

West Glamorgan Cross Country League (4)

Gnoll Estate, Neath. – February 22nd 2009

Senior Men (approx 5.5 miles)

- 1 Paul Talbot (Neath Black Tuesday) 30.27 (V40)
- 2 James Rogers (Univ of Wales Swansea) 32.25
- 3 Peter Crane (Neath Black Tuesday) 32.43 (V45)
- 4 Tim Butt (Univ of Wales Swansea) 33.04 (U20)
- 5 Adam Atkinson (Univ of Wales Swansea) 33.07 (U20)
- 6 Henry Wright (Corus) 33.09
- 7 Alan Davies (3M's Gorseinon R.R.) 33.11 (V55)
- 8 Gareth Petts (Univ of Wales Swansea) 33.13
- 9 Adrian Weaver (Port Talbot Harriers & A.C.) 33.14
- 10 Jerome Evans (Port Talbot Harriers & A.C.) 33.22 (U20)
- 11 Kevin Lewis (Neath Jaguars) 33.25 (V45)
- 12 Chris Driscoll (Neath Jaguars) 33.46 (U20)
- 13 Chris Williams (Neath Harriers) 33.50
- 14 Andrew Wright (Port Talbot Harriers & A.C.) 33.53
- 15 David Crane (Neath Black Tuesday) 33.58 (V45)
- 16 Mitchell Aspland (Neath Jaguars) 34.02 (U20)
- 17 Daniel Harris (Corus) 34.09
- 18 Steve Williams (Neath Black Tuesday) 34.13 (V50)
- 19 Gareth Elliott (Pembrokeshire Harriers) 34.36
- 20 Steve Ousley (Ingli Runners) 34.50
- 21 Kieron Mackintosh (Port Talbot Harriers & A.C.) 34.54 (U20)
- 22 Rhodri Harris (Neath Jaguars) 34.54 (U20)
- 23 Kevin Taylor (Amman Valley Harriers) 35.06 (V45)
- 24 Jon Embling (Corus) 35.09 (V50)
- 25 Mark Ingram (Univ of Wales Swansea) 35.14
- 26 Chris Fulcher (Port Talbot Harriers Veterans) 35.16 (V40)
- 27 Steve Coupe (Sospan Road Runners) 35.24 (V55)
- 28 Alec Williams (Ingli Runners) 35.25 (V40)
- 29 Andrew Jenkins (Corus) 35.27 (V45)
- 30 Adam Marshall (Neath Jaguars) 35.32 (U20)
- 31 James Murphy (Team Wecori) 35.38 (V40)
- 32 Paul Llewellyn (Visteon Exiles) 35.40 (V45)
- 33 Charles Walsh (Port Talbot Harriers & A.C.) 36.02
- 34 Adrian Pearce (Corus) 36.02 (V45)
- 35 Dean Hardie (3M's Gorseinon R.R.) 36.17 (V50)
- 36 Rob Sandles (3M's Gorseinon R.R.) 36.25 (V40)
- 37 Nigel Fransisco (Team Wecori) 36.51 (V40)
- 38 Wesley Trow (Team Wecori) 36.52
- 39 Bernie Henderson (Port Talbot Harriers Veterans) 36.57 (V50)
- 40 Michael Thomas (Neath Black Tuesday) 37.03
- 41 Brian Mogford (Amman Valley Harriers) 37.21 (V45)
- 42 Rhys Jones (Neath Jaguars) 37.23 (U20)
- 43 Andrew Baker (Neath Black Tuesday) 37.25
- 44 Alan Perkins (Port Talbot Harriers Veterans) 37.33 (V55)
- 45 Peter Turner (Cornelly Striders A.C.) 37.34 (V55)
- 46 John Sinnott (Pembrokeshire Harriers) 37.34 (V50)
- 47 Paul Jelley (Port Talbot Harriers Veterans) 37.35 (V40)

