

Corus Lake - 2007

Senior Men 5 miles (less 50m)

- 1 Darren Hiscox (Guest) 27.29
- 2 Simon Jones (Cornelly Striders A.C.) 27.32
- 3 Marc Hobbs (MMTG) 27.33
- 4 Lewys Hobbs (MMTG) 27.33
- 5 Daniel Gurmin (MMTG) 27.35
- 6 Alun Wood (Guest) 27.39
- 7 Gareth Jones (3M's Gorseinon R.R.) 27.41
- 8 Chris Friend (Univ of Wales Swansea) 27.49 (U20)
- 9 Tim Lewis (Guest) 28.05
- 10 Mark Davies (MMTG) 28.07 (U20)
- 11 Steve Rees (Port Talbot Harriers & A.C.) 28.10
- 12 Jimmy Watkins (Cornelly Striders A.C.) 28.16
- 13 Gareth Davies (Guest) 28.21 (V40)
- 14 Jon Williams (MMTG) 28.34
- 15 Steve Davies (MMTG) 28.34
- 16 Paul Talbot (Neath Black Tuesday) 28.36
- 17 Joe Thomas (Guest) 28.38
- 18 Allan Davies (3M's Gorseinon R.R.) 28.45 (V50)
- 19 Steve Evans (Neath Black Tuesday) 28.47 (V40)
- 20 Chris Parker (Swansea Harriers Veterans) 29.04 (V40)
- 21 Martin Webborn (Swansea Harriers Veterans) 29.13 (V45)
- 22 Greg Newhams (Guest) 29.27 (V45)
- 23 Steve Wilkinson (Port Talbot Harriers & A.C.) 29.31 (V40)
- 24 Carl Ellis (Port Talbot Harriers & A.C.) 29.36
- 25 Stephen Richards (Univ of Wales Swansea) 29.39 (U20)
- 26 Andrew Reynolds (Neath Black Tuesday) 29.43
- 27 Jonathan Butler (Cornelly Striders A.C.) 29.45 (U20)
- 28 Gareth Ayres (Port Talbot Harriers & A.C.) 29.47
- 29 Mark Reynolds (Neath Black Tuesday) 29.50
- 30 Steve Brace (Guest) 29.51 (V45)
- 31 Gary Irving (Land Registry) 29.59 (V45)
- 32 James Padfield (Univ of Wales Swansea) 30.00
- 33 Paul Dyson (Univ of Wales Swansea) 30.07 (V45)
- 34 Howard Carpenter (Neath Black Tuesday) 30.11 (V50)
- 35 Paul Lewis (Swansea Harriers A.C.) 30.28
- 36 Keith Powell (Cornelly Striders A.C.) 30.29 (V50)
- 37 Dai Richards (Sport_Wales.com) 30.31 (V45)
- 38 Jack Jones (Univ of Wales Swansea) 30.33 (U20)
- 39 Graham Colvin (3M's Gorseinon R.R.) 30.37 (V40)
- 40 Jon Embling (Corus) 30.39 (V50)
- 41 Charles Walsh (Port Talbot Harriers & A.C.) 30.39
- 42 Daniel Harris (Corus) 30.41
- 43 Jamie Fenaroli (Cornelly Striders A.C.) 30.45 (U20)
- 44 David Thomas (3M's Gorseinon R.R.) 30.51
- 45 Chris Driscoll (Neath Harriers) 30.56 (U20)
- 46 Paul Llewellyn (Visteon Exiles) 31.09 (V40)
- 47 Alan Perkins (Port Talbot Harriers Veterans.) 31.12 (V55)

- 48 Lyndsey Christopher (Visteon Exiles) 31.13
- 49 Pete Lloyd (3M's Gorseinon R.R.) 31.14
- 50 Jason Statham (Land Registry) 31.19
- 51 Steve Williams (Neath Black Tuesday) 31.41 (V45)
- 52 Peter Watkeys (Univ of Wales Swansea) 31.43
- 53 Adrian Elwell (Univ of Wales Swansea) 31.48
- 54 John Sinnett (Pembrokeshire Harriers) 31.57 (V50)
- 55 Mike Gleeson (Visteon) 31.58
- 56 Jeff Thomas (Guest) 32.00 (V40)
- 57 Tom Duck (Taibach) 32.02
- 58 Adrian Weaver (Port Talbot Harriers & A.C.) 32.05
- 59 Gareth Elliott (Pembrokeshire Harriers) 32.08
- 60 Chris Fulcher (Port Talbot Harriers & A.C.) 32.10
- 61 Fredric Heger (Univ of Wales Swansea) 32.19
- 62 Kevin Tayler (Amman Valley Harriers) 32.25 (V45)
- 63 John Poston (Corus) 32.37 (V55)
- 64 Tony Holling (Port Talbot Harriers Veterans.) 32.40 (V50)
- 65 Dave Hughes (Guest) 32.45 (V40)
- 66 Mike Evans (Neath Black Tuesday) 32.51 (V45)
- 67 Paul Edwards (Pembrokeshire Harriers) 32.56 (V40)
- 68 Robbie Fowler (Amman Valley Harriers) 33.06 (V60)
- 69 Jack Newton (3M's Gorseinon R.R.) 33.11 (U20)
- 70 Len Richards (Port Talbot Harriers Veterans.) 33.11 (V50)
- 71 Sean Treloar (Aberavon) 33.17
- 72 Bryan O'Leary (Amman Valley Harriers) 33.26
- 73 John Collins (Swansea Harriers Veterans) 33.28 (V65)
- 74 Uku Kumari (Swansea Harriers Veterans) 33.42 (V55)
- 75 Paul Jelley (Visteon Exiles) 33.49 (V40)
- 76 Andrew Brown (Land Registry) 33.50 (V40)
- 77 Nigel Francisco (Team Wecori) 33.55 (V40)
- 78 Will Edwards (Margam) 34.03
- 79 Steve Davies (Corus) 34.05 (V40)
- 80 Richard Jones (Margam) 34.21
- 81 Grant Thomas (Team Wecori) 34.31
- 82 Marcus Eyre (3M's Gorseinon R.R.) 34.42 (V45)
- 83 Neil Harris (Neath Black Tuesday) 34.46 (V40)
- 84 Paul Davies (Land Registry) 34.53 (V40)
- 85 Michael Healey (Corus) 35.03
- 86 Steve Press (Team Wecori) 35.04
- 87 Gary Waters (Swansea Harriers Veterans) 35.11 (V55)
- 88 John Hopkins (Port Talbot Harriers Veterans.) 35.14 (V40)
- 89 Steve Keogh (Land Registry) 35.34
- 90 John Ayres (Port Talbot Harriers Veterans.) 35.47 (V50)
- 91 Andrew Rothwell (Swansea Uplands) 35.48 (V45)
- 92 Kevin Corcoran (Swansea Harriers Veterans) 35.50 (V45)
- 93 Alan Furnell (Port Talbot Harriers Veterans.) 36.01 (V55)
- 94 Gerald Gray (Team Wecori) 36.01 (V50)
- 95 Rob Gardner (Team Wecori) 36.56 (V45)
- 96 Daniel Murtagh (Taibach) 37.05
- 97 John Farmer (Cornelly Striders A.C.) 37.11 (V50)

