

## **West Glamorgan Cross Country League (3)**

### **Corus Sports Club, Margam, Port Talbot.**

**25th January 2009**

#### **5 Miles Road Race (less 20 metres)**

- 1 Marc Hobbs (MMTG) 26.01
- 2 Martin Rees (Corus) 26.03 (V55)
- 3 Lewys Hobbs (MMTG) 26.25
- 4 Paul Richards (Neath Harriers) 26.37 (V40)
- 5 Paul Talbot (Neath Black Tuesday) 27.21 (V40)
- 6 Matthew Gurmin (MMTG) 27.28
- 7 Matthew Harvey (Neath Black Tuesday) 27.35
- 8 Ross McDonald (University of Wales Swansea) 27.47
- 9 Daniel Thomas (MMTG) 27.51 (U20)
- 10 Carl Ellis (Port Talbot Harriers & A.C.) 28.24
- 11 Peter Crane (Neath Black Tuesday) 28.44 (V45)
- 12 Chris Driscoll (Neath Jaguars) 28.53 (U20)
- 13 Tim Butt (University of Wales Swansea) 29.07 (U20)
- 14 Martin Webborn (Swansea Harriers Veterans) 29.08 (V45)
- 15 Jerome Evans (Port Talbot Harriers & A.C.) 29.10 (U20)
- 16 Simon Jones (Runners Life) 29.11
- 17 Matthew Evans (Neath Black Tuesday) 29.15
- 18 Amanda Jones (Swansea Harriers A.C.) 29.21
- 19 Andrew Wright (Port Talbot Harriers & A.C.) 29.23
- 20 Adrian Weaver (Port Talbot Harriers & A.C.) 29.32
- 21 Kieran Macintosh (Port Talbot Harriers & A.C.) 29.37 (U20)
- 22 Adam Atkinson (University of Wales Swansea) 29.48
- 23 Gareth Petts (University of Wales Swansea) 29.53
- 24 Daniel Harris (Corus) 29.55
- 25 Adam Marshall (Neath Jaguars) 29.57 (U20)
- 26 Henry Wright (Corus) 29.58
- 27 Steve Williams (Neath Black Tuesday) 30.01 (V50)
- 28 Lee Morris (3M's Gorseinon R.R.) 30.03
- 29 Christopher Williams (Baglan) 30.19
- 30 David Crane (Neath Black Tuesday) 30.23 (V45)
- 31 Gareth Elliott (Pembrokeshire Harriers) 30.36
- 32 David Hughes (Cornelly Striders A.C.) 30.41 (V40)
- 33 Paul Dyson (University of Wales Swansea) 30.45 (V50)
- 34 Gareth Ayres (Port Talbot Harriers & A.C.) 30.51
- 35 Mark Emery (Guest) 30.57
- 36 Kevin Taylor (Amman Valley Harriers) 31.03 (V45)
- 37 Steve Brace (Guest) 31.05 (V45)
- 38 Neil Davies (Cornelly Striders A.C.) 31.08 (V50)
- 39 Steve Ousley (Ingli Runners) 31.09
- 40 Colin Elvins (University of Wales Swansea) 31.10 (V45)
- 41 Paul Speyes (Guest) 31.12
- 42 Paul Llewellyn (Visteon Exiles) 31.17 (V45)
- 43 Keith Powell (Cornelly Striders A.C.) 31.20 (V55)
- 44 Mark Terry (Port Talbot Harriers Veterans) 31.21 (V50)
- 45 Chris Fulcher (Port Talbot Harriers Veterans) 31.26 (V40)

