

West Glamorgan Cross Country League

Final Fixture 2008-2009 Season

Pontrhydyfen 1st March 2009

Senior Men (5.9 Miles)

- 1 David Rees (Corus) 32.51
- 2 Craig Hopkins (University of Wales Swansea) 32.52
- 3 Daniel Gurmin (MMTG) 32.52
- 4 Paul Talbot (Neath Black Tuesday) 33.01 (V40)
- 5 Daniel Thomas (MMTG) 34.06 (U20)
- 6 Chris Parker (Swansea Harriers Veterans) 34.44 (V40)
- 7 Alan Davies (3M's Gorseinon R.R.) 35.19 (V50)
- 8 Steve Richards (MMTG) 35.24
- 9 Peter Crane (Neath Black Tuesday) 35.37 (V45)
- 10 Simon Wilson (MMTG) 35.44 (V40)
- 11 Lewys Hobbs (MMTG) 35.49
- 12 Simon Jones (Guest) 35.49
- 13 Kevin Lewis (Neath Jaguars) 35.54 (V45)
- 14 Chris Williams (Neath Harriers) 35.57
- 15 Adam Atkinson (University of Wales Swansea) 35.59 (U20)
- 16 Jerome Evans (Port Talbot Harriers & A.C.) 36.00 (U20)
- 17 Ryan Evans (Alltwen) 36.02
- 18 Daniel Harris (Corus) 36.03
- 19 Chris Driscoll (Neath Jaguars) 36.11 (U20)
- 20 Lee Sandham (Neath Black Tuesday) 36.18
- 21 Adrian Weaver (Port Talbot Harriers & A.C.) 36.20
- 22 Andrew Wright (Port Talbot Harriers & A.C.) 36.31
- 23 Gareth Petts (University of Wales Swansea) 36.35
- 24 Gareth Elliott (Pembrokeshire Harriers) 36.38
- 25 Aaron Jones (Port Talbot Harriers Veterans) 36.47 (V50)
- 26 Mitchell Aspland (Neath Jaguars) 36.50 (U20)
- 27 David Crane (Neath Black Tuesday) 37.00 (V45)
- 28 Steve Ousley (Ingli Runners) 37.16
- 29 Adam Marshall (Neath Jaguars) 37.20 (U20)
- 30 Gareth Ayres (Port Talbot Harriers & A.C.) 37.24
- 31 Steve Williams (Neath Black Tuesday) 37.34 (V50)
- 32 Adrian Pearce (Corus) 37.41
- 33 Chris Fulcher (Port Talbot Harriers Veterans) 37.43 (V40)
- 34 Jon Embling (Corus) 37.53 (V50)
- 35 Steve Coupe (Sospan Road Runners) 37.57 (V55)
- 36 Mark Ingham (University of Wales Swansea) 38.05
- 37 Kevin Taylor (Amman Valley Harriers) 38.11 (V45)
- 38 James Murphy (Team Wecori) 38.50 (V40)
- 39 Keith Powell (Cornelly Striders A.C.) 38.52 (V55)
- 40 Hywel Jones (Amman Valley Harriers) 38.55 (V45)
- 41 Rhys Jones (Neath Jaguars) 39.13 (U20)
- 42 Dean Hardie (3M's Gorseinon R.R.) 39.30 (V50)
- 43 Howard Carpenter (Neath Black Tuesday) 39.42 (V55)
- 44 Alec Williams (Ingli Runners) 39.49 (V40)
- 45 Steve Walsh (3M's Gorseinon R.R.) 39.50 (V40)
- 46 Nigel Fransisco (Team Wecori) 39.54 (V40)
- 47 John Sinnott (Pembrokeshire Harriers) 40.07 (V50)
- 48 Wesley Trow (Team Wecori) 40.15
- 49 Paul Jelley (Port Talbot Harriers Veterans) 40.17 (V40)
- 50 Andrew Jenkins (Corus) 40.36 (V45)
- 51 Brian Mogford (Amman Valley Harriers) 40.41 (V45)
- 52 John Hopkins (Port Talbot Harriers Veterans) 40.44 (V45)
- 53 Richard Jones (Cornelly Striders A.C.) 41.00
- 54 Jamie Marshall (University of Wales Swansea) 41.02
- 55 Jason Griffiths (Corus) 41.17
- 56 Hywel Porter (University of Wales Swansea) 41.22

