

# Championship Results 2014

## Senior Women

1st Helen Jones  
2nd Pauline Williams  
3rd Anna Parsons

## Vets Women

1st Mandy Morris  
2nd Judith Oakley  
3rd Yvonne Brown

## Senior Men

1st Gareth Ayres  
2nd Charles Walsh  
3rd Jamey Taylor

## Vets Men

1st Steve Jones  
2nd Pete Deacon  
3rd Tony Holling

This year there will be 18 races, best 10 count.

## Port Talbot Harriers Women Championship Table 2014

		18 Championship Races																				
Name	Category	Prince of Wales 4m 1/1/14	Llanelli Half Marathon - 2/3/14	Pentyrch Hill 7 Mile - 29/4/14	P.T.Harriers Mile - 17/5/14	Beast of Bryn 6.8 Mile - 31/5/14	P.T. Harriers Hilly- 7th July	Ammanford 10k 13/7/14	Cardiff 5K Park Run - June/July	P.T. Harriers Half - 17/8/14	Swansea Bay 10k - 21/9/14	P.T. Reverse Hilly- 25/10/14	Richard Burton - 2/11/14	Pembrey MT 10M - 16/11/14	Glynneath 5M - 26/12/14	Tony's Handicap race 28/12/14	Best Porthcawl Parkrun - 2014	Best Llyn Llech Owain 5k - 2014	Best Marathon time - 2014	Races Run	Total	Postion
Helen Jones	V	30				30	30	30	30	30		30	30		30	30		30	11	300	1	
M. Morris	V	29			30	30			28			28	29	28	29	28	29		10	288	2	
P. Williams	V	27			29		29		27	29		29	28	27		26	28		10	279	3	
J. Oakley	V	28		30					29		30					29	30	28	7	204	4	
A.Parsons	V				28				25		28	29	27			25	26		7	188	5	
Y. Brown	V	26							26								27	27	4	106	6	
E. Charles											29						27		2	56	7	
J. Harwood												26					24		2	50	8	
Louise Thomas	V														27	22			2	49	9	
Teresa Jones	V														26	19			2	45	10	
Clare Phillips	V													30					1	30	11	
A.Parry	V													29					1	29	12	
A. Williams	V																	29	1	29	13	
Jenna Gow														28					1	28	14	
B. Morris					27														1	27	15	
G. Tomlinson												25							1	25	16	
Helen Samuel																	23		1	23	17	
Nina Waters	V																21		1	21	18	
Hannah Davies																	20		1	20	19	

Rhian Smith	V																	18			1	18	20
C. Moseley	V																				0	0	20
C. Brambley-Tucker	V																				0	0	21

## Port Talbot Harriers Vet Women Championship Table 2014

		18 Championship Races																				
Name	Category	Prince of Wales 4m 1/1/14	Llanelli Half Marathon - 2/3/14	Pentyrch Hill 7 Mile - 29/4/14	P.T.Harriers Mile - 17/5/14	Beast of Bryn 6.8 Mile - 31/5/14	P.T. Harriers Hilly- 7th July	Ammanford 10k 13/7/14	Cardiff 5K Park Run - June/July	P.T. Harriers Half - 17/8/14	Swansea Bay 10k - 21/9/14	P.T. Reverse Hilly- 25/10/14	Richard Burton - 2/11/14	Pembrey MT 10M - 16/11/14	Glynneath 5M - 26/12/14	Tony's Handicap race 28/12/14	Best Porthcawl Parkrun - 2014	Best Llyn Llech Owain 5k - 2014	Best Marathon time - 2014	Races Run	Total	Position
Helen Jones	V	30					30	30	30	30		30	30		30	30		30	30	11	300	1
M. Morris	V	29			30	30			28			28	29	28	29	28	29	29		10	288	2
P. Williams	V	27			29		29		27	29		29	28	27		27	28			10	280	3
J. Oakley	V	28		30					29		30					29	30	28		7	204	4
A.Parsons	V				28				25	29	29	27				26	26			7	190	5
Y. Brown	V	26							26									27	27	4	106	6
Louise Thomas	V															28			25	2	53	7
Teresa Jones	V															27			22	2	49	8
Clare Phillips	V													30						1	30	9
A.Parry	V													29						1	29	10
A.Williams	V																		29	1	29	11
Nina Waters	V																		24	1	24	12
Hannah Davies	V																		23	1	23	13
C. Moseley	V																			0	0	14



