

West Glam - Gnoll Park Feb 7th 2010

Senior Men

Approximately 5 miles

- 1 Marc Hobbs (Swansea Harriers MMTG) 28.32
- 2 Mark Roberts (University of Wales Swansea) 29.40
- 3 Steve Davies (Swansea Harriers MMTG) 30.06
- 4 Matthew Harvey (Neath Harriers) 30.17
- 5 Ross McDonald (University of Wales Swansea) 30.41
- 6 Chris Williams (Neath Harriers) 30.41 (V40)
- 7 Paul Talbot (Neath Black Tuesday) 31.06 (V40)
- 8 Ifan Lloyd (Swansea Harriers Veterans) 31.11 (V50)
- 9 Chris Parker (Swansea Harriers Veterans) 31.27 (V40)
- 10 Andrew Reynolds (Neath Black Tuesday) 31.33
- 11 Phil Crane (Neath Black Tuesday) 32.07 (V45)
- 12 Owain Jones (Swansea Harriers MMTG) 32.16
- 13 Richard Lewis (Celtic Tri) 32.27
- 14 Alun Davies (3M's Gorseinon R.R.) 32.28 (V55)
- 15 Adrian Weaver (Port Talbot Harriers & A.C.) 32.43
- 16 Peter Crane (Neath Black Tuesday) 32.57 (V45)
- 17 Gareth Ayres (Port Talbot Harriers & A.C.) 33.07
- 18 Henry Wright (Corus) 33.08
- 19 Bryn Griffiths (Guest) 33.08
- 20 Royston Whitehouse (Neath Harriers) 33.26 (V45)
- 21 Daniel Winter (University of Wales Swansea) 33.38
- 22 Andrew Wright (Port Talbot Harriers & A.C.) 33.45
- 23 Simon Wilson (Swansea Harriers MMTG) 33.46 (V40)
- 24 David Crane (Neath Black Tuesday) 33.49 (V50)
- 25 Glen Davison (Aberystwyth A.C.) 33.52
- 26 Steve Ousley (Ingli Runners) 33.53
- 27 Charles Walsh (Port Talbot Harriers & A.C.) 33.56
- 28 Chris Fulcher (Port Talbot Harriers Veterans) 34.02 (V40)
- 29 Gary Irving (Land Registry) 34.26 (V50)
- 30 Aaron Jones (Port Talbot Harriers Veterans) 34.28 (V50)
- 31 Steve Williams (Neath Black Tuesday) 34.30 (V50)
- 32 Richard Jones (Swansea Harriers Veterans) 34.31 (V50)
- 33 Paul Lewis (3M's Gorseinon R.R.) 34.50 (V40)
- 34 Neil Davies (Cornelly Striders A.C.) 35.02 (V50)
- 35 Jos Jones (Aberystwyth A.C.) 35.04
- 36 Kevin Taylor (Amman Valley Harriers) 35.11 (V45)
- 37 John Littlewood (Celtic Tri) 35.24
- 38 Lee Sandham (Neath Black Tuesday) 35.30
- 39 Gareth Elliott (Pembrokeshire Harriers) 35.32
- 40 Alun Rees (Neath Harriers) 35.34
- 41 Steve Coupe (Sospan Road Runners) 35.50 (V60)
- 42 Scott Davies (Celtic Tri) 35.55
- 43 Jamie Rees (Neath Harriers) 35.57
- 44 Rob Sandles (3M's Gorseinon R.R.) 36.00 (V40)
- 45 Jon Embling (Corus) 36.01 (V50)
- 46 Simon Beer (Celtic Tri) 36.04 (V40)
- 47 Hywel Jones (Amman Valley Harriers) 36.08 (V45)
- 48 Howard Carpenter (Neath Harriers Veterans) 36.12 (V55)
- 49 Adrian Pearce (Corus) 36.28
- 50 Hywel Porter (University of Wales Swansea) 36.33
- 51 Paul Dyson (University of Wales Swansea) 36.34 (V50)
- 52 Mike Evans (Neath Black Tuesday) 36.36 (V45)
- 53 Sean Treloar (Port Talbot Harriers Veterans) 36.37 (V40)
- 54 John Diffy (South Wales Police) 36.40 (V45)
- 55 Jason Griffiths (Corus) 36.49 (V40)

