

Corus Lake 2008

Senior Men

5 miles (less 50m)

- 1 Daniel Gurmin (MMTG) 25.15
- 2 Lewys Hobbs (MMTG) 25.18
- 3 Marc Hobbs (MMTG) 25.31
- 4 Martin Rees (Corus) 26.20 (V50)
- 5 Craig Hopkins (Univ of Wales Swansea) 26.43 (U20)
- 6 Steve Davies (MMTG) 26.58
- 7 Alex Lewis (MMTG) 27.03
- 8 Alun Wood (Guest) 27.07
- 9 Phil Crane (Neath Black Tuesday) 27.20 (V45)
- 10 Paul Talbot (Neath Black Tuesday) 27.27 (V40)
- 11 Tim Lewis (Guest) 27.37
- 12 Alan Davies (3M's Gorseinon R.R.) 28.31 (V50)
- 13 Daniel Thomas (MMTG) 28.45 (U20)
- 14 Mark Davies (MMTG) 28.51
- 15 Daniel Harris (Corus) 29.01
- 16 Lee Smith (Corus) 29.15 (V40)
- 17 Chris Davies (MMTG) 29.17
- 18 Peter Crane (Neath Black Tuesday) 29.19 (V45)
- 19 Ian Webb (Guest) 29.23 (V50)
- 20 Aaron Jones (Swansea Harriers Veterans) 29.25 (V50)
- 21 Christopher Melbourne (Neath Jaguars) 29.27 (U20)
- 22 Andrew Cleverley (MMTG) 29.31
- 23 Mark Reynolds (Neath Black Tuesday) 29.33
- 24 Chris Driscoll (Neath Jaguars) 29.41 (U20)
- 25 Steve Evans (Neath Black Tuesday) 29.42 (V40)
- 26 Rhys Jones (Neath Jaguars) 29.47 (U20)
- 27 Steve Williams (Neath Black Tuesday) 29.48 (V45)
- 28 Rhodri Harris (Neath Jaguars) 29.54 (U20)
- 29 Kevin Lewis (Neath Black Tuesday) 29.58 (V45)
- 30 Charles Walsh (Corus) 30.05
- 31 Adrian Weaver (Port Talbot Harriers & A.C.) 30.16
- 32 Shaun Tobin (Corus) 30.27 (V45)
- 33 James Hocking (Celtic Triathlon) 30.45
- 34 Gary Irving (Land Registry) 30.53 (V45)
- 35 Neil Davies (Cornelly Striders A.C.) 30.57 (V45)
- 36 Andrew Jenkins (Corus) 31.00 (V45)
- 37 Ceri Lewis (Swansea Harriers A.C.) 31.02 (U20)
- 38 Kevin Taylor (Amman Valley Harriers) 31.03 (V45)
- 39 Keith Powell (Cornelly Striders A.C.) 31.04 (V50)
- 40 Adam Marshall (Neath Jaguars) 31.05 (U20)
- 41 Steve Morris (Guest) 31.07
- 42 Dave Hughes (Cornelly Striders A.C.) 31.13 (V40)
- 43 Aled Anderson (3M's Gorseinon R.R.) 31.14 (U20)
- 44 Dai Davies (Neath Jaguars) 31.24 (V55)
- 45 Jos Jones (Guest) 31.26
- 46 Paul Belcher (Guest) 31.28 (V55)