46 Howard Carpenter (Neath Black Tuesday) 31.28 (V55)  
47 Alan Jones (Team Wecori) 31.30 (V40)  
48 Mike Halsall (Guest) 31.34  
49 Peter Lloyd (3M's Gorseinon R.R.) 31.37  
50 Dai Davies (Neath Jaguars) 31.44 (V60)  
51 Paul Ezard (Guest) 31.45  
52 Karl George (Port Talbot Harriers & A.C.) 31.46  
53 Paul Jelley (Port Talbot Harriers Veterans) 31.47 (V40)  
54 John Morgan (Guest) 31.50  
55 Francis Gill (Neath Harriers) 31.51 (F45)  
56 Steve Coupe (Sospas Road Runners) 31.52 (V55)  
57 Sean Treloar (Port Talbot Harriers & A.C.) 31.53 (V40)  
58 Bernie Henderson (Port Talbot Harriers Veterans) 31.54 (V50)  
59 Rob Sandles (3M's Gorseinon R.R.) 31.57 (V40)  
60 Dave Rose (Guest) 31.59 (V40)  
61 Alec Williams (Ingli Runners) 32.05 (V40)  
62 Mike Worlock (Port Talbot Harriers Veterans) 32.06 (V45)  
63 Charles Walsh (Port Talbot Harriers & A.C.) 32.09  
64 Dean Webster (3M's Gorseinon R.R.) 32.10  
65 Sandra Pinkham (Port Talbot Harriers & A.C.) 32.11 (F40)  
66 Andrew Jenkins (Corus) 32.28 (V45)  
67 Peter Turner (Cornelly Striders A.C.) 32.31 (V55)  
68 Nigel Fransisco (Team Wecori) 32.35 (V40)  
69 Helen Marshall (Aberystwyth A.C.) 32.36  
70 David Thomas (3M's Gorseinon R.R.) 32.44  
71 Mike Curran (Cwmavon) 32.46  
72 John Hopkins (Port Talbot Harriers Veterans) 32.49 (V45)  
73 Andrew Mundy (Guest) 32.54  
74 Carol Glover (University of Wales Swansea) 32.58  
75 Ken Ogilvy (Guest) 32.59 (V40)  
76 Mitchell Aspland (Neath Jaguars) 33.04 (U20)  
77 Gary Howe (3M's Gorseinon R.R.) 33.05 (V50)  
78 Steve Davies (Corus) 33.10 (V40)  
79 John Sinnett (Pembrokeshire Harriers) 33.20 (V50)  
80 Wayne Frewen (Guest) 33.21 (V45)  
81 Steve Walsh (3M's Gorseinon R.R.) 33.21 (V40)  
82 Paul Edwards (Pembrokeshire Harriers) 33.22 (V45)  
83 Alan Perkins (Port Talbot Harriers Veterans) 33.29 (V55)  
84 Rhys Jones (Neath Jaguars) 33.33 (U20)  
85 Stewart Griffiths (3M's Gorseinon R.R.) 33.35  
86 Richard Webster (3M's Gorseinon R.R.) 33.39 (V50)  
87 Amanda Evans (3M's Gorseinon R.R.) 33.40 (F35)  
88 Eric Davey (Guest) 33.44 (V50)  
89 Dave Griffiths (Pembrokeshire Harriers) 33.47 (V45)  
90 Harriett Morris (Guest) 33.49  
91 Robert Fowler (Amman Valley Harriers) 33.52 (V60)  
92 Graham Vyner (3M's Gorseinon R.R.) 34.06 (V40)  
93 Mike Evans (Neath Black Tuesday) 34.09 (V45)  
94 Richard Jones (Cornelly Striders A.C.) 34.10  
95 John Preston (Corus) 34.18 (V40)  
96 Roger Bell (3M's Gorseinon R.R.) 34.21 (V45)  
97 Andrew Thomas (Guest) 34.25 (V45)  
98 Paul Rees (Bryncoch) 34.26 (V40)  
99 Peter Deacon (University of Wales Swansea) 34.29 (V50)  
100 Phil Protheroe (Guest) 34.33  
101 Tony Holling (Port Talbot Harriers Veterans) 34.35 (V50)  
102 Carol Moseley (Port Talbot Harriers & A.C.) 34.38  
103 Debbie Reed (3M's Gorseinon R.R.) 34.43 (F40)  
104 Eric Tudor (Port Talbot Harriers & A.C.) 34.46  
105 Charolette Jones (Guest) 34.49