56 Andrew Jenkins (Corus) 36.52 (V45)
57 David Sullivan (3M's Gorseinon R.R.) 36.59 (V40)
58 Bernie Henderson (Port Talbot Harriers & A.C.) 37.05 (V55)
59 Graham Colvin (3M's Gorseinon R.R.) 37.24 (V45)
60 Darren Edwards (Celtic Tri) 37.26
61 Steven Jones (University of Wales Swansea) 37.32 (U20)
62 James Murphy (Team Wecori) 37.34 (V40)
63 Dean Hardie (3M's Gorseinon R.R.) 38.08 (V50)
64 Chris Lewis (Port Talbot Harriers & A.C.) 38.19
65 John Williams (Neath Black Tuesday) 38.20 (V45)
66 Andrew Brown (Land Registry) 38.23 (V45)
67 Josh Sandles (3M's Gorseinon R.R.) 38.30 (U20)
68 Kevin Joyce (Pembrokeshire Harriers) 38.37 (V40)
69 Martin Evans (Team Wecori) 38.50 (V45)
70 Dave Hesketh (Cornelly Striders A.C.) 39.02 (V45)
71 Graham Vyner (3M's Gorseinon R.R.) 39.04 (V40)
72 Nigel Fransisco (Team Wecori) 39.08 (V45)
73 Dave Cornish (Port Talbot Harriers Veterans) 39.17 (V40)
74 Grant Thomas (Team Wecori) 39.22
75 Tony Holling (Port Talbot Harriers V.V.) 39.34 (V50)
76 Laurence Worth (Pembrokeshire Harriers) 39.50 (V45)
77 Paul Edwards (Pembrokeshire Harriers) 39.55 (V50)
78 Rob Fowler (Amman Valley Harriers) 40.03 (V60)
79 David Oak (Port Talbot Harriers Veterans) 40.15 (V60)
80 Calvin Hold (Swansea Harriers MMTG) 40.21
81 Steve Bendle (Swansea Harriers Veterans) 40.37 (V45)
82 Uku Kumari (Swansea Harriers Veterans) 40.53 (V55)
83 Paul Arnold (Celtic Tri) 40.58 (V40)
84 Geraint Jenkins (Amman Valley Harriers) 41.03 (V40)
85 Dave Griffiths (Pembrokeshire Harriers) 41.09 (V45)
86 Richard Harris (Celtic Tri) 41.38 (V40)
87 James Marks (Cornelly Striders A.C.) 41.44 (V50)
88 Alan Perkins (Port Talbot Harriers Veterans) 42.29 (V55)
89 John Sinnett (Pembrokeshire Harriers) 42.42 (V50)
90 Mario Rabaiotti (Port Talbot Harriers Veterans) 42.56 (V45)
91 Kevin Knight (Swansea Harriers MMTG) 43.00
92 Bob Gardner (Team Wecori) 43.14 (V45)
93 Ray James (Port Talbot Harriers V.V.) 43.29 (V45)
94 Ian Williams (Port Talbot Harriers Veterans) 44.08 (V40)
95 David Brown (3M's Gorseinon R.R.) 46.06
96 Alan Roberts (Port Talbot Harriers V.V.) 46.30 (V50)
97 Mark Tattersall (Neath Harriers Veterans) 49.35 (V70)
98 Ian Swanson (Port Talbot Harriers V.V.) 51.12 (V55)
99 Malcolm Bullough (Swansea Uplands) 52.26 (V50)

100 Ran

Mens Match Result

1 Neath Black Tuesday 433
2 Neath Harriers 390
3 Swansea Harriers MMTG 383
4 Univ of Wales Swansea 374
4 Port Talbot Harriers 364
6 Celtic Tri 306
7 3M's Gorseinon R.R. 297
8 Swansea Harriers Veterans 291
9 Corus 281
10 Port Talbot Harriers Veterans 242
11 Pembrokeshire Harriers 160
12 Amman Valley Harriers 159

