

## West Glam – Corus 5m, January 24<sup>th</sup> 2010

### Senior Men

- 1 Craig Hopkins (University of Wales Swansea) 25.08
- 2 Steve Rees (Port Talbot Harriers & A.C.) 26.12
- 3 Matthew Harvey (Neath Harriers) 26.59
- 4 Mark Roberts (University of Wales Swansea) 27.04
- 5 Chris Williams (Neath Harriers) 27.10 (V40)
- 6 James Hocking (Celtic Tri) 27.34
- 7 Paul Talbot (Neath Black Tuesday) 27.43 (V40)
- 8 Andrew Reynolds (Neath Black Tuesday) 27.50
- 9 Phil Crane (Neath Black Tuesday) 27.56 (V45)
- 10 Alun Davies (3M's Gorseinon R.R.) 28.09 (V55)
- 11 Andrew Cleverley (Swansea Harriers MMTG) 28.10
- 12 Ross McDonald (University of Wales Swansea) 28.28
- 13 Peter Crane (Neath Black Tuesday) 28.35 (V45)
- 14 Simon Wilson (Swansea Harriers MMTG) 28.43 (V40)
- 15 Chris Parker (Swansea Harriers Veterans) 28.47 (V40)
- 16 Adrian Weaver (Port Talbot Harriers & A.C.) 28.52
- 17 Alun Woods (Atlantic College) 29.21 (V40)
- 18 Gareth Ayres (Port Talbot Harriers & A.C.) 29.25
- 19 Richard Lewis (Celtic Tri) 29.31
- 20 Aaron Jones (Port Talbot Harriers Veterans) 29.33 (V50)
- 21 Martin Webborn (Swansea Harriers Veterans) 29.40 (V45)
- 22 David Crane (Neath Black Tuesday) 30.01 (V45)
- 23 Andrew Wright (Port Talbot Harriers & A.C.) 30.03
- 24 Stuart Griffiths (3M's Gorseinon R.R.) 30.05
- 25 Henry Wright (Corus) 30.11
- 26 Royston Whitehouse (Guest) 30.13 (V45)
- 27 Charles Walsh (Port Talbot Harriers & A.C.) 30.20
- 28 Chris Fulcher (Port Talbot Harriers Veterans) 30.26 (V40)
- 29 Steve Ousley (Ingli Runners) 30.30
- 30 Steve Williams (Neath Black Tuesday) 30.32 (V50)
- 31 Martin George (Sospan Road Runners) 30.34
- 32 Alun Rees (Neath Harriers) 30.37
- 33 Neil Davies (Cornelly Striders A.C.) 30.39 (V50)
- 34 Kevin Taylor (Amman Valley Harriers) 30.41 (V45)
- 35 Paul Lewis (3M's Gorseinon R.R.) 30.43 (V40)
- 36 Matthew Powell (Celtic Tri) 30.58
- 37 Chris Allton (University of Wales Swansea) 31.00 (V45)
- 38 Colin Elvins (University of Wales Swansea) 31.01 (V45)
- 39 Leighton Williams (Celtic Tri) 31.03
- 40 Gary Irving (Land Registry) 31.12 (V50)
- 41 Ian Phillips (3M's Gorseinon R.R.) 31.12
- 42 Jos Jones (Aberystwyth A.C.) 31.16
- 43 Gareth Elliott (Pembrokeshire Harriers) 31.19
- 44 Jon Embling (Corus) 31.21 (V50)
- 45 Richard Jones (Swansea Harriers Veterans) 31.25 (V50)
- 46 John Hopkins (Port Talbot Harriers Veterans) 31.27 (V45)