P.Rees	V		27				28	24	26	26		27				28			28	8	214	7
R. James	V	23		27	21	20	19		18	<del>16</del>	<del>17</del>	19	<del>12</del>		23	18	<del>10</del>	20		14	208	8
A.Williams	V	30	23				26	28		22	25		23						27	8	204	9
A. Perkins	V	25				23	21	20	21	17		18				20	15	23		10	203	10
I.Williams	V	28					24	23	24						29		20	25	22	8	195	11
M. Rabaiotti	V				25	24	22	22	22				16			23	17	24		9	195	12
C. Parker	V		29					29		29	30		29						29	6	175	13
R. Bamsey					22	19		21	16	18	20	21	17					13		9	167	14
D. Cornish	V	27				28			25	20		23			26		16			7	165	15
B. Henderson	V		26		27					23						27	21		26	6	150	16
J.Davies	V	21			20				17				10		21		11	19		7	119	17
J. Ayres	V				18	22	18		15			17				16	9			7	115	18
I. Swanson	V	20			17		16	19	13				8				5	16		8	114	19
S. Dinham												27		26		30	29			4	112	20
P. Morgan										25	29		28				27			4	109	21
N. Marvin	V		21			25					21		18				18			5	103	22
D.Murtagh						27							26	22				27		4	102	23
J. Hopkins	V				24	26						24				25				4	99	24
G. Jenkins	V			29								25	20			24				4	98	25
I.Bird		26			28								21				22			4	97	26
P. Jelley	V		24												27	14	23			4	88	27
Gareth Evans									14		15					21	6	17		5	73	28
A. Charles											28						28			2	56	29
P. Robbins	V								20						22	13				3	55	30
D.Vaughan												20	15			19				3	54	31
M.Worlock	V					29					22									2	51	32
K. Eenmaa	V		28																23	2	51	33
P. Carman	V		22												25					2	47	34
D. Richards													11			22	7			3	40	35
J. Lewis													14					21		2	35	36
D. Gurmin																	29			1	29	37
S. Doyle										28										1	28	38
A. Roberts	V										16						8			2	24	39
D. Haines	V												7			17				2	24	40
A. Furnell	V				23															1	23	41
M. Barguss											19									1	19	42

N. Evans	V		19																1	19	<b>43</b>
Kevin Jones	V												15	4					2	19	<b>44</b>
V. Lewis	V				18														1	18	<b>45</b>
S. Williams	V					17													1	17	<b>46</b>
D. Oak	V																		1	12	<b>47</b>
G. Evans													9						1	9	<b>48</b>
C. Dummer																			0	0	<b>49</b>
A. Wright																			0	0	<b>50</b>
S.Davies	V																		0	0	<b>51</b>
D.Parfitt	V																		0	0	<b>52</b>
L. Price																			0	0	<b>53</b>
																			0	0	<b>54</b>

## Port Talbot Harriers Vet Men - Championship Table 2014

		18 Championship Races																				
Name	Category	Prince of Wales 4m 1/1/14	Llanelli Half Marathon - 2/3/14	Pentyrch Hill 7 Mile - 29/4/14	P.T.Harriers Mile - 17/5/14	Beast of Bryn 6.8 Mile - 31/5/14	P.T. Harriers Hilly- 7th July	Ammanford 10k 13/7/14	Cardiff 5K Park Run - June/July	P.T. Harriers Half - 17/8/14	Swansea Bay 10k - 21/9/14	P.T. Reverse Hilly- 25/10/14	Richard Burton - 2/11/14	Pembrey MT 10M - 16/11/14	Glynneath 5M - 26/12/14	Tony's Handicap race 28/12/14	Best Porthcawl Parkrun - 2014	Best Llyn Llech Owain 5k - 2014	Best Marathon time - 2014	Races Run	Total	Postion
Steven Jones	V	29	<del>26</del>			29	28	30	28	29		28	30		28	29		<del>26</del>	12	288	<b>1</b>	
P. Deacon	V	25			29	26		27	25			25	29	29		25	29			10	269	<b>2</b>
A.Holling	V	23	<del>21</del>	29	23	23		<del>23</del>	<del>23</del>	25	25	<del>22</del>	28	25		<del>20</del>	25	<del>22</del>	16	249	<b>3</b>	
A. Perkins	V	26			25	24	24	25	22		23				24	21	26			10	240	<b>4</b>
R. James	V	24		28	25	22	<del>22</del>	<del>22</del>	21	24	24	<del>21</del>		24	23	<del>17</del>	23			14	238	<b>5</b>
P.Rees	V		28			30	27	29	29		29				30			29	8	231	<b>6</b>	
M. Rabaiotti	V				28	26	25	25	26			23			25	23	27			9	228	<b>7</b>
I.Williams	V	28				27	26	28	26					30		26		23	8	214	<b>8</b>	
C. Parker	V		30				30		30	30		30					28	30	7	208	<b>9</b>	
A.Williams	V	30	24			28	29			28		27						28	7	194	<b>10</b>	
J. Ayres	V				22	24	21		20			22			21	16	21			8	167	<b>11</b>
I. Swanson	V	21			21		19	22	19			19				14	20			8	155	<b>12</b>
D. Cornish	V	27			29					24		26		27		22				6	155	<b>13</b>
J. Davies	V	22			24				21			20		22		18	22			7	149	<b>14</b>