- 13 Aberystwyth A.C. 142
- 14 Team Wecori 136
- 15 Cornelly Striders A.C. 112
- 16 Land Registry 107
- 17 Inqli Runners 75
- 18 Sospan Road Runners 60
- 19 Neath Harriers Veterans 57
- 20 South Wales Police 47
- 21 Port Talbot Harriers Vintage Veterans 42
- 22 Swansea Uplands 2

Senior Ladies

Approximately 3 miles

- 1 Jade Williams (Amman Valley Harriers) 18.21 (U20)
- 2 Gemma Leahy (Pembrokeshire Harriers) 18.52
- 3 Helen Marshall (Aberystwyth A.C.) 19.38
- 4 Celia White (Inqli Runners) 20.00 (F40)
- 5 Sandra Pinkham (Port Talbot Harriers & A.C.) 20.19 (F45)
- 6 Joanne Thatcher (Aberystwyth A.C.) 20.27 (F40)
- 7 Francis Gill (Neath Harriers) 20.30 (F50)
- 8 Deborah Reed (3M's Gorseinon R.R.) 20.36 (F40)
- 9 Kimberley Bates (Port Talbot Harriers & A.C.) 21.05 (F35)
- 10 Carol Moseley (Port Talbot Harriers & A.C.) 21.19
- 11 Michelle Witham (Swansea Harriers A.C.) 21.23
- 12 Jayne Arnold (Celtic Tri) 21.25 (F35)
- 13 Bethan Ousley (Inqli Runners) 21.29
- 14 Christina Smith (3M's Gorseinon R.R.) 22.01 (F45)
- 15 Louise Miskell (3M's Gorseinon R.R.) 22.12 (F35)
- 16 Amy Jenkins (Port Talbot Harriers & A.C.) 22.15
- 17 Cheryl Hughes (Aberystwyth A.C.) 22.27
- 18 Phoebe Pender (Aberystwyth A.C.) 22.38
- 19 Pauline Williams (Port Talbot Harriers & A.C.) 22.42 (F50)
- 20 Cordelia Jones (3M's Gorseinon R.R.) 22.53
- 21 Caroline Sandles (3M's Gorseinon R.R.) 22.59 (F40)
- 22 Christine Jones (Celtic Tri) 23.07 (F50)
- 23 Laura Jenkins (Port Talbot Harriers & A.C.) 23.14
- 24 Claire Williams (Inqli Runners) 23.15 (F40)
- 25 Del Eyre (3M's Gorseinon R.R.) 23.34 (F45)
- 26 Judith Oakley (Port Talbot Harriers & A.C.) 23.48 (F40)
- 27 Alison Griffiths (Pembrokeshire Harriers) 23.55 (F40)
- 28 Gwen Smith (Swansea Harriers A.C.) 24.22 (F40)
- 29 Lisa Kelthro (Celtic Tri) 24.35 (F40)
- 30 Alison Tay (Swansea Harriers A.C.) 24.40
- 31 Tasmin Thomas (University of Wales Swansea) 24.50
- 32 Delyth Griffiths (Pembrokeshire Harriers) 24.52 (F45)
- 33 Helen Parry (Corus) 24.55 (F50)
- 34 Catherine Lloyd-Bennett (3M's Gorseinon R.R.) 25.12
- 35 Karen Pitt (3M's Gorseinon R.R.) 25.35
- 36 Christine Hurdidge (3M's Gorseinon R.R.) 26.00 (F55)
- 37 Kirsten Tucker (Swansea Harriers A.C.) 26.05
- 38 Melanie Colborn (Celtic Tri) 26.22 (F40)
- 39 Julie Noble (Celtic Tri) 26.25 (F40)
- 40 Fay Sharpe (3M's Gorseinon R.R.) 26.33 (F50)
- 41 Julie Samuel (Corus) 26.49 (F45)
- 42 Linda Rees (3M's Gorseinon R.R.) 26.55 (F45)
- 43 Carol Vyner (Celtic Tri) 27.16 (F35)
- 44 Shirley Davies (Corus) 27.52 (F45)
- 45 Jessica Innes (Pembrokeshire Harriers) 28.36
- 46 Madeleine Bland (Pembrokeshire Harriers) 28.47 (F55)
- 47 Jan Bell (Pembrokeshire Harriers) 29.03 (F60)