57 David Griffiths (Pembrokeshire Harriers) 41.28 (V40)
 58 Graham Colvin (3M's Gorseinon R.R.) 41.46 (V45)
 59 David Smout (Guest) 41.52 (V55)
 60 Shaun Broome (Neath Black Tuesday) 42.19
 61 Alan Perkins (Port Talbot Harriers Veterans) 42.26 (V55)
 62 Charles Walsh (Port Talbot Harriers & A.C.) 42.27
 63 Uku Kumari (Swansea Harriers Veterans) 42.28 (V55)
 64 Martin Evans (Team Wecori) 42.33 (V45)
 65 Gary Waters (Swansea Harriers Veterans) 42.37 (V55)
 66 Rob Fowler (Amman Valley Harriers) 42.42 (V60)
 67 Peter Deacon (University of Wales Swansea) 42.58 (V50)
 68 Colin Price (Corus) 43.03 (V50)
 69 Mike Nash (3M's Gorseinon R.R.) 43.13 (V45)
 70 Martin Dyde (Pembrokeshire Harriers) 43.24 (V50)
 71 Barry Nicholls (University of Wales Swansea) 43.25
 72 Barry Morgan (Visteon Exiles) 43.26
 73 Mario Rabiotti (Port Talbot Harriers Veterans) 43.38 (V45)
 74 Graham Vyner (3M's Gorseinon R.R.) 43.57 (V40)
 75 Tony Holling (Port Talbot Harriers Veterans) 44.03 (V50)
 76 Andrew Lloyd (Amman Valley Harriers) 44.15
 77 Gerald Grey (Team Wecori) 44.27 (V50)
 78 Simon Pinner (Team Wecori) 45.05 (V50)
 79 Neil Marvin (Llantwit) 45.13
 80 Chris Bowen (Neath Black Tuesday) 45.49 (V45)
 81 Rob Gardner (Team Wecori) 46.22 (V45)
 82 Tony Eustace (Visteon Exiles) 46.43 (V40)
 83 Arfon Rees (Team Wecori) 47.17
 84 John Davies (Port Talbot Harriers Veterans) 47.28 (V60)
 85 John Ayres (Port Talbot Harriers Veterans) 48.08 (V50)
 86 Richard Donne (3M's Gorseinon R.R.) 48.24 (V45)
 87 Ray Boyce (Cornelly Striders A.C.) 49.35 (V45)
 88 Ian Swanson (Port Talbot Harriers Veterans) 51.19 (V55)
 89 Ken Davies (Team Wecori) 51.51 (V45)
 90 Alun Roberts (Port Talbot Harriers Veterans) 54.02 (V50)
 91 Michael Rosser (Neath Jaguars) 59.28 (U20)

Mens Match Result

1 MMTG 413
 2 Neath Black Tuesday 362
 3 Neath Jaguars 327
 4 Univ of Wales Swansea 324
 5 Corus 319
 6 Port Talbot Harriers & AC 305
 7 Port Talbot H Veterans 236
 8 3M's Gorseinon R.R. 234
 9 Amman Valley Harriers 187
 10 Team Wecori 184
 11 Pembrokeshire Harriers 167
 11 Swansea Harriers Veterans 140
 13 Ingli Runners 110
 14 Cornelly Striders A.C. 95
 15 Neath Harriers 77
 16 Alltwen 74
 17 Sospan Road Runners 56
 18 Visteon Exiles 30
 19 Llantwit 13

Senior Ladies & V70 Men (2.8 miles)

1 Ellen Butler (Swansea Harriers A.C.) 18.10
 2 Sandra Pinkham (Port Talbot Harriers & A.C.) 18.49 (F40)

3 Helen Marshall (Aberystwyth A.C.) 18.57
 4 Kim Jones (Port Talbot Harriers & A.C.) 19.21 (F35)
 5 Carol Moseley (Port Talbot Harriers & A.C.) 19.35
 6 Efa Llewellyn (Swansea Harriers A.C.) 19.47
 7 Judith Oakley (Port Talbot Harriers & A.C.) 20.24 (F40)
 8 Sian Phillips (Swansea Harriers A.C.) 20.33 (F45)
 9 Louise Miskell (3M's Gorseinon R.R.) 20.43 (F35)
 10 Bethan Ousley (Ingli Runners) 20.55
 11 Jill Wilcox (Ingli Runners) 22.11 (F35)
 12 Eleanor Grey (University of Wales Swansea) 22.14
 13 Pauline Williams (Port Talbot Harriers & A.C.) 22.17 (F45)
 14 Helen Parry (Corus) 23.33 (F50)
 15 Christine Hurdidge (3M's Gorseinon R.R.) 24.24 (F55)
 16 Julie Samuel (Corus) 24.45 (F45)
 17 Cath Richards (Corus) 25.03 (F45)
 18 Del Eyre (3M's Gorseinon R.R.) 25.19 (F45)
 19 Fay Sharpe (3M's Gorseinon R.R.) 25.25 (F45)
 20 Alison Griffiths (Pembrokeshire Harriers) 25.26 (F35)
 21 Pauline Charlett (Pembrokeshire Harriers) 25.36 (F45)
 22 Debbie Price (Corus) 25.38 (F40)
 23 Shirley Davies (Corus) 26.39 (F45)
 24 Madeleine Bland (Pembrokeshire Harriers) 26.42 (F55)
 25 Jan Bell (Pembrokeshire Harriers) 27.05 (F60)
 26 John Collins (Swansea Harriers Veterans) 27.12 (V70)
 27 Laura Sharp (3M's Gorseinon R.R.) 28.32 (U20)
 28 Bryony Jones (Pembrokeshire Harriers) 30.17

