

**Senior Men (Approx 5 Miles Cross Country)**

- 1 **Mark Davies (MMTG) 27.34 (U20)**
- 2 Steve Rees (Port Talbot Harriers & A.C.) 27.55
- 3 Gareth Jones (3M's Gorseinon R.R.) 27.59
- 4 Paul Talbot (Neath Black Tuesday) 28.28
- 5 Stephen Richards (MMTG) 28.31
- 6 Chris Friend (Univ of Wales Swansea) 28.38 (U20)
- 7 Jonathan Butler (Cornelly Striders A.C.) 28.47 (U20)
- 8 Allan Davies (3M's Gorseinon R.R.) 29.01 (V50)
- 9 Carl Ellis (Port Talbot Harriers & A.C.) 29.37
- 10 Mike Loynes (Sport\_Wales.com) 29.43
- 11 Gareth Ayres (Port Talbot Harriers & A.C.) 29.50
- 12 Steve Wilkinson (Port Talbot Harriers & A.C.) 30.00 (V40)
- 13 Paul Lewis (Swansea Harriers A.C.) 30.15
- 14 Richard Jones (Team Activa) 30.19 (V45)
- 15 Paul Dyson (Univ of Wales Swansea) 30.22 (V45)
- 16 Dai Richards (Sport\_Wales.com) 30.35 (V45)
- 17 Gary Irving (Land Registry) 30.37 (V45)
- 18 Adam Marshall (Neath Harriers) 30.40 (U20)
- 19 Howard Carpenter (Neath Black Tuesday) 30.45 (V50)
- 20 Pete Lloyd (3M's Gorseinon R.R.) 31.02
- 21 Charles Walsh (Port Talbot Harriers & A.C.) 31.06
- 22 James Padfield (Univ of Wales Swansea) 31.16
- 23 Steve Williams (Neath Black Tuesday) 31.27 (V45)
- 24 Rhodri Harris (Neath Harriers) 31.30 (U20)

- 25 Stephen Richards (Univ of Wales Swansea) 31.51 (U20)
- 26 Neil Davies (Cornelly Striders A.C.) 32.00 (V45)
- 27 Freidrich Heger (Univ of Wales Swansea) 32.03
- 28 Andrew Jenkins (Corus) 32.06 (V40)
- 29 Gareth Elliott (Pembrokeshire Harriers) 32.13
- 30 Christopher Melbourne (Neath Harriers) 32.19 (U20)
- 31 Graham Colvin (3M's Gorseinon R.R.) 32.22 (V40)
- 32 John Sinnett (Pembrokeshire Harriers) 32.30 (V50)
- 33 Mike Gleeson (Visteon) 32.35
- 34 Chris Fulcher (Port Talbot Harriers & A.C.) 32.36
- 35 Paul Llewellyn (Visteon Exiles) 32.45 (V40)
- 36 Peter Turner (Cornelly Striders A.C.) 32.49 (V55)
- 37 Matthew John (Neath Harriers) 33.06 (U20)
- 38 Kevin Taylor (Amman Valley Harriers) 33.08 (V45)
- 39 Mike Evans (Neath Black Tuesday) 33.39 (V45)
- 40 Paul Lewis (3M's Gorseinon R.R.) 33.45 (V40)
- 41 Adrian Weaver (Port Talbot Harriers & A.C.) 33.55
- 42 Robbie Fowler (Amman Valley Harriers) 33.58 (V60)
- 43 Dave Griffiths (Pembrokeshire Harriers) 34.05 (V40)
- 44 Jack Newton (3M's Gorseinon R.R.) 34.22 (U20)
- 45 Jonathan Green (Land Registry) 34.24
- 46 Grant Thomas (Team Wecori) 34.26
- 47 Alan Perkins (Port Talbot Harriers Veterans.) 34.32 (V55)
- 48 John Poston (Corus) 34.35 (V55)
- 49 Nigel Fransisco (Team Wecori) 34.43 (V40)