- 48 Pauline Charlotte (Pembrokeshire Harriers) 31.06 (F45)
- 49 Jill Coleman (Pembrokeshire Harriers) 31.09 (F45)
- 50 Barbara Thomas (Pembrokeshire Harriers) 31.10 (F65)
- 51 Alison Jones (Celtic Tri) 31.57 (F40)

51 Ran

Ladies Match Result

- 1 Port Talbot Harriers 201
- 2 3M's Gorseinon R.R. 182
- 3 Aberystwyth A.C. 164
- 4 Inqli Runners 115
- 5 Celtic Tri 110
- 6 Pembrokeshire Harriers 108
- 7 Swansea Harriers A.C. 102
- 8 Amman Valley Harriers 51
- 9 Neath Harriers 45
- 10 Corus 38
- 11 Swansea University 21

Individual Tables

Men (After 4 fixtures)

- 1 Mark Roberts (University of Wales Swansea) 475
- 2 Chris Williams (Neath Harriers) 464 (V40)
- 3 Paul Talbot (Neath Black Tuesday) 457 (V40)
- 4 Andrew Reynolds (Neath Black Tuesday) 443
- 5 Phil Crane (Neath Black Tuesday) 441 (V45)
- 6 Chris Parker (Swansea Harriers Veterans) 439 (V40)
- 7 Alun Davies (3M's Gorseinon R.R.) 433 (V55)
- 8 Peter Crane (Neath Black Tuesday) 424 (V45)
- 9 Adrian Weaver (Port Talbot Harriers & A.C.) 418
- 10 Steve Ousley (Inqli Runners) 400
- 11 David Crane (Neath Black Tuesday) 388 (V45)
- 12 Craig Hopkins (University of Wales Swansea) 383
- 13 Gary Irving (Land Registry) 366 (V50)
- 14 Chris Fulcher (Port Talbot Harriers Veterans) 365 (V40)
- 15 Charles Walsh (Port Talbot Harriers & A.C.) 362
- 16 Matthew Harvey (Neath Harriers) 348
- 17 Neil Davies (Cornelly Striders A.C.) 342 (V50)
- 18 Steve Williams (Neath Black Tuesday) 340 (V50)
- 19 Richard Jones (Swansea Harriers Veterans) 340 (V50)
- 20 Paul Lewis (3M's Gorseinon R.R.) 330 (V40)
- 21 Marc Hobbs (Swansea Harriers MMTG) 329
- 22 Jos Jones (Aberystwyth A.C.) 326
- 23 Gareth Ayres (Port Talbot Harriers & A.C.) 315
- 24 Aaron Jones (Port Talbot Harriers Veterans) 307 (V50)
- 25 Richard Lewis (Celtic Tri) 306
- 26 Simon Wilson (Swansea Harriers MMTG) 298 (V40)
- 27 Jon Embling (Corus) 295 (V50)
- 28 Steve Coupe (Sospan Road Runners) 294 (V55)
- 29 Gareth Elliott (Pembrokeshire Harriers) 268
- 30 James Hocking (Celtic Tri) 263
- 31 Alun Rees (Neath Harriers) 260
- 32 Kevin Taylor (Amman Valley Harriers) 259 (V45)
- 33 Lee Sandham (Neath Black Tuesday) 255
- 34 Howard Carpenter (Neath Harriers Veterans) 253 (V55)
- 35 Ross McDonald (University of Wales Swansea) 239
- 36 Dean Hardie (3M's Gorseinon R.R.) 239 (V50)
- 37 Andrew Cleverley (Swansea Harriers MMTG) 231
- 38 Lewys Hobbs (Swansea Harriers MMTG) 229
- 39 John Littlewood (Celtic Tri) 228