47 Alec Williams (Ingli Runners) 31.34 (V40)  
48 Sean Treloar (Port Talbot Harriers Veterans) 31.37 (V40)  
49 Paul Rees (3M's Gorseinon R.R.) 31.38 (V45)  
50 Rob Sandles (3M's Gorseinon R.R.) 31.42 (V40)  
51 Hywel Jones (Amman Valley Harriers) 31.43 (V45)  
52 Dean Webster (3M's Gorseinon R.R.) 31.45  
53 Jamie Rees (Neath Harriers) 31.48  
54 Gary Howe (3M's Gorseinon R.R.) 31.50 (V50)  
55 Paul Belcher (Atlantic College) 31.54 (V55)  
56 Paul Dyson (University of Wales Swansea) 31.56 (V50)  
57 Bernie Henderson (Port Talbot Harriers & A.C.) 31.58 (V55)  
58 Leighton Williams (3M's Gorseinon R.R.) 31.59 (V45)  
59 Scott Davies (Celtic Tri) 32.00  
60 Steve Coupe (Sospan Road Runners) 32.01 (V55)  
61 Kieran McKintosh (Port Talbot Harriers & A.C.) 32.02  
62 Paul Davies (Port Talbot Harriers & A.C.) 32.03 (V45)  
63 Paul Rees (Port Talbot Harriers & A.C.) 32.04 (V40)  
64 Huw Mathias (Corus) 32.05 (V40)  
65 Steve Thomas (3M's Gorseinon R.R.) 32.06  
66 Howard Carpenter (Neath Harriers Veterans) 32.06 (V55)  
67 Mark Terry (Port Talbot Harriers Veterans) 32.13  
68 Dean Hardie (3M's Gorseinon R.R.) 32.21 (V50)  
69 Michael Halsall (Guest) 32.22  
70 Jason Griffiths (Corus) 32.25 (V40)  
71 James O'Callaghan (Gendros) 32.31  
72 Mike Evans (Neath Black Tuesday) 32.37 (V45)  
73 Gareth Petts (University of Wales Swansea) 32.40  
74 Kevin Joyce (Pembrokeshire Harriers) 32.55 (V40)  
75 Stephen Cable (3M's Gorseinon R.R.) 33.00  
76 Andrew Hodgson (South Wales Police) 33.02  
77 Dave Hesketh (Cornelly Striders A.C.) 33.03 (V40)  
78 John Sinnott (Pembrokeshire Harriers) 33.08 (V50)  
79 Darren Edwards (Celtic Tri) 33.2  
80 Rob Warlow (Port Talbot Harriers & A.C.) 33.24  
81 Alan Jones (Team Wecori) 33.25 (V40)  
82 Grant Thomas (Team Wecori) 33.25  
83 Chris Lewis (Port Talbot Harriers & A.C.) 33.26  
84 Richard Webster (3M's Gorseinon R.R.) 33.34 (V55)  
85 Mike Curran (Cwmavon) 33.40  
86 Mark Eakins (Celtic Tri) 33.44  
87 Richard Jones (Cornelly Striders A.C.) 33.50  
88 Peter Deacon (University of Wales Swansea) 33.52 (V50)  
89 Justin Lott (South Wales Police) 33.55  
90 David Oak (Port Talbot Harriers Veterans) 33.58 (V60)  
91 David Smout (Guest) 33.59 (V60)  
92 Peter Turner (Cornelly Striders A.C.) 34.06 (V55)  
93 Paul Edwards (Pembrokeshire Harriers) 34.07 (V60)  
94 Eric Davey (Guest) 34.19 (V60)  
95 Andrew Lucas (3M's Gorseinon R.R.) 34.21 (V45)  
96 Dewi West (3M's Gorseinon R.R.) 34.27 (V45)