106 Mario Rabaiotti (Port Talbot Harriers Veterans) 34.56 (V45)  
107 Kyle Fulcher (Port Talbot Harriers & A.C.) 34.58 (U20)  
108 Howell Porter (University of Wales Swansea) 34.58 (U20)  
109 Efa Llewellyn (Swansea Harriers A.C.) 35.06  
110 Andrew Lucas (3M's Gorseinon R.R.) 35.13 (V45)  
111 Uku Kumari (Swansea Harriers Veterans) 35.16 (V55)  
112 Andrea Starritt (Guest) 35.20 (F40)  
113 John Poston (Corus) 35.21 (V60)  
114 Joanne Clatworthy (Cornelly Striders A.C.) 35.22  
115 Judith Oakley (Port Talbot Harriers & A.C.) 35.25 (F40)  
116 Gary Waters (Swansea Harriers Veterans) 35.32 (V55)  
117 Paul O'Brien (Corus) 35.43  
118 Louise Miskell (3M's Gorseinon R.R.) 35.48 (F35)  
119 Christina Smith (3M's Gorseinon R.R.) 36.03 (F45)  
120 Lee Bodenham (Runners Life) 36.04  
121 Martin Evans (Team Wecori) 36.07 (V45)  
122 Marcus Eyre (3M's Gorseinon R.R.) 36.10 (V45)  
123 Sian Phillips (Swansea Harriers A.C.) 36.14 (F45)  
124 Martin Dyde (Pembrokeshire Harriers) 36.18 (V50)  
125 Colin Price (Corus) 36.21 (V50)  
126 Steve Bendle (Swansea Harriers Veterans) 36.27 (V45)  
127 David Roberts (Guest) 36.28 (V55)  
128 Gerald Grey (Team Wecori) 36.32 (V50)  
129 Simon Pinner (Team Wecori) 36.35 (V50)  
130 Alan Jones (Guest) 36.36  
131 Caroline Sandles (3M's Gorseinon R.R.) 36.51 (F40)  
132 Dewi West (3M's Gorseinon R.R.) 36.53 (V45)  
133 Brian Fox (Swansea Harriers Veterans) 36.59 (V60)  
134 Michelle Witham (Swansea Harriers A.C.) 37.03  
135 Stuart Davidson (Guest) 37.14 (V55)  
136 John Davies (Port Talbot Harriers Veterans) 37.21 (V60)  
137 Giaucarlo Biancla (Margam) 37.22  
138 Steve McLelland (3M's Gorseinon R.R.) 37.23 (V50)  
139 Nick Darroch (Guest) 37.23  
140 Brian Griffiths (3M's Gorseinon R.R.) 37.28 (V60)  
141 Dylan Jones (Team Wecori) 37.32 (V40)  
142 Julie Thomas (3M's Gorseinon R.R.) 37.33 (F45)  
143 Paul Rees (3M's Gorseinon R.R.) 37.33 (V45)  
144 Ray James (Port Talbot Harriers Veterans) 37.35 (V45)  
145 Nigel Pitt (3M's Gorseinon R.R.) 37.38 (V45)  
146 Eryllois Davies (Team Wecori) 37.40  
147 Bob Gardner (Team Wecori) 37.41 (V45)  
148 Darren Williams (Port Talbot Harriers & A.C.) 37.52  
149 Tony Burt (Guest) 37.54 (V65)  
150 Allan Smith (3M's Gorseinon R.R.) 38.05 (V70)  
151 Chris Bowen (Neath Black Tuesday) 38.17 (V45)  
152 Neil Samuel (Corus) 38.18 (V55)  
153 Tony Eustace (Visteon Exiles) 38.23 (V40)  
154 Simon Tucker (Corus) 38.31  
155 John Ayres (Port Talbot Harriers Veterans) 38.34 (V50)  
156 Christine Lloyd (Swansea Harriers A.C.) 38.35 (F50)  
157 Captain Beany (Port Talbot Harriers Veterans) 38.36 (V50)  
158 James Thomas (Guest) 38.36 (V45)  
159 Kath John (3M's Gorseinon R.R.) 38.38 (F40)  
160 Pat Jones (Guest) 38.50 (F50)  
161 Nicholas Morgan (Ynysforgan) 38.53  
162 Pauline Williams (Port Talbot Harriers & A.C.) 38.55 (F45)  
163 Libby Lavis (Guest) 39.11 (F50)  
164 Ray Boyce (Cornelly Striders A.C.) 39.11 (V45)  
165 Neil Marvin (Guest) 39.15