40 Afan Humphreys (Swansea Harriers MMTG) 222
41 Sean Treloar (Port Talbot Harriers Veterans) 219 (V40)
42 Ryan Bevis (Swansea Harriers MMTG) 218
43 Henry Wright (Corus) 213
44 Andrew Wright (Port Talbot Harriers & A.C.) 212
45 Paul Dyson (University of Wales Swansea) 210 (V50)
46 Grant Thomas (Team Wecori) 208
47 Scott Davies (Celtic Tri) 205
48 Hywel Jones (Amman Valley Harriers) 205 (V45)
49 Leighton Williams (Celtic Tri) 203
50 Martin Webborn (Swansea Harriers Veterans) 202 (V45)
51 Stuart Griffiths (3M's Gorseinon R.R.) 200
52 Alec Williams (Ingli Runners) 198 (V40)
53 Ifan Lloyd (Swansea Harriers Veterans) 195 (V50)
54 Tim Butt (University of Wales Swansea) 190
55 John Sinnett (Pembrokeshire Harriers) 188 (V50)
56 Gareth Petts (University of Wales Swansea) 188
57 Bernie Henderson (Port Talbot Harriers & A.C.) 187 (V55)
58 Richard Webster (3M's Gorseinon R.R.) 184 (V55)
59 Matthew Powell (Celtic Tri) 181
60 Jason Griffiths (Corus) 181 (V40)
61 Kevin Lewis (Neath Jaguars) 178 (V45)
62 Kevin Joyce (Pembrokeshire Harriers) 177 (V40)
63 Daniel Winter (University of Wales Swansea) 175
64 Darren Edwards (Celtic Tri) 171
65 Rob Sandles (3M's Gorseinon R.R.) 164 (V40)
66 Simon Beer (Celtic Tri) 162 (V40)
67 Jamie Rees (Neath Harriers) 162
68 Daniel Harris (Corus) 161
69 Steve Rees (Port Talbot Harriers & A.C.) 154
70 Lyndsey Christopher (Corus) 154 (V40)
71 Mark Terry (Port Talbot Harriers Veterans) 151 (V50)
72 John Hopkins (Port Talbot Harriers Veterans) 147 (V45)
73 Dean Webster (3M's Gorseinon R.R.) 146
74 Tim James (Ingli Runners) 143
75 Alun Woods (Atlantic College) 139 (V40)
76 Nigel Francisco (Team Wecori) 135 (V45)
77 Mike Evans (Neath Black Tuesday) 135 (V45)
78 Peter Turner (Cornelly Striders A.C.) 132 (V55)
79 Justin Lott (South Wales Police) 132
80 Joshua Harries (U.W. Aberystwyth) 132 (U20)
81 Steve Walsh (3M's Gorseinon R.R.) 127 (V40)
82 Martin George (Sospan Road Runners) 126
83 Stephen Cable (3M's Gorseinon R.R.) 125
84 Adrian Pearce (Corus) 122
85 Chris Allton (University of Wales Swansea) 120 (V45)
86 Colin Elvins (University of Wales Swansea) 119 (V45)
87 Ian Phillips (3M's Gorseinon R.R.) 116
88 Hywel Porter (University of Wales Swansea) 115
89 Laurence Worth (Pembrokeshire Harriers) 112 (V45)
90 John Williams (Neath Black Tuesday) 112 (V45)
91 Dave Hesketh (Cornelly Striders A.C.) 112 (V40)
92 Chris Lewis (Port Talbot Harriers & A.C.) 112
93 Rob Fowler (Amman Valley Harriers) 111 (V60)
94 Richard Gordon (Swansea Harriers MMTG) 108
95 Paul Rees (3M's Gorseinon R.R.) 108 (V45)
96 John Diffy (South Wales Police) 107 (V45)
97 Mike Evans (Neath Black Tuesday) 105 (V45)
98 Kevin Corcoran (Land Registry) 105 (V45)
99 David Rees (Swansea Harriers MMTG) 105

