

COYTRAHEN CANTER July 18th 2009

3K MULTI TERRAIN

1.	CHRIS	WILLIAMS	NEATH A.C.	9.43s
2.	ADRIAN	WEAVER	PORT TALBOT AC	10.02s
3.	KATE	ROBERTS	BRIDGEND AC	10.23s (F-u/23)
4.	KATE	BEECHER	LES. C R.C.	10.55s
5.	JOHN	O'SHEA	LES. C R.C.	11.30s (o/50)
6.	CLIVE	OSMOND	LES. C R.C.	11.54s (o/40)
7.	SANDRA	PINKHAM	PORT TALBOT AC	12.14s (F-o/40)
8.	MIKE	DAVIES	LES. C R.C.	12.26s
9.	ERIC	HUGHES	BRIDGEND AC	12.42s (o/70)
10.	ALAN	PERKINS	PORT TALBOT AC	12.43s
11.	ALAN	MANN	LES. C R.C.	12.55s
12.	JEFF	ASTON	LES. C R.C.	12.57s (o/60)
13.	JULIE	SCHOLEY	LES. C R.C.	13.14s (F-o/50)
14.	STEVE	WILLIAMS	LES. C R.C.	13.36s
15.	LEN	TEW	PORT TALBOT AC	13.37s
16.	BARRIE	ROBERTS	BOURNVILLE AC	13.38s
17.	RAY	JAMES	PORT TALBOT AC	14.32s
18.	PAULINE	WILLIAMS	PORT TALBOT AC	14.32s
19.	STEVE	LEWIS	LES. C R.C.	14.37s
20.	CHRIS	LLOYD	UNATTACHED	14.37s
21.	ELEANOR	RUSSELL	UNATTACHED	26.52s
22.	ANDREW	RUSSELL	LES. C R.C.	26.52s

A new women's course record for Kate Roberts, also Julie Scholey in the o/50 Ladies. In the men's section a new course record in the o/70s by Eric Hughes.