C.Walsh	V											30	29				30	30	25	5	144	15
N. Marvin	V		22			27						26		24			24			5	123	16
M.Worlock	V					30						27		26			29			4	112	17
B. Henderson	V		27			30						27					27		27	5	111	18
J. Hopkins	V					27	28						27				27			4	109	19
P. Jelley	V		25												28	19	28			4	100	20
G. Jenkins	V				30								28				26			3	84	21
P. Robbins	V										24					23	18			3	65	22
A. Roberts	V											23						15	24	3	62	23
K.Eenmaa	V		29																24	2	53	24
P. Carman	V		23												26					2	49	25
D. Haines	V												18				22			2	40	26
Kevin Jones	V																20	13		2	33	27
A. Furnell	V					26														1	26	28
V.Lewis	V						21													1	21	29
N. Evans	V		20																	1	20	30
S.Williams	V							20												1	20	31
D. Oak	V																	19		1	19	32
D.Parfitt	V																			0	0	33
S.Davies	V																			0	0	34
M.Davies	V																			0	0	35

Best Marathon Times

Name	Marathon	Date	Time	Pos
------	----------	------	------	-----

Men

Senior    Vet

G.Ayres	London	April 13th	2.45:14	1
Chris Parker	Lanelli	April 13th	2.56:47	2
Paul Rees	London	April 13th	3.07:03	3
Alex Williams	London	April 13th	3.07:50	4

30	
29	30
28	29
27	28



B. Henderson	London	April 13th	3.10:56	5	26	27
Stephen Jones	Snowdon	Oct 25th	3.14.54	6	25	26
Charles Walsh	Dublin	Oct 27th	3.17.29	7	24	25
Karl Eenmaa	London	April 13th	3.44.54	8	23	24
Ian Williams	Snowdon	Oct 25th	3.52.15	9	22	23
Tony Holling	Llanelli	April 13th	4.12:14	10	21	22

Ladies

Helen Jones	Snowdon	Oct 25th	3.25.14	1	30	30
Andrea Williams	London	April 13th	3.46.03	2	29	29
Judith Oakley	North Devon AONB	29th June	4.45.54	3	28	28
Yvonne brown	North Devon AONB	29th June	5.04.11	4	27	27

Best Porthcawl Park 5k Times

Name	Date	Time	Pos
------	------	------	-----

Men

Senior Vet

Gareth Ayres	9 Aug 2014	16.48	1	30	
Daniel Gurmin	26 July 2014	17.34	2	29	
Andrew Charles	9 Aug 2014	17.53	3	28	
Paul Morgan	6 Dec 2014	17:55	4	27	
Charles Walsh	6 Dec 2014	18.02	5	26	30
Jamey Taylor	23 Aug 2014	19.33	6	25	
Steven Jones	29 Nov 14	19.34	7	24	29
Paul Jelley	24 May 2014	19.53	8	23	28
Ian Bird	6 Sept 2014	19.53	9	22	
Bernie Henderson	4 Oct 2014	20.44	10	21	27
Ian Williams	6 Dec 2014	21.19	11	20	26
Peter Deacon	6 Sept 2014	21.25	12	19	25

