



Welsh Road Relays

SA1 Swansea Waterfront - Saturday 22nd March 200

(UK:A Permit No WWRAC11/2008)



Held on flat courses, with a twice out and back format for the juniors, and a 2 lap around the dock for seniors. Underfoot road surface was reasonable to good on the course which took in SA1 land, British Ports Authority and HM highways. Thanks are due to Nigel Jones and his team at City and County of Swansea for their assistance in hosting the event, WAG for the use of the Norwegian Church, and the members of Swansea Harriers who marshalled the course. Welsh Athletics is grateful to St Johns Ambulance Service who were in attendance for the event and the officials who made the event possible.

Weather conditions were difficult with a strong to gale force northerly wind, and temperatures of 6°C, which made the day cold and affected the athletes on the exposed parts of the course.

RESULTS

Race 1 ~ Year 5 - Boys & Girls

Race Number	Position	Time	First Name	Surname	M/F	School	Medals
307	1	3:45	JACK	PARKINSON	M	SAUNDERSFOOT	1
302	2	3:49	JAMES	WILLIAMS	M	CLYDACH	2
450	3	3:55	ALICE	RUSSELL-STRETCH	F	HOLY NAME	1
304	4	4:08	RHYS	GRIFFITHS	M	BRYN Y MOR	3
303	5	4:17	BRANDON	DAVIES	M	LLWYNDERW	
453	6	4:31	CATRIN	EVANS	F	KNELSTON	2
452	7	4:35	LOTTIE	REES-GODWIN	F	LLWYNDERW	3
306	8	4:49	JAMES	LEWIS	M	CRAIG Y NOS	

Race ~ Year 6 – Boys & Girls

Race Number	Position	Time	First Name	Surname	M/F	School	Medals
410	1	3:37	CHRISTIAN	LOVATT	M	?	1
411	2	3:40	JAMES	BRYAN	M	?	2
409	3	3:45	THOMAS	JOHN	M	CWMRHYDYCEIRW	3
408	4	3:55	JAMES	IRVINE	M	KNELSTON	
407	5	3:58	JAC	HOPKINS	M	PENNARD	
403	6	4:01	JAMES	EAST	M	BRYN Y MOR	
350	7	4:08	BETHAN	RADFORD	F	HENDREFOILAN	1
405	8	4:10	JARED	WALTERS	M	PONTARDULAIS	
402	9	4:16	FREDDIE	JONES	M	CRAIG Y NOS	
406	10	4:29	CALLUM	CHAPPELL	M	CASLLWCHWR	
352	11	4:30	CHARLOTTE	JOHN	F	CWMRHYDYCEIRW	2
400	12	4:35	TOMOS	STRAFFORD	M	BRYN Y MOR	
404	13	4:48	RHYS	UNDERDOWN	M	BRYN Y MOR	
401	14	5:10	JACK	CANA	M	CWM GLAS	



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Relay 1 – 2km legs

Overall
Position

1st

No ~ **8** Club ~ **Carmarthen H** Age Group ~ **Under 13 B** Position ~ **1st**

<u>Leg</u>	<u>Name</u>	<u>Accumulative time</u>	<u>Individual Split</u>
1	Ronan Llyr	6:49	6:49
2	Rhys Granville	14:01	7:12
3	Kyran Roberts	21:03	7:02
4	Lloyd Heckler	27:59	6:56

2nd

No ~ **15** Club ~ **Swansea H** Age Group ~ **Under 15 G** Position ~ **1st**

<u>Leg</u>	<u>Name</u>	<u>Accumulative time</u>	<u>Individual Split</u>
1	Elysia Pearson	7:17	7:17
2	Olivia McCarthy	14:41	7:24
3	Katryna Ley	21:55	7:14
4	Cerys Morgan	28:37	6:42*

3rd

No ~ **6** Club ~ **Bridgend AC** Age Group ~ **Under 13 G** Position ~ **1st**

<u>Leg</u>	<u>Name</u>	<u>Accumulative time</u>	<u>Individual Split</u>
1	Lucy Tarrant	7:16	7:16 *
2	Kirsten Watts	14:43	7:27
3	Megan Osborne	22:12	7:29
4	Lora Roberts	29:45	7:33