166 Keith Treharne (Guest) 39.19 (V60)  
167 Colin Currie (Team Wecori) 39.28  
168 Richard Donne (3M's Gorseinon R.R.) 39.29 (V50)  
169 Lynne Parry (3M's Gorseinon R.R.) 39.31  
170 Richard Morgan (Ynysforgan) 39.40  
171 Tasmin Thomas (University of Wales Swansea) 39.48  
172 John Farmer (Cornelly Striders A.C.) 39.52 (V50)  
173 James Davies (3M's Gorseinon R.R.) 39.55 (V45)  
174 Tina Arthur (Port Talbot Harriers & A.C.) 40.24 (F45)  
175 Andrew Ezard (Guest) 40.30 (V45)  
176 Ian Swanson (Port Talbot Harriers Veterans) 40.40 (V55)  
177 Alan Roberts (Port Talbot Harriers Veterans) 40.58 (V50)  
178 Ralph Allemanno (Swansea Harriers Veterans) 41.03 (V55)  
179 Ken Davies (Team Wecori) 41.41 (V45)  
180 Mark Ibbotson (Corus) 41.50  
181 Alison Tay (University of Wales Swansea) 42.34  
182 Les Chapman (Amman Valley Harriers) 42.34 (V60)  
183 Alison Jones (Team Wecori) 42.41 (F35)  
184 Linda Rees (3M's Gorseinon R.R.) 42.50 (F45)  
185 Fay Sharpe (3M's Gorseinon R.R.) 42.51 (F45)  
186 Russell Pullen (Neath Black Tuesday) 42.58 (V65)  
187 Cath Hather (Guest) 43.10 (F40)  
188 Jane Ogilvy (Guest) 43.10 (F40)  
189 Donna Griffiths (3M's Gorseinon R.R.) 43.32  
190 Ian Williams (Tonmawr) 43.50 (V40)  
191 Shirley Davies (Corus) 44.00 (F45)  
192 Catherine Lloyd Bennett (3M's Gorseinon R.R.) 44.05  
193 Julie Samuel (Corus) 44.25 (F45)  
194 Christine Hurdidge (3M's Gorseinon R.R.) 44.38 (F55)  
195 Cath Richards (Corus) 44.53 (F45)  
196 Alison Griffiths (Pembrokeshire Harriers) 44.55  
197 Henry Hayward (3M's Gorseinon R.R.) 45.04 (V50)  
198 Arthur Phillips (3M's Gorseinon R.R.) 45.08 (V70)  
199 Pauline Charlett (Pembrokeshire Harriers) 45.50 (F45)  
200 Linda Waller (3M's Gorseinon R.R.) 46.44 (F50)  
201 Barbara Thomas (Pembrokeshire Harriers) 47.26 (F60)  
202 Linda Owens (3M's Gorseinon R.R.) 47.40 (F55)  
203 Mary Donnelly (Guest) 47.42 (F45)  
204 Julie Lloyd (Guest) 48.24  
205 Patricia Davidson (Guest) 49.03 (F50)  
206 Sara Birkett (Guest) 49.09  
207 Julie Davies (3M's Gorseinon R.R.) 50.47 (F55)  
208 Man Yee Woo (Corus) 51.19  
209 Bryony Jones (Pembrokeshire Harriers) 51.44  
210 Nicola Julian (3M's Gorseinon R.R.) 53.31 (F40)  
211 Shirley Rose (Guest) 53.41 (F40)  
212 Sian Ackland (Guest) 53.41 (F40)