48 Steve Walsh (3M's Gorseinon R.R.) 37.51 (V40)
49 John Hopkins (Port Talbot Harriers Veterans) 38.00 (V45)
50 Richard Jones (Cornelly Striders A.C.) 38.06
51 David Smout (Guest) 38.08 (V55)
52 Chris Lewis (Port Talbot Harriers & A.C.) 38.31
53 Gary Howe (3M's Gorseinon R.R.) 38.41 (V50)
54 Uku Kumari (Swansea Harriers Veterans) 38.50 (V55)
55 Dave Griffiths (Pembrokeshire Harriers) 38.53 (V45)
56 Jason Griffiths (Corus) 39.02
57 John Preston (Corus) 39.07 (V40)
58 Martin Evans (Team Wecori) 39.17 (V45)
59 Rob Fowler (Amman Valley Harriers) 39.20 (V60)
60 Lee Williams (Melyn) 39.30 (U20)
61 Hywel Porter (Univ of Wales Swansea) 39.43 (U20)
62 Mike Evans (Neath Black Tuesday) 39.43 (V45)
63 Matthew Williams (Team Wecori) 39.58
64 Mario Rabaiotti (Port Talbot Harriers Veterans) 40.14 (V45)
65 Graham Vyner (3M's Gorseinon R.R.) 40.27 (V40)
66 Gary Waters (Swansea Harriers Veterans) 40.34 (V55)
67 Martin Dyde (Pembrokeshire Harriers) 41.01 (V50)
68 Mike Nash (3M's Gorseinon R.R.) 41.03 (V45)
69 Owain Morgan (Neath Jaguars) 41.15 (U20)
70 Tony Holling (Port Talbot Harriers Veterans) 41.16 (V50)
71 Gerald Grey (Team Wecori) 41.56 (V50)
72 Neil Marvin (Llantwit) 42.06
73 Dylan Jones (Team Wecori) 42.38 (V40)
74 Simon Pinner (Team Wecori) 42.48 (V50)
75 Tony Eustace (Visteon Exiles) 43.02 (V40)
76 John Davies (Port Talbot Harriers Veterans) 43.15 (V60)
77 Arfon Rees (Team Wecori) 43.30
78 Rob Gardner (Team Wecori) 43.42 (V45)
79 Chris Bowen (Neath Black Tuesday) 44.16 (V45)
80 Ray Boyce (Cornelly Striders A.C.) 44.20 (V45)
81 Geraint Jenkins (Amman Valley Harriers) 45.18 (V40)
82 John Ayres (Port Talbot Harriers Veterans) 45.26 (V50)
83 Colin Price (Corus) 45.35 (V50)
84 Ken Davies (Team Wecori) 45.38 (V45)
85 Neil Samuel (Corus) 45.58 (V55)
86 Robert Morgan (Neath Black Tuesday) 47.19 (V40)

90 started

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Mens Match Result

1 Univ of Wales Swansea 406
2 Neath Jaguars 376
3 Neath Black Tuesday 373
4 Port Talbot Harriers & AC 363
5 Corus 340
6 3M's Gorseinon R.R. 272
7 Port Talbot H Veterans 245
8 Team Wecori 225
9 Pembrokeshire Harriers 175
10 Amman Valley Harriers 158
11 Inqli Runners 132
11 Cornelly Striders A.C. 96
13 Neath Harriers 77
14 Visteon Exiles 74

- 15 Sospan Road Runners 63
- 16 Swansea Harriers Veterans 62
- 17 Melyn 31
- 18 Llantwit 19

Senior Ladies & V70 Men (Approx 3.1 miles)

- 1 Hannah Jarvis (Guest - Sale Harriers) 19.00
- 2 Helen Marshall (Aberystwyth A.C.) 19.40
- 3 Carol Glover (University of Wales Swansea) 20.01
- 4 Sandra Pinkham (Port Talbot Harriers & A.C.) 20.20 (F40)
- 5 Kim Jones (Port Talbot Harriers & A.C.) 21.02 (F35)
- 6 Carol Moseley (Port Talbot Harriers & A.C.) 21.18
- 7 Judith Oakley (Port Talbot Harriers & A.C.) 21.57 (F40)
- 8 Louise Miskell (3M's Gorseinon R.R.) 22.12 (F35)
- 9 Caroline Sandles (3M's Gorseinon R.R.) 22.57 (F40)
- 10 Ellen Jones (Pembrokeshire Harriers) 23.03
- 11 Pauline Williams (Port Talbot Harriers & A.C.) 23.36 (F50)
- 12 Tina Arthur (Port Talbot Harriers & A.C.) 23.38 (F45)
- 13 Gwen Smith (Swansea Harriers A.C.) 23.47 (F40)
- 14 Helen Parry (Corus) 24.58 (F50)
- 15 Fay Sharpe (3M's Gorseinon R.R.) 27.08 (F45)
- 16 Julie Samuel (Corus) 27.15 (F45)
- 17 Alison Griffiths (Pembrokeshire Harriers) 27.30 (F35)
- 18 Debbie Price (Corus) 27.32 (F40)
- 19 Shirley Davies (Corus) 28.02 (F45)
- 20 Jan Bell (Pembrokeshire Harriers) 28.33 (F60)
- 21 Pauline Charlett (Pembrokeshire Harriers) 28.36 (F45)
- 22 John Collins (Swansea Harriers A.C.) 28.52 (V70)
- 23 Cath Richards (Corus) 29.55 (F45)
- 24 Barbara Thomas (Pembrokeshire Harriers) 29.55 (F60)
- 25 Byrony Jones (Pembrokeshire Harriers) 32.04

25 started

Ladies Match Result

- 1 Port Talbot Harriers & A.C. 97
- 2 3M's Gorseinon R.R. 46
- 3 Corus 40
- 4 Pembrokeshire Harriers 38
- 5 Aberystwyth A.C. 24
- 5 Univ of Wales Swansea 23
- 7 Swansea Harriers 13