- 47 Nigel Barnes (Port Talbot Harriers Veterans) 31.29 (V40)
- 48 Jon Embling (Corus) 31.32 (V50)
- 49 Keiran Mackintosh (Port Talbot Harriers & A.C.) 31.40
- 50 Steve Brace (Guest) 31.42 (V45)
- 51 James Davies (Guest) 31.45
- 52 Dave Rose (Guest) 31.46 (V40)
- 53 Chris Felcher (Port Talbot Harriers Veterans) 31.52 (V40)
- 54 Howard Carpenter (Neath Black Tuesday) 31.53 (V50)
- 55 Gary Howe (3M's Gorseinon R.R.) 31.54 (V50)
- 56 Gareth Petts (University of Wales Swansea) 31.55
- 57 Dean Hardie (3M's Gorseinon R.R.) 31.55 (V45)
- 58 Peter Turner (Cornelly Striders A.C.) 31.56 (V55)
- 59 John Poston (Corus) 32.00 (V60)
- 60 Graham Colvin (3M's Gorseinon R.R.) 32.06 (V40)
- 61 Kevin Walford (Cornelly Striders A.C.) 32.13 (V40)
- 62 Alan Perkins (Port Talbot Harriers Veterans) 32.21 (V55)
- 63 Peter Spriggs (Swansea Harriers A.C.) 32.30
- 64 Mike Curran (Cwmavon) 32.52
- 65 Jack Newton (3M's Gorseinon R.R.) 32.56 (U20)
- 66 Wayne Frewen (Guest) 33.12 (V45)
- 67 Jason Statham (Land Registry) 33.13
- 68 James Padfield (University of Wales Swansea) 33.16
- 69 Nigel Francisco (Team Wecori) 33.20 (V40)
- 70 Uku Kumari (Swansea Harriers Veterans) 33.21 (V55)
- 71 Mike Evans (Neath Black Tuesday) 33.27 (V45)
- 72 Steve Thomas (3M's Gorseinon R.R.) 33.31
- 73 Eric Davey (Guest) 33.31 (V55)
- 74 Richard Jones (Cornelly Striders A.C.) 33.37
- 75 John Morgan (Guest) 33.43 (V45)
- 76 Hugh Evans (Guest) 33.45 (V45)
- 77 Rob Sandles (3M's Gorseinon R.R.) 33.47 (V40)
- 78 Mike Halsall (Guest) 33.48
- 79 Jonathan Cook (Univ of Wales Swansea) 33.48
- 80 Noel Evans (3M's Gorseinon R.R.) 33.49
- 81 Andrew Brown (Land Registry) 33.50 (V40)
- 82 Paul Jelley (Visteon Exiles) 33.51 (V40)
- 83 Grant Thomas (Team Wecori) 34.01
- 84 Rob Fowler (Amman Valley Harriers) 34.06 (V60)
- 85 Paul Davies (Land Registry) 34.07 (V40)
- 86 John Preston (Corus) 34.15 (V40)
- 87 Paul Lewis (3M's Gorseinon R.R.) 34.37 (V40)
- 88 Phil Protheroe (Guest) 34.41
- 89 Arfon Rees (Team Wecori) 34.52
- 90 Steve Davies (Corus) 34.58 (V40)
- 91 Len Richards (Port Talbot Harriers Veterans) 35.07 (V50)
- 92 Graham Vyner (3M's Gorseinon R.R.) 35.46
- 93 Les Chapman (Amman Valley Harriers) 35.55 (V55)
- 94 Jonathan David (Guest) 36.08 (V45)
- 95 Michael John (Cadoxton) 36.12
- 96 Gary Waters (Swansea Harriers Veterans) 36.14 (V55)