100 Colin Price (Corus) 104 (V50)
101 Gary Howe (3M's Gorseinon R.R.) 103 (V50)
102 David Davies (Neath Jaguars) 103 (V60)
103 Steve Richards (Swansea Harriers MMTG) 102
104 Paul Belcher (Atlantic College) 102 (V55)
105 Mark Eakins (Celtic Tri) 101
106 David Wilson-Evans (Swansea Harriers Veterans) 101 (V50)
107 Leighton Williams (3M's Gorseinon R.R.) 99 (V45)
108 Jeremy Davies (Neath Jaguars) 99 (V45)
109 Paul Arnold (Celtic Tri) 98 (V40)
110 Mario Rabaiotti (Port Talbot Harriers Veterans) 98 (V45)
111 Steve Davies (Swansea Harriers MMTG) 97
112 Steve Davies (Swansea Harriers MMTG) 97
113 Graham Colvin (3M's Gorseinon R.R.) 97 (V45)
114 Kieran McKintosh (Port Talbot Harriers & A.C.) 96
115 James Murphy (Team Wecori) 96 (V40)
116 Daniel Thomas (Swansea Harriers MMTG) 96
117 Peter Deacon (Swansea Harriers Veterans) 95 (V50)
118 Paul Davies (Port Talbot Harriers & A.C.) 95 (V45)
119 Steve Bendle (Swansea Harriers Veterans) 94 (V45)
120 Paul Rees (Port Talbot Harriers & A.C.) 94 (V40)
121 Martin Evans (Team Wecori) 93 (V45)
122 Huw Mathias (Corus) 93 (V40)
123 Steve Thomas (3M's Gorseinon R.R.) 92
124 Steve Smith (Swansea Harriers Veterans) 92 (V45)
125 Martin Jones (Corus) 91
126 Pete Lloyd (3M's Gorseinon R.R.) 90 (V40)
127 Paul Edwards (Pembrokeshire Harriers) 90 (V50)
128 David Oak (Port Talbot Harriers Veterans) 90 (V60)
129 Adam Aitkins (University of Wales Swansea) 90
130 Graham Vyner (3M's Gorseinon R.R.) 89 (V40)
131 Geraint Jenkins (Amman Valley Harriers) 89 (V40)
132 Owain Jones (Swansea Harriers MMTG) 88
133 James O'Callaghan (Gendros) 87
134 Peter Osborne (Swansea Harriers Veterans) 85 (V45)
135 Dave Cornish (Port Talbot Harriers Veterans) 84 (V40)
136 Carl Ellis (Neath Jaguars) 84
137 Andrew Dawe (Pembrokeshire Harriers) 84 (V40)
138 Andrew Hodgson (South Wales Police) 82
139 Andrew Brown (Land Registry) 82 (V40)
140 Royston Whitehouse (Neath Harriers) 81 (V45)
141 Steve Evans (Neath Harriers Veterans) 80 (V40)
142 Les Chapman (Amman Valley Harriers) 79 (V60)
143 Rob Warlow (Port Talbot Harriers & A.C.) 78
144 David John (University of Wales Swansea) 77
145 Alan Jones (Team Wecori) 77 (V40)
146 Glen Davison (Aberystwyth A.C.) 76
147 Andrew Baker (Neath Harriers) 75 (V45)
148 Mike Curran (Cwmavon) 73
149 Tony Holling (Port Talbot Harriers V.V.) 72 (V50)
150 Brian Fox (Swansea Harriers Veterans) 72 (V60)
151 Bob Gardner (Team Wecori) 72 (V45)
152 Richard Jones (Cornelly Striders A.C.) 71
153 Dave Griffiths (Pembrokeshire Harriers) 69 (V45)
154 Stephen Jones (University of Wales Swansea) 68 (U20)
155 Andrew Thomas (Sospan Road Runners) 68 (V40)
156 Matthew Williams (Team Wecori) 67
157 Shaun Broome (Neath Jaguars) 65
158 Andrew Lucas (3M's Gorseinon R.R.) 65 (V45)
159 John Preston (Corus) 64 (V40)