- 50 John Collins (Swansea Harriers Veterans) 34.46 (V65)
- 51 Paul Coleman (Pembrokeshire Harriers) 34.58 (V45)
- 52 Oku Kumari (Swansea Harriers Veterans) 35.02 (V55)
- 53 Neil Harris (Neath Black Tuesday) 35.10 (V45)
- 54 Bryan O'Leary (Amman Valley Harriers) 35.15
- 55 Steve Bendle (3M's Gorseinon R.R.) 35.19 (V40)
- 56 Peter Deacon (Univ of Wales Swansea) 35.20 (V45)
- 57 Paul Jelley (Visteon Exiles) 35.23 (V40)
- 58 Steve Thomas (3M's Gorseinon R.R.) 35.38
- 59 Tony Holling (Port Talbot Harriers Veterans.) 36.41 (V50)
- 60 Anthony Powell (Guest) 36.41
- 61 Gary Waters (Swansea Harriers Veterans) 36.56 (V55)
- 62 John Ayres (Port Talbot Harriers Veterans.) 37.07 (V50)
- 63 Graham Vyner (3M's Gorseinon R.R.) 37.50
- 64 Gerald Gray (Team Wecori) 38.24 (V50)
- 65 Bob Gardner (Team Wecori) 39.04 (V45)
- 66 John Nicholls (3M's Gorseinon R.R.) 39.21 (V50)
- 67 Dylan Jones (Team Wecori) 40.28
- 68 Ian Swanson (Port Talbot Harriers Veterans.) 41.07 (V55)
- 69 Gary Rose (Corus) 41.39 (V45)
- 70 Malcolm Bulloch (Univ of Wales Swansea) 41.45 (V45)
- 71 Russell Pullen (Neath Black Tuesday) 41.48 (V60)
- 72 Neil Samuel (Corus) 41.54 (V50)
- 73 Ken Davies (Team Wecori) 42.14 (V45)
- 74 Arfon Rees (Team Wecori) 42.35

75 Mike Todd (Amman Valley Harriers) 43.45 (V50)

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**Senior Ladies (Approx 2.75 Miles Cross Country)**

- 1 Carol Glover (Univ of Wales Swansea) 17.01
- 2 Hannah Jarvis (Guest) 17.30
- 3 Ingrid Taylor (3M's Gorseinon R.R.) 17.42 (F35)
- 4 Emily Gibson (Univ of Wales Swansea) 18.39 (U20)
- 5 Christina Smith (3M's Gorseinon R.R.) 19.12 (F45)
- 6 Juli Loynes (3M's Gorseinon R.R.) 19.26
- 7 Louise Miskell (3M's Gorseinon R.R.) 19.32 (F35)
- 8 Deborah Youngs (3M's Gorseinon R.R.) 19.40 (F35)
- 9 Gwen Smith (Swansea Harriers A.C.) 20.05 (F40)
- 10 Judith Oakley (Port Talbot Harriers & A.C.) 20.25 (F40)
- 11 Gaynor Hulland (3M's Gorseinon R.R.) 20.41 (F50)
- 12 Janet Gange (Neath Black Tuesday) 20.43 (F45)
- 13 Jill Coleman (Pembrokshire Harriers) 21.26 (F40)
- 14 Lyndsey Dodds (Swansea Harriers A.C.) 21.28
- 15 Christine Lloyd (Swansea Harriers A.C.) 22.19 (F45)
- 16 Kathryn John (3M's Gorseinon R.R.) 22.20 (F40)
- 17 Helen Parry (Corus) 22.31 (F45)
- 18 Juliette Beauvais (Univ of Wales Swansea) 22.33
- 19 Miranda Taylor (Univ of Wales Swansea) 23.02
- 20 Lorraine Dyde (Pembrokshire Harriers) 23.17 (F45)
- 21 Leanne Quinn (Swansea Harriers A.C.) 24.15
- 22 Julie Samuel (Corus) 24.35 (F40)
- 23 Madeleine Bland (Pembrokshire Harriers) 25.26 (F55)
- 24 Jan Younger (Pembrokshire Harriers) 25.36 (F55)

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