Neil Marvin	6 Dec 2014	21.33	13	18	24
Mario Rabaiotti	6 Dec 2014	22.06	14	17	23
Dave Cornish	13 Sept 2014	22.31	15	16	22
Alan Perkins	5 April 2014	22.34	16	15	21
Tony Holling	22 Feb 2014	23.17	17	14	20
Ross Bamsey	23 Aug 2014	23.38	18	13	
Dave Oak	10 May 2014	23.43	19	12	19
John Davies	22 Feb 2014	24.49	20	11	18
Ray James	2 Aug 2014	25.02	21	10	17
John Ayres	30 Aug 2014	25.29	22	9	16
Alan Roberts	10 May 2014	25.48	23	8	15
Darren Richards	7 June 2014	25.56	24	7	
Gareth Evans	11 Oct 14	26.09	25	6	
Ian Swanson	4 Jan 2014	27.24	26	5	14
Kevin Jones	6 Dec 2014	28.27	27	4	13

Ladies

Helen Jones	29 Nov 14	20.49	1	30	30
Judith Oakley	11 Oct 14	21.49	2	29	29
Mandy Morris	3 May 14	21.59	3	28	28
Emma Charles	9 Aug 2014	22.11	4	27	
Pauline Williams	6 Sept 2014	22.38	5	26	27
Anna Parsons	4 Oct 2014	23.42	6	25	26
Jane Harwood	15 Nov 2014	25.46	7	24	
Helen Samuel	4 Oct 2014	31.20	8	23	
Louise Thomas	15 Nov 2014	34.03	9	22	25
Nina Waters	16 Aug 2014	36.22	10	21	24
Hannah Davies	16 Aug 2014	36.57	11	20	
Teresa Jones	6 Dec 2014	38.14	12	19	23
Rhian Smith	16 Aug 2014	41.38	13	18	22

Best Llyn Llech Owain Parkrun

Name	Date	Time	Pos
------	------	------	-----

Men

Gareth Ayres	13 Dec 2014	17.42	1	30	
Charles Walsh	20 Dec 2014	18.33	2	29	30
Jamey Taylor	27 Sept 2014	20.04	3	28	
Ian Bird	25 Dec 2014	20.28	4	27	
Peter Deacon	29 Nov 14	21.59	5	26	29
Ian Williams	22 Nov 2014	22.02	6	25	28
Mario Rabaiotti	29 Nov 14	22:55	7	24	27
Alan Perkins	22 Nov 2014	23.27	8	23	26
Tony Holling	29 Mar 2014	23.36	9	22	25
Alan Roberts	22 Nov 2014	24.20	10	21	24
Ray James	1 Mar 2014	25.00	11	20	23
John Davies	26 April 2014	25.04	12	19	22
Gareth Evans	22 Nov 2014	26.33	13	18	
John Ayres	20 Sept 2014	26.38	14	17	21
Ian Swanson	22 Nov 2014	28.36	15	16	20

Ladies

Judith Oakley	30 Aug 2014	22.15	1	30	30
Mandy Morris	22 Nov 2014	23.11	2	29	29
Pauline Williams	20 Sept 2014	23.15	3	28	28
Yvonne Brown	23 Aug 2014	24.10	4	27	27
Anna Parsons	22 Nov 2014	24.30	5	26	26

Cardiff Park Run - Jun/July

Men

Gareth Ayres	5 July 2014	16.48	1	30	
Charles Walsh	26 July 2014	18.22	2	29	
Jamey Taylor	5 July 2014	19.20	3	28	

Senior Vet

Steven Jones	5 July 2014	19.29	4	27	30
Paul Rees	26 July 2014	19.36	5	26	29
Ian Bird	5 July 2014	20.03	6	25	
Ian Williams	28 June 2014	21.04	7	24	28
Peter Deacon	28 June 2014	21.06	8	23	27
Mario Rabaiotti	21 June 2014	21.19	9	22	26
Alan Perkins	28 June 2014	22.10	10	21	25
Paul Robbins	12 July 2014	22.50	11	20	24
Tony Holling	19 July 2014	23.34	12	19	23
Ray James	26 July 2014	23.35	13	18	22
John Davies	21 June 2014	24.11	14	17	21
Ross Bamsey	26 July 2014	25.12	15	16	
John Ayres	26 July 2014	25.28	16	15	20
Gareth Evans	26 July 2014	26.23	17	14	
Ian Swanson	26 July 2014	29.25	18	13	19

Ladies

Helen Jones	5 July 2014	21.03	1	30	30
Judith Oakley	26 July 2014	21.39	2	29	29
Mandy Morris	28 June 2014	21.50	3	28	28
Pauline Williams	28 June 2014	22.54	4	27	27
Yvonne Brown	26 July 2014	23.46	5	26	26
Anna Parsons	14 June 2014	23.57	6	25	25