins; Nan Richards, Craigyrodin; Mark Moriarty; Councillor Edward Thomas, Elizabeth Dwerryhouse and family; Manon Griffiths a'r teulu Llandyfan; Amy, Dawn & John Tozer, Llandyfan; Nicola Williams; Sarah Mason & Ellen Davies Ddafadfa gynt; Eleri Griffiths Cysgod y Berllan; Carol Jones, Brynaman; Elaine a Steffan Phillips, Cwmffrwd; Lindsay Hawke, Burry Port; Rhian Davies Brynaman; Ffion Kelly, Brynaman; Martin Jones, Butcher Ammanford; Nia Williams, Y Felin; Louise McCabe, Llanegwad; Deiniol Jones; Megan Mills; Andrew Murray, Ammanford; Carol Anne Healey; Nicole Davies, Penygroes; Adella Hay; Hywel Cousins; Eliza & Katie Evans, Bumpers; Liz & Alys Tremlett, Feligwm; Sara a Lili Jones, Cilsane; Megan Locke, Cilsane; Clare Jones, Cwmifor; Dorian Rees, Llanybydder; Angharad Evans, Nantgaredig; Debbie & Tim Greenish, Gelligroes; Donna Morgan; Chloe Richardson, Llandyfan; Rhiannon Roberts; Rhodri Gomer a Carys, Gelligroes; Mathew Sullivan, Gelli Aur; Alun Rees; Paul Davies, Pentregwenlais; Adrian, Delyth a Karen Williams; Sara Dunsted; Llio Sulyn, Rhydaman.

**BRECON CARREG SHIELD for OUTSTANDING CONTRIBUTION to TRAP FUN RUN 2015** was awarded to Phoebe Davis, Llandeilo.