4th

No ~ **11** Club ~ **Swansea H** Age Group ~ **Under 13 B** Position ~ **2nd**

<u>Leg</u>	<u>Name</u>	<u>Accumulative time</u>	<u>Individual Split</u>
1	Luke Ford	7:24	7:24
2	Kyle Friswell	15:51	8:27
3	Daniel Hall	23:39	7:48
4	Lewis Preece	30:34	6:55

5th

No ~ **9** Club ~ **Carmarthen H** Age Group ~ **Under 13 B** Position ~ **3rd**

<u>Leg</u>	<u>Name</u>	<u>Accumulative time</u>	<u>Individual Split</u>
1	Timmy Jones	7:19	7:19
2	Daniel Jones	15:45	8:26
3	James Bryan	23:35	7:50
4	Christian Lovatt	31:07	6:32*

6th

No ~ **1** Club ~ **Carmarthen H** Age Group ~ **Under 13 G** Position ~ **2nd**

<u>Leg</u>	<u>Name</u>	<u>Accumulative time</u>	<u>Individual Split</u>
1	Kari O'Neill	7:52	7:52
2	Carys Mansfield	15:47	7:55
3	Lowri Heckler	24:21	8:36
4	Alyce Phillips	32:37	8:16

7thNo ~ **7** Club ~ **Bridgend AC** Age Group ~ **Under 13 G** Position ~ **3rd**

<u>Leg</u>	<u>Name</u>	<u>Accumulative time</u>	<u>Individual Split</u>
1	Amiee Price	8:30	8:30
2	Nia Ward	17:07	8:37
3	Jazmine Briganti	25:08	8:01
4	Hannah Mittelburger	32:42	7:34

8thNo ~ **4** Club ~ **Swansea H** Age Group ~ **Under 13 G** Position ~ **4th**

<u>Leg</u>	<u>Name</u>	<u>Accumulative time</u>	<u>Individual Split</u>
1	Olivia Gwynn	7:39	7:39
2	Lucy Hammett	15:48	8:09
3	Iona Evans	24:59	9:11
4	Amy Smith	33:24	8:25

*** Fastest Leg**

<i>Under 13 Girl</i>	~	<i>Lucy Tarrant</i>	<i>Bridgend AC</i>	<i>7:16</i>
<i>Under 13 Boy</i>	~	<i>Christian Lovatt</i>	<i>Carmarthen H</i>	<i>6:32</i>
<i>Under 15 Girl</i>	~	<i>Cerys Morgan</i>	<i>Swansea H</i>	<i>6:42</i>

Relay 2 – 3 km legs**Overall
Position****1st**No ~ **25** Club ~ **Carmarthen H** Age Group ~ **Under 17 M** Position ~ **1st**

<u>Leg</u>	<u>Name</u>	<u>Accumulative time</u>	<u>Individual Split</u>
1	Nicky Morrell	9:50	9:50
2	Geraint Mansfield	19:36	9:46
3	Adam Bitchell	28:40	9:04*

2ndNo ~ **21** Club ~ **Newport H** Age Group ~ **Under 15 B** Position ~ **1st**

<u>Leg</u>	<u>Name</u>	<u>Accumulative time</u>	<u>Individual Split</u>
1	Daniel Chesworth	9:35	9:35
2	Chris Carpanini	19:22	9:47
3	Elliott Hardee	28:55	9:33*

3rdNo ~ **27** Club ~ **Swansea H** Age Group ~ **Under 17 M** Position ~ **2nd**

<u>Leg</u>	<u>Name</u>	<u>Accumulative time</u>	<u>Individual Split</u>
1	Ceri Lewis	10:12	10:12
2	Antonio Cirillo	20:35	10:23
3	Tom Millar	30:08	9:33

4thNo ~ **24** Club ~ **Neath H** Age Group ~ **Under 17 M** Position ~ **3rd**

<u>Leg</u>	<u>Name</u>	<u>Accumulative time</u>	<u>Individual Split</u>
1	Chris Driscoll	10:12	10:12
2	Adam Marshall	20:27	10:15
3	Rhodri Harris	30:25	9:58