97 Rob Fowler (Amman Valley Harriers) 34.35 (V60)  
98 Colin Price (Corus) 34.37 (V50)  
99 Michael Healey (Corus) 34.43  
100 Stuart Davies (Cornelly Striders A.C.) 34.45 (V45)  
101 Graham Vyner (3M's Gorseinon R.R.) 34.50 (V40)  
102 Alan Parson (Team Wecori) 34.51 (V40)  
103 Josh Sandles (3M's Gorseinon R.R.) 34.55 (U20)  
104 Dave Corrish (Port Talbot Harriers Veterans) 34.57 (V40)  
105 Paul Jelley (Port Talbot Harriers Veterans) 34.58 (V45)  
106 John Preston (Corus) 34.59 (V40)  
107 Dave Griffiths (Pembrokeshire Harriers) 35.00 (V45)  
108 Mario Rabaiotti (Port Talbot Harriers Veterans) 35.01 (V45)  
109 Laurence Worth (Pembrokeshire Harriers) 35.11 (V45)  
110 Steve McLelland (3M's Gorseinon R.R.) 35.13 (V55)  
111 Roger Bell (3M's Gorseinon R.R.) 35.19 (V45)  
112 Paul Arnold (Celtic Tri) 35.23 (V40)  
113 Martin Jones (Corus) 35.26  
114 Steve Bendle (Swansea Harriers Veterans) 35.30 (V45)  
115 Geraint Jenkins (Amman Valley Harriers) 35.32 (V40)  
116 Martin Ennis (3M's Gorseinon R.R.) 35.35 (V40)  
117 Paul Padget (Ingli Runners) 35.39 (V50)  
118 Marcus Eyre (3M's Gorseinon R.R.) 35.47 (V50)  
119 Les Chapman (Amman Valley Harriers) 36.04 (V60)  
120 Steve Davies (Corus) 36.14 (V40)  
121 James Stroud (Guest) 36.20  
122 Mike Nash (3M's Gorseinon R.R.) 36.24 (V45)  
123 John Poston (Corus) 36.29 (V60)  
124 James Marks (Cornelly Striders A.C.) 36.31 (V50)  
125 Matthew Williams (Team Wecori) 36.42  
126 Brian Fox (Swansea Harriers Veterans) 36.44 (V60)  
127 Richard Harris (Celtic Tri) 36.46 (V40)  
128 Rob Gardner (Team Wecori) 36.48 (V45)  
129 Brian Griffiths (3M's Gorseinon R.R.) 36.51 (V60)  
130 Tony Holling (Port Talbot Harriers V.V.) 36.53 (V50)  
131 Matt Rogerson (3M's Gorseinon R.R.) 36.54  
132 Dave Hughes (Cornelly Striders A.C.) 37.05 (V40)  
133 Nigel Pitt (3M's Gorseinon R.R.) 37.20 (V50)  
134 Colin Anthony (Port Talbot Harriers V.V.) 36.28 (V60)  
135 Glyn Williams (3M's Gorseinon R.R.) 37.55 (V60)  
136 John Farmer (Cornelly Striders A.C.) 38.42 (V50)  
137 Alan Furnell (Port Talbot Harriers V.V.) 38.57 (V55)  
138 Ian Williams (Port Talbot Harriers Veterans) 39.07 (V40)  
139 Dylan Jones (Team Wecori) 39.14 (V40)  
140 Byron Davies (3M's Gorseinon R.R.) 39.20  
141 Terry Craven (Corus) 40.07 (V55)  
142 John Holohan (3M's Gorseinon R.R.) 40.09 (V60)  
143 James Davies (3M's Gorseinon R.R.) 40.10 (V40)  
144 Alan Roberts (Port Talbot Harriers V.V.) 40.12 (V50)  
145 Allan Smith (3M's Gorseinon R.R.) 40.17 (V70)  
146 Richard Donne (3M's Gorseinon R.R.) 40.25 (V45)

- 147 John Sanderson (3M's Gorseinon R.R.) 41.05 (V50)
- 148 John Ayres (Port Talbot Harriers Veterans) 41.51 (V50)
- 149 Leighton Jones (3M's Gorseinon R.R.) 41.56 (V60)
- 150 Ray Boyce (Cornelly Striders A.C.) 42.00 (V45)
- 151 Mark Passmore (Corus) 42.01
- 152 Anthony Dubiens (Guest) 42.04 (V55)
- 153 Malcolm Bullough (Swansea Uplands) 42.24 (V50)
- 154 David Brown (3M's Gorseinon R.R.) 42.32
- 155 Ralph Allemanno (Swansea Harriers Veterans) 42.48 (V60)
- 156 Ian Swanson (Port Talbot Harriers V.V.) 43.15 (V55)
- 157 Tom Duck (Corus) 43.18
- 158 Ken Davies (Team Wecori) 44.47 (V50)
- 159 Alan Elward (Corus) 45.14 (V50)
- 160 Martin Nicholls (3M's Gorseinon R.R.) 46.30 (V40)
- 161 Clive Oates (Corus) 51.28 (V55)

.  
161 Started  
.

### **SENIOR LADIES**

- 1 Jade Williams (Amman Valley Harriers) 30.27 (U20)
- 2 Helen Marshall (Aberystwyth A.C.) 32.18
- 3 Joanne Thatcher (Aberystwyth A.C.) 33.15
- 4 Michelle Cole (3M's Gorseinon R.R.) 33.18
- 5 Sandra Pinkham (Port Talbot Harriers & A.C.) 33.23 (F45)
- 6 Deborah Reed (3M's Gorseinon R.R.) 34.00 (F40)
- 7 Carol Moseley (Port Talbot Harriers & A.C.) 34.08
- 8 Jacquie Brace (Guest) 34.09 (F50)
- 9 Jayne Arnold (Celtic Tri) 35.12 (F35)
- 10 Bethan Ousley (Ingli Runners) 35.38
- 11 Ceri Brambley-Tucker (Port Talbot Harriers & A.C.) 35.44 (F40)
- 12 Michelle Witham (Swansea Harriers) 35.56
- 13 Christina Smith (3M's Gorseinon R.R.) 35.58 (F45)
- 14 Lee Bodenham (Guest) 36.07
- 15 Louise Miskell (3M's Gorseinon R.R.) 36.17 (F35)
- 16 Pauline Williams (Port Talbot Harriers & A.C.) 37.07 (F50)
- 17 Phoebe Pender (Aberystwyth A.C.) 37.16
- 18 Del Eyre (3M's Gorseinon R.R.) 37.26 (F45)
- 19 Claire Williams (Ingli Runners) 37.29 (F40)
- 20 Cariline Sandles (3M's Gorseinon R.R.) 37.32 (F40)
- 21 Tina Arthur (Port Talbot Harriers & A.C.) 37.34 (F45)
- 22 Elen Jones (Pembrokeshire Harriers) 37.52
- 23 Julie Thomas (3M's Gorseinon R.R.) 38.02 (F45)
- 24 Cordelia Jones (3M's Gorseinon R.R.) 38.17
- 25 Lisa Kethro (Celtic Tri) 38.48 (F40)
- 26 Kath John (3M's Gorseinon R.R.) 39.03 (F40)
- 27 Jill Wilcox (Ingli Runners) 39.06 (F35)
- 28 Cheryl Griffiths (Port Talbot Harriers & A.C.) 39.19 (F40)