160 John Poston (Corus) 64 (V60)
161 Dewi West (3M's Gorseinon R.R.) 64 (V45)
162 Andrew Smith (Swansea Harriers MMTG) 63
163 Gair Mcadie (Team Deviant) 62
164 Alan Perkins (Port Talbot Harriers Veterans) 62 (V55)
165 Michael Healey (Corus) 61
166 Stuart Davies (Cornelly Striders A.C.) 60 (V45)
167 Martin Dyde (Pembrokeshire Harriers) 59 (V50)
168 Richard Bowen (Neath Harriers Veterans) 58 (V60)
169 Paul Padget (Ingli Runners) 58 (V50)
170 Alan Parson (Team Wecori) 58 (V40)
171 Josh Sandles (3M's Gorseinon R.R.) 57 (U20)
172 James Wilson (University of Wales Swansea) 56
173 Paul Jelley (Port Talbot Harriers Veterans) 55 (V45)
174 Leighton Gardner (Swansea Harriers Veterans) 54 (V40)
175 David Thomas (3M's Gorseinon R.R.) 54
176 James Marks (Cornelly Striders A.C.) 51 (V50)
177 Steve McLelland (3M's Gorseinon R.R.) 50 (V55)
178 Simon Pinner (Team Wecori) 50 (V50)
179 Martin Hooper (Sospan Road Runners) 50
180 Roger Bell (3M's Gorseinon R.R.) 49 (V45)
181 Richard Harris (Celtic Tri) 49 (V40)
182 Gareth Howe (3M's Gorseinon R.R.) 49 (V50)
183 Jason Statham (Land Registry) 46 (V40)
184 Andrew Jenkins (Corus) 45 (V45)
185 Martin Ennis (3M's Gorseinon R.R.) 44 (V40)
186 David Sullivan (3M's Gorseinon R.R.) 44 (V40)
187 Phil Davies (Corus) 42 (V45)
188 Marcus Eyre (3M's Gorseinon R.R.) 42 (V50)
189 Steve Davies (Corus) 40 (V40)
190 Mike Nash (3M's Gorseinon R.R.) 39 (V45)
191 Peter Foale (Aberystwyth A.C.) 38 (V55)
192 Maxi Thomas (South Wales Police) 36 (V40)
193 Peter Spriggs (Swansea Harriers MMTG) 35
194 Robin Withers (Pembrokeshire Harriers) 34 (V45)
195 Gareth Phillips (Celtic Tri) 34
196 Martin Cooper (Sospan Road Runners) 33
197 Glyn Williams (3M's Gorseinon R.R.) 33 (V60)
198 Brian Griffiths (3M's Gorseinon R.R.) 32 (V60)
199 Alan Roberts (Port Talbot Harriers V.V.) 31 (V50)
200 Matt Rogerson (3M's Gorseinon R.R.) 30
201 Ian Williams (Port Talbot Harriers Veterans) 30 (V40)
202 Dave Hughes (Cornelly Striders A.C.) 29 (V40)
203 Nigel Pitt (3M's Gorseinon R.R.) 28 (V50)
204 Colin Anthony (Port Talbot Harriers V.V.) 27 (V60)
205 Andrew Croucher (University of Wales Swansea) 27
206 Steve Hames (Neath Harriers Veterans) 26 (V45)
207 John Ayres (Port Talbot Harriers V.V.) 26 (V50)
208 Terry Craven (Corus) 25 (V55)
209 John Farmer (Cornelly Striders A.C.) 25 (V50)
210 Dai Roberts (Aberystwyth A.C.) 25 (V45)
211 Richard Donne (3M's Gorseinon R.R.) 24 (V45)
212 John Rees (Pembrokeshire Harriers) 24 (V45)
213 Alan Furnell (Port Talbot Harriers V.V.) 24 (V55)
214 Steve Roderick (Team Wecori) 23
215 Ray James (Port Talbot Harriers V.V.) 22 (V45)
216 Dylan Jones (Team Wecori) 22 (V40)
217 Calvin Hold (Swansea Harriers MMTG) 21
218 Byron Davies (3M's Gorseinon R.R.) 21
219 Alan Pritchard (Port Talbot Harriers Veterans) 21 (V45)