5thNo ~ **19** Club ~ **Swansea H** Age Group ~ **Under 15 B** Position ~ **2nd**

<u>Leg</u>	<u>Name</u>	<u>Accumulative time</u>	<u>Individual Split</u>
1	Ben Jenkins	10:46	10:46
2	Sam Joseph	21:38	10:52
3	Seon White	32:40	11:02

6thNo ~ **16** Club ~ **Carmarthen H** Age Group ~ **Under 15 B** Position ~ **3rd**

<u>Leg</u>	<u>Name</u>	<u>Accumulative time</u>	<u>Individual Split</u>
1	Davey Lewis	11:10	11:10
2	Glen Elsdon	22:39	11:29
3	Jack Lear	34:03	11:24

7thNo ~ **22** Club ~ **Carmarthen H** Age Group ~ **Under 17 W** Position ~ **1st**

<u>Leg</u>	<u>Name</u>	<u>Accumulative time</u>	<u>Individual Split</u>
1	Aneura Phillips	11:26	11:26*
2	Angharad Roberts	24:12	12:46
3	Angharad Davies	35:45	11:33

8thNo ~ **23** Club ~ **Swansea H** Age Group ~ **Under 17 W** Position ~ **2nd**

<u>Leg</u>	<u>Name</u>	<u>Accumulative time</u>	<u>Individual Split</u>
1	Nia Lewis	12:19	12:19
2	Rhiannon Anderson	24:19	12:00
3	Rebecca King	36:07	11:48

***Fastest Leg**

<i>Under 15 Boys</i>	~	<i>Elliot Hardee</i>	<i>Newport H</i>	9:33
<i>Under 17 Men</i>	~	<i>Adam Bitchell</i>	<i>Carmarthen H</i>	9:04
<i>Under 17 Women</i>	~	<i>Aneura Phillips</i>	<i>Carmarthen H</i>	11:26

Relay 3 – 5 km legs – Senior – 4 to runOverall
Position**1st**No ~ **40** Club ~ **Swansea H “A”** Age Group ~ **Senior Men** Position ~ **1st**

<u>Leg</u>	<u>Name</u>	<u>Accumulative time</u>	<u>Individual Split</u>
1	Steve Davies	15:50	15:50
2	Chris Davies	32:31	16:41
3	Lewys Hobbs	47:50	15:19*
4	Marc Hobbs	63:14	15:24

2ndNo ~ **41** Club ~ **Swansea H “B”** Age Group ~ **Senior Men** Position ~ **2nd**

<u>Leg</u>	<u>Name</u>	<u>Accumulative time</u>	<u>Individual Split</u>
1	David Rees	17:07	17:07
2	Ollie Howton	32:43	15:36
3	Daniel Gurmin	48:19	15:36
4	Jon Williams	65:26	17:07

3rdNo ~ **50** Club ~ **Les Croupiers** Age Group ~ **Senior Men** Position ~ **3rd**

<u>Leg</u>	<u>Name</u>	<u>Accumulative time</u>	<u>Individual Split</u>
1	Chris Discombe	16:02	16:02
2	Stuart Crees	32:39	16:37
3	Nick Dukes	49:49	17:10
4	Julian Baker	65:38	15:49

4thNo ~ **42** Club ~ **Swansea H "C"** Age Group ~ **Senior Men** Position ~ **4th**

<u>Leg</u>	<u>Name</u>	<u>Accumulative time</u>	<u>Individual Split</u>
1	Shaun Tobin	17:12	17:12
2	Marc Davies	34:30	17:18
3	Jamie Fenarolli	52:16	17:46
4	Sam Walsh	69:06	16:50

5thNo ~ **54** Club ~ **Chepstow H** Age Group ~ **Senior Men** Position ~ **5th**

<u>Leg</u>	<u>Name</u>	<u>Accumulative time</u>	<u>Individual Split</u>
1	Mark Harvey	17:43	17:43
2	Luke Malarz	36:34	18:51
3	Rich Matthews	54:38	18:04
4	Phillip Matthews	71:19	16:41