- 29 Yvonne Brown (Port Talbot Harriers & A.C.) 39.31 (V50)
- 30 Alison Griffiths (Pembrokeshire Harriers) 39.36 (F40)
- 31 Alison Tay (Swansea Harriers) 39.41
- 32 Tasmin Thomas (University of Wales Swansea) 39.42
- 33 Kirsten Tucker (Swansea Harriers) 40.00
- 34 Del Griffiths (Pembrokeshire Harriers) 40.23 (F45)
- 35 Louise Eakins (3M's Gorseinon R.R.) 41.37 (F35)
- 36 Helen Parry (Corus) 41.54 (F50)
- 37 Catherine Lloyd-Bennett (3M's Gorseinon R.R.) 41.58
- 38 Anna Wake (3M's Gorseinon R.R.) 41.20 (F35)
- 39 Ilim Holdhan (3M's Gorseinon R.R.) 41.33 (F50)
- 40 Christine Hurdidge (3M's Gorseinon R.R.) 41.58 (F55)
- 41 Pauline Thornhill (3M's Gorseinon R.R.) 42.02 (F35)
- 42 Melanie Colburn (Celtic Tri) 42.54 (F40)
- 43 Julie Noble (Celtic Tri) 42.55 (F40)
- 44 Christine Duck (Corus) 43.17
- 45 Sarah Neale (Corus) 43.22
- 46 Donna Griffiths (3M's Gorseinon R.R.) 43.26
- 47 Louise Parry (3M's Gorseinon R.R.) 43.53
- 48 Jane Ogilvie (Corus) 43.57 (F45)
- 49 Julie Samuel (Corus) 44.13 (F45)
- 50 Gill Coleman (Pembrokeshire Harriers) 44.31 (F45)
- 51 Sally Davies (3M's Gorseinon R.R.) 44.47
- 52 Linda Rees (3M's Gorseinon R.R.) 44.48 (F45)
- 53 Nicki Powell (Celtic Tri) 45.15
- 54 Michelle Davies (3M's Gorseinon R.R.) 45.19 (F40)
- 55 Fay Sharpe (3M's Gorseinon R.R.) 45.22 (F45)
- 56 Shirley Davies (Corus) 45.37 (F45)
- 57 Carol Vyner (Celtic Tri) 45.43 (F35)
- 58 Claire Jones (3M's Gorseinon R.R.) 45.48
- 59 Susan Felstead (Celtic Tri) 45.52 (F40)
- 60 Cath Richards (Corus) 46.14 (F50)
- 61 Jan Bell (Pembrokeshire Harriers) 46.25 (F60)
- 62 Barbara Thomas (Pembrokeshire Harriers) 46.41 (F65)
- 63 Jessica Innes (Pembrokeshire Harriers) 46.49
- 64 Karen Burrows (Celtic Tri) 47.29 (F45)
- 65 Linda Waller (3M's Gorseinon R.R.) 47.35 (F50)
- 66 Pauline Charlotte (Pembrokeshire Harriers) 47.44 (F45)
- 67 Melody Hughes (Celtic Tri) 48.38 (F45)
- 68 Linda Owens (3M's Gorseinon R.R.) 51.05 (F55)
  
- 69 Julie Davies (3M's Gorseinon R.R.) 52.15 (F50)
- 70 Nicola Julian (3M's Gorseinon R.R.) 53.06 (F40)
- 71 Alison Jones (Celtic Tri) 53.22 (F40)
- 72 Nadine Hall (3M's Gorseinon R.R.) 57.10 (F35)