- 97 Steve Bendle (3M's Gorseinon R.R.) 36.20 (V40)
- 98 James Marks (Cornelly Striders A.C.) 36.34 (V50)
- 99 Leighton Davies (Guest) 36.38 (V40)
- 100 Anthony Kavanagh (Guest) 36.55 (V60)
- 101 John Farmer (Cornelly Striders A.C.) 36.59 (V50)
- 102 Martin Dyde (Pembrokeshire Harriers) 37.21 (V45)
- 103 James Thomas (Guest) 37.28 (V40)
- 104 Nick Garroch (Guest) 37.30 (V45)
- 105 Glyn Williams (3M's Gorseinon R.R.) 37.44 (V60)
- 106 Ken Davies (Team Wecori) 37.48 (V45)
- 107 Bob Gardner (Team Wecori) 38.08 (V45)
- 108 Captain Beany (Planet Beans) 38.15 (V50)
- 109 Ray James (Port Talbot Harriers Veterans) 38.20 (V45)
- 110 Ross Poyner (3M's Gorseinon R.R.) 38.37
- 111 Chris Bowen (Neath Black Tuesday) 38.39 (V40)
- 112 Alan Furnell (Port Talbot Harriers Veterans) 38.48 (V55)
- 113 Ray Boyce (Cornelly Striders A.C.) 38.49 (V45)
- 114 John Ayres (Port Talbot Harriers Veterans) 39.02 (V50)
- 115 Keith Treharne (Guest) 39.06 (V60)
- 116 Alan Jones (Guest) 39.08 (V50)
- 117 Paul Bigmore (Guest) 39.12 (V50)
- 118 Clyde Starritt (Guest) 39.17 (V45)
- 119 Steve Press (Team Wecori) 39.26 (V40)
- 120 Tony Holling (Port Talbot Harriers Veterans) 39.52 (V50)
- 121 Neil Samuel (Corus) 40.10 (V50)
- 122 Terry Jones (3M's Gorseinon R.R.) 40.42 (V55)
- 123 Paul Jones (Mumbles Milers) 41.04
- 124 Ian Swanson (Port Talbot Harriers Veterans) 41.18 (V55)
- 125 Stuart Johnson (Visteon) 41.28 (U20)
- 126 Gavin Waters (Craig Cefn Parc) 41.30
- 127 Anthony Vallerio (Port Talbot Harriers Veterans) 41.47 (V50)
- 128 Richard Donne (3M's Gorseinon R.R.) 41.52 (V45)
- 129 Russell Pullen (Neath Black Tuesday) 42.08 (V60)
- 130 David Phillips (Pembrokeshire Harriers) 42.25 (V60)
- 131 Robert McNeil (Cwmavon) 44.23
- 132 Leighton Johnson (Visteon) 45.09 (V50)
- 133 Alan Roberts (Port Talbot Harriers Veterans) 45.48
- 134 Gary Taylor (Mumbles Milers) 48.45
- 135 Richard Powell (Guest) 50.25

136 Started

Senior Ladies

5 miles (less 50m)

- 1 Leah Dixon (Neath Harriers) 30.40 (U20)
- 2 Ingrid Taylor (3M's Gorseinon R.R.) 32.40 (F35)
- 3 Kimberley Bates (Cwmavon) 33.33 (F35)
- 4 Helen Marshall (Guest) 33.57
- 5 Angharad Mason (Guest) 34.18

- 6 Andrea Starrirtt (Guest) 35.11 (F40)
- 7 Sian Phillips (Swansea Harriers A.C.) 35.49 (F45)
- 8 Charlotte Johns (Guest) 35.57 (F40)
- 9 Carol Moseley (Port Talbot Harriers & A.C.) 36.17
- 10 Louise Miskell (3M's Gorseinon R.R.) 36.47 (F35)
- 11 Libby Lavis (Guest) 37.02 (F50)
- 12 Sarah Griffiths (Neath Harriers) 37.07
- 13 Judith Oakley (Port Talbot Harriers & A.C.) 37.11 (F40)
- 14 Eryllois Davies (Team Wecori) 38.07
- 15 Christine Lloyd (Swansea Harriers A.C.) 38.11 (F45)
- 16 Caroline Sandles (3M's Gorseinon R.R.) 38.22 (F40)
- 17 Michelle Witham (Swansea Harriers A.C.) 39.04
- 18 Johanna Powell (Guest) 40.23
- 19 Pat Jones (Guest) 40.50 (F50)
- 20 Helen Parry (Corus) 41.51 (F50)
- 21 Rachel McDonald (University of Wales Swansea) 43.49
- 22 Anna Tobin (Corus) 44.01 (F40)
- 23 Shirley Davies (Corus) 44.03 (F45)
- 24 Alison Griffiths (Pembrokeshire Harriers) 44.45 (F35)
- 25 Pauline Charlett (Pembrokeshire Harriers) 44.45 (F45)
- 26 Julie Samuel (Corus) 44.58 (F40)
- 27 Madeleine Bland (Pembrokeshire Harriers) 45.24 (F55)
- 28 Lorraine Dyde (Pembrokeshire Harriers) 46.22 (F50)
- 29 Barbara Thomas (Pembrokeshire Harriers) 46.46 (F60)
- 30 Linda Waller (3M's Gorseinon R.R.) 46.58 (F50)
- 31 Cath Richards (Corus) 47.53 (F45)
- 32 Sarah Smiles (Guest) 48.09
- 33 Jane Bell (Pembrokeshire Harriers) 49.24 (F60)
- 34 Claire Walters (Guest) 51.00
- 35 Vivian Henderson (Guest) 55.52

35 Ran