6thNo ~ **60** Club ~ **Bridgend AC** Age Group ~ **Senior Men** Position ~ **6th**

<u>Leg</u>	<u>Name</u>	<u>Accumulative time</u>	<u>Individual Split</u>
1	Matthew Parkes	17:34	17:34
2	Steve Morris	35:07	17:33
3	Derek Scarborough	54:19	19:12
4	Jeff Thomas	72:53	18:34

7thNo ~ **37** Club ~ **Neath H** Age Group ~ **Senior Men** Position ~ **7th**

<u>Leg</u>	<u>Name</u>	<u>Accumulative time</u>	<u>Individual Split</u>
1	Andy Doel	18:13	18:13
2	Rhys Jones	36:03 ?	17:50
3	Chris Melborn	53:52	17:49
4	Andrew Baker	73:37	19:45

8thNo ~ **30** Club ~ **Swansea H "A"** Age Group ~ **Senior Ladies** Position ~ **1st**

<u>Leg</u>	<u>Name</u>	<u>Accumulative time</u>	<u>Individual Split</u>
1	Ellie Kirk	17:53	17:53*
2	Caroline Rimmer	37:02	19:09
3	Amanda Jones	56:08	19:06
4	Eleanor Sherrad-Smith	74:07	17:59

9thNo ~ **31** Club ~ **Swansea H "B"** Age Group ~ **Senior Ladies** Position ~ **2nd**

<u>Leg</u>	<u>Name</u>	<u>Accumulative time</u>	<u>Individual Split</u>
1	Elysia Ridley	18:52	18:52
2	Rachel Alcock	40:49	21:57
3	Angela Delaney	64:16	23:27
4	Sain Kirk	86:24	22:08

Relay 3 – 5 km legs – Masters – 3 to run

Overall
Position

1st

No ~ **38** Club ~ **Neath H** Age Group ~ **Masters Men 35 +** Position ~ **1st**

<u>Leg</u>	<u>Name</u>	<u>Accumulative time</u>	<u>Individual Split</u>
1	Paul Talbot	16:45	16:45
2	Lee Sandham	34:27	17:42
3	Paul Griffiths	50:48	16:21

2nd

No ~ **39** Club ~ **Neath H** Age Group ~ **Masters Men 45+** Position ~ **1st**

<u>Leg</u>	<u>Name</u>	<u>Accumulative time</u>	<u>Individual Split</u>
1	Martin Rees	16:21	16:21*
2	Phil Crane	33:12	16:51
3	Tudor Harries	51:37	18:25

3rd

No ~ **53** Club ~ **Newport H** Age Group ~ **Masters Men 35 +** Position ~ **2nd**

<u>Leg</u>	<u>Name</u>	<u>Accumulative time</u>	<u>Individual Split</u>
1	Neil Hardee	16:11	16:11*
2	Mark Carpanini	34:29	18:18
3	Darryn McAtee	53:46	19:17

4th

No ~ **55** Club ~ **Chepstow H** Age Group ~ **Masters Men 35 +** Position ~ **3rd**

<u>Leg</u>	<u>Name</u>	<u>Accumulative time</u>	<u>Individual Split</u>
1	Nick Davis	16:55	16:55
2	Mark Jefferies	36:45	19:50
3	David Sommersol	55:28	18:43

5th

No ~ **57** Club ~ **Neath H "B"** Age Group ~ **Masters Men 45+** Position ~ **2nd**

<u>Leg</u>	<u>Name</u>	<u>Accumulative time</u>	<u>Individual Split</u>
1	Steve Williams	18:21	18:21
2	David Crane	36:42	18:21
3	Dai Davies	55:33	18:51

6th

No ~ **46** Club ~ **Swansea H** Age Group ~ **Masters Men 45+** Position ~ **3rd**

<u>Leg</u>	<u>Name</u>	<u>Accumulative time</u>	<u>Individual Split</u>
1	Martin Webborn	17:21	17:21
2	Gary Irving	35:39	18:18
3	Burkhard Markhoff	57:42	22:03

7th

No ~ **45** Club ~ **Swansea H** Age Group ~ **Masters Men 35 +** Position ~ **4th**