- 98 Eddie Wellington (Baglan) 37.17 (V45)
 - 99 John Nicholls (3M's Gorseinon R.R.) 38.02 (V50)
 - 100 Barrie Morgan (Visteon Exiles) 38.07
 - 101 Malcolm Bulloch (Univ of Wales Swansea) 38.17 (V40)
 - 102 Ray Boyce (Cornelly Striders A.C.) 38.18 (V45)
 - 103 Alex Marsh (Guest) 38.23
 - 104 Richard Donne (3M's Gorseinon R.R.) 38.40 (V45)
 - 105 Ian Swanson (Port Talbot Harriers Veterans.) 38.53 (V55)
 - 106 Gary Rose (Corus) 39.10 (V45)
 - 107 Anthony Vallario (Port Talbot Harriers Veterans.) 39.18 (V50)
 - 108 Arthur Phillips (3M's Gorseinon R.R.) 39.57 (V70)
 - 109 Richard Michael (Bryncoch) 39.59
 - 110 Neil Samuel (Corus) 40.10 (V50)
 - 111 Neil Lewis (Mumbles Milers) 40.21 (V45)
 - 112 Russell Pullen (Neath Black Tuesday) 40.30 (V60)
 - 113 Arfon Rees (Team Wecori) 41.02
 - 114 Mike Todd (Amman Valley Harriers) 41.46 (V50)
 - 115 Barry James (Guest) 42.48 (V55)
 - 116 Gary Taylor (Mumbles Milers) 45.16
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- 116 Started

Senior Ladies 5 miles (less 50m)

- 1 Non Stanford (Swansea Harriers A.C.) 28.56 (U20)
- 2 Carol Glover (Univ of Wales Swansea) 30.39
- 3 Claire Phillips (Swansea Harriers A.C.) 31.28 (F35)
- 4 Emily Gibson (Univ of Wales Swansea) 33.59 (U20)
- 5 Sian Phillips (Swansea Harriers A.C.) 34.44 (F45)
- 6 Christina Smith (3M's Gorseinon R.R.) 35.51 (F45)
- 7 Helen Bealey (Univ of Wales Swansea) 35.56
- 8 Louise Miskell (3M's Gorseinon R.R.) 36.02 (F35)
- 9 Carol Moseley (Port Talbot Harriers & A.C.) 36.32
- 10 Deborah Youngs (3M's Gorseinon R.R.) 36.52 (F35)
- 11 Ffion Davies (Team Wecori) 36.54
- 12 Gwen Smith (Swansea Harriers A.C.) 37.17 (F40)
- 13 Michelle Witham (Mumbles Milers) 37.45
- 14 Gaynor Hulland (3M's Gorseinon R.R.) 38.08 (F50)
- 15 Del Eyre (3M's Gorseinon R.R.) 38.23 (F40)
- 16 Eryllois Davies (Team Wecori) 38.36
- 17 Janet Gange (Neath Black Tuesday) 38.37 (F45)
- 18 Jenny Grey (Port Talbot Harriers & A.C.) 39.25
- 19 Jill Coleman (Pembrokeshire Harriers) 39.34 (F35)
- 20 Lyndsey Dodds (Swansea Harriers A.C.) 39.54
- 21 Lee Newbury (Pembrokeshire Harriers) 39.59 (F45)
- 22 Helen Parry (Corus) 41.08 (F45)
- 23 Alison Tay (Univ of Wales Swansea) 43.13
- 24 Madeleine Bland (Pembrokeshire Harriers) 44.56 (F55)
- 25 Claire Kirk (Corus) 45.24 (F50)

26 Jan Younger (Pembrokshire Harriers) 45.27 (F55)
27 Diane Connor (3M's Gorseinon R.R.) 45.32 (F40)
28 Julie Samuel (Corus) 45.49 (F40)
29 Linda Waller (3M's Gorseinon R.R.) 46.39 (F50)
30 Julie Lloyd (West Cross) 48.34 (F35)

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