220 Darren Williams (Port Talbot Harriers & A.C.) 20
 221 Uku Kumari (Swansea Harriers Veterans) 19 (V55)
 222 John Holohan (3M's Gorseinon R.R.) 19 (V60)
 223 Tudor Rees (Seven Sisters) 18
 224 James Davies (3M's Gorseinon R.R.) 18 (V40)
 225 Terry Jones (Celtic Tri) 17 (V55)
 226 Ray Boyce (Cornelly Striders A.C.) 17 (V45)
 227 Robert Morgan (Team Wecori) 16
 228 Ralph Allemanno (Swansea Harriers Veterans) 16 (V60)
 229 Allan Smith (3M's Gorseinon R.R.) 16 (V70)
 230 John Sanderson (3M's Gorseinon R.R.) 14 (V50)
 231 David Brown (3M's Gorseinon R.R.) 14
 232 Leighton Jones (3M's Gorseinon R.R.) 12 (V60)
 233 Ken Davies (Team Wecori) 12 (V50)
 234 John Davies (Port Talbot Harriers V.V.) 12 (V60)
 235 Malcolm Bullough (Swansea Uplands) 11 (V50)
 236 Mark Passmore (Corus) 10
 237 Kevin Knight (Swansea Harriers MMTG) 10
 238 Gary Evans (Abercrave) 10
 239 Ian Swanson (Port Talbot Harriers V.V.) 9 (V55)
 240 Tom Duck (Corus) 5
 241 Owen Thomas (Team Wecori) 4
 242 Mark Tattersall (Neath Harriers Veterans) 4 (V70)
 243 Alan Elward (Corus) 3 (V50)
 244 Martin Nicholls (3M's Gorseinon R.R.) 2 (V40)
 245 Clive Oates (Corus) 1 (V55)
 246 Simon Lewis (Guest) 0 (V40)
 246 Michael Halsall (Guest) 0
 246 Les Watson (Guest) 0 (V45)
 246 Lee Ladd (Guest) 0
 246 Jeff Thomas (Guest) 0 (V40)
 246 James Stroud (Guest) 0
 246 Jake Watson (Guest) 0 (U20)
 246 Jack Davey (Guest) 0
 246 Ian Webb (Guest) 0 (V50)
 246 Ian Jones (Guest) 0
 246 Eric Davey (Guest) 0 (V60)
 246 Dewi Griffiths (Guest) 0
 246 Dee Buchanan (Guest) 0
 246 David Smout (Guest) 0 (V60)
 246 Dave Rose (Guest) 0 (V40)
 246 Colin Rees (Guest) 0 (V45)
 246 Bryn Griffiths (Guest) 0
 246 Anthony Dubiens (Guest) 0 (V55)
 246 Andrew Dunscombe (Guest) 0 (V40)
 246 Andreas Jones (Guest) 0

Ladies (After 4 Fixtures)

1 Jade Williams (Amman Valley Harriers) (U20) 227
 2 Helen Marshall (Aberystwyth A.C.) 216
 3 Joanne Thatcher (Aberystwyth A.C.) (F40) 203
 4 Sandra Pinkham (Port Talbot Harriers & A.C) (F45) 202
 5 Jayne Arnold (Celtic Tri) (F35) 195
 6 Carol Moseley (Port Talbot Harriers & A.C) 191
 7 Bethan Ousley (Ingli Runners) 183
 8 Louise Miskell (3M's Gorseinon R.R.) (F35) 174
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110 Jenny Phillips (Guest) (F40) 0
110 Jacquie Brace (Guest) (F50) 0
110 Emily Downey (Guest) (U20) 0
110 Carys Davies (Guest) (U20) 0
110 Angharad Davies (Guest) (U20) 0
110 Alaw Beynon-Thomas (Guest) 0