<u>Leg</u>	<u>Name</u>	<u>Accumulative time</u>	<u>Individual Split</u>
1	Chris Parker	17:16	17:16
2	Peter Spriggs	37:10	19:54
3	Kevin Corcoran	58:22	21:12

8thNo ~ **62** Club ~ **Bridgend AC** Age Group ~ **Masters Men 45+** Position ~ **4th**

<u>Leg</u>	<u>Name</u>	<u>Accumulative time</u>	<u>Individual Split</u>
1	Steve Brace	20:35	20:35
2	Alan Kerr	39:11	18:36
3	Stuart Davidson	60:18	21:07

9thNo ~ **56** Club ~ **Chepstow H** Age Group ~ **Masters Men 45+** Position ~ **5th**

<u>Leg</u>	<u>Name</u>	<u>Accumulative time</u>	<u>Individual Split</u>
1	Mally Reeks	20:55	20:55
2	Andy Creber	41:36	20:41
3	Gweth Lewis	62:00	20:24

10thNo ~ **29** Club ~ **Bridgend** Age Group ~ **Master Women 35+** Position ~ **1st**

<u>Leg</u>	<u>Name</u>	<u>Accumulative time</u>	<u>Individual Split</u>
1	Jacqueline Brace	21:20	20:20
2	Maria Prout	42:54	21:34
3	Debbie Cooke	63:43	20:49*

11thNo ~ **49** Club ~ **Swansea H** Age Group ~ **Masters Men 55+** Position ~ **1st**

<u>Leg</u>	<u>Name</u>	<u>Accumulative time</u>	<u>Individual Split</u>
1	Keith Davies	21:27	21:27*
2	Ralph Allemano	46:13	24:46
3	John Collins	67:56	21:43

12thNo ~ **34** Club ~ **Swansea H** Age Group ~ **Master Women 35+** Position ~ **2nd**

<u>Leg</u>	<u>Name</u>	<u>Accumulative time</u>	<u>Individual Split</u>
1	Gwen Smith	23:06	23:06
2	Christine Lloyd	47:15	24:09
3	Sian Phillips	69:09	21:54

13thNo ~ **59** Club ~ **Chepstow H** Age Group ~ **Masters Men 55+** Position ~ **2nd**

<u>Leg</u>	<u>Name</u>	<u>Accumulative time</u>	<u>Individual Split</u>
1	Geoff Bayliss	23:36	23:36
2	Dave Andrews	48:26	24:50
3	Dick Finch	72:48	24:52

Incomplete TeamsNo ~ **36** Club ~ **Port Talbot H** Age Group ~ **Senior Men**

<u>Leg</u>	<u>Name</u>	<u>Accumulative time</u>	<u>Individual Split</u>
1	Carl Ellis	17:53	17:53
2	Ray James	40:08	22:15
3	Alan Perkins	59:44	19:36

No ~ **43** Club ~ **Swansea "D"** Age Group ~ **Senior Men**

<u>Leg</u>	<u>Name</u>	<u>Accumulative time</u>	<u>Individual Split</u>
1	Neville Johnson	18:01	18:01

No ~ **58** Club ~ **Neath H** Age Group ~ **Masters Men 45+**

<u>Leg</u>	<u>Name</u>	<u>Accumulative time</u>	<u>Individual Split</u>
1	A Rees	18:48	18:48

*** Fastest Legs**

<i>Senior Men</i>	~	<i>Lewys Hobbs</i>	<i>Swansea H</i>	<i>15:19</i>
<i>Master Men 35+</i>	~	<i>Neil Hardee</i>	<i>Newport H</i>	<i>16:11</i>
<i>Master Men 45+</i>	~	<i>Martin Rees</i>	<i>Neath H</i>	<i>16:21</i>
<i>Master Men 55+</i>	~	<i>Keith Davies</i>	<i>Swansea H</i>	<i>21:27</i>
<i>Senior Women</i>	~	<i>Elinor Kirk</i>	<i>Swansea H</i>	<i>17:53</i>
<i>Master Women 35+</i>	~	<i>Debbie Cooke</i>	<i>Bridgend AC</i>	<i>20:49</i>