Ladies Match Result

1 Port Talbot Harriers & A.C. 109
 2 Swansea Harriers 69
 3 3M's Gorseinon R.R. 53
 4 Corus 48
 5 Inqli Runners 35
 6 Aberystwyth A.C. 25
 7 Pembrokeshire Harriers 23
 8 Univ of Wales Swansea 16

Mens Division 1 (Final Table)

Position, Team, Match Points, League Points

1 Neath Black Tuesday 2092 37
 2 Swansea University 1865 31
 3 Port Talbot Harriers 1722 26
 4 MMTG 1422 23
 5 3M's Gorseinon R.R. 1410 20
 6 Corus 1475 18
 7 Swansea H Vets 828 13
 8 Team Wecori 1058 11

Champions - Neath Black Tuesday

Relegated - Swansea Harriers Veterans, Team Wecori

Mens Division 2 (Final Table)

Position, Team, Match Points, League Points

1 Neath Jaguars 1520 37
 2 Port Talbot Harriers Veterans 1280 35
 3 Amman Valley Harriers 705 25
 4 Pembrokeshire Harriers 882 24
 5 Cornelly Striders A.C. 798 24
 6 Neath Harriers 285 9

7 Land Registry 152 8
8 Swansea Harriers 0 0

Champions - Neath Jaguars
Also Promoted - Port Talbot Harriers Veterans
Relegated - Land Registry, Swansea Harriers

Mens Division 3 (Final Table)

Position, Team, Match Points, League Points

1 Ingli Runners 539 23
2 Sospan Road Runners 436 20
3 Visteon Exiles 225 14
4 Baglan 108 7
5 Aberystwyth A.C. 164 6
6 Cwmavon 76 5
7 Alltwen 74 4
8 Bryncoch 57 4
9 Margam 35 3
10 Ynysforgan 34 2
11 Llantwit 32 2
12 Melyn 31 2
13 Ystradgynlais 51 1
14 Swansea Bay O.C. 50 1
15 Tonmawr 5 1

Champions - Ingli Runners
Also Promoted - Sospan Road Runners

Ladies Division 1 (Final Table)

Position, Team, Match Points, League Points

1 Port Talbot Harriers & A.C. 494 27
2 3M's Gorseinon R.R. 373 23
3 Swansea Harriers A.C. 365 22
4 Univ of Wales Swansea 172 14
5 Neath Harriers 112 8
6 Team Wecori 81 4

Champions - Port Talbot Harriers & A.C.
Relegated - Neath Harriers, Team Wecori

Ladies Division 2 (Final Table)

Position, Team, Match Points, League Points

1 Corus 173 15
2 Aberystwyth A.C. 136 9
3 Pembrokeshire H 139 8
4 Amman Valley Harriers 50 5
5 Ingli Runners 35 3
6 Cornelly Striders A.C. 35 2

Champions - Corus
Also Promoted - Aberystwyth A.C.

Overall Men

1 Peter Crane (Neath Black Tuesday) 444 (V45) - Overall Winner
2 Gareth Petts (University of Wales Swansea) 404
3 Jerome Evans (Port Talbot Harriers & A.C.) 402 (U20 Winner)
4 Adrian Weaver (Port Talbot Harriers & A.C.) 398
5 Paul Talbot (Neath Black Tuesday) 379 (V40 Winner)
6 Steve Williams (Neath Black Tuesday) 374 (V50 Winner)

7 Daniel Thomas (MMTG) 368 (U20)
8 Chris Driscoll (Neath Jaguars) 352 (U20)
9 Steve Ousley (Ingli Runners) 346
10 Steve Coupe (Sospan Road Runners) 333 (V55 Winner)
10 Chris Fulcher (Port Talbot Harriers Veterans) 333 (V40)
12 Daniel Harris (Corus) 318
13 David Crane (Neath Black Tuesday) 306 (V45 Winner)
14 Adam Marshall (Neath Jaguars) 303 (U20)
15 Lewys Hobbs (MMTG) 298
16 Charles Walsh (Port Talbot Harriers & A.C.) 287
17 Matthew Harvey (Neath Black Tuesday) 280
18 Tim Butt (University of Wales Swansea) 279 (U20)
19 Kevin Taylor (Amman Valley Harriers) 278 (V45)
20 Adam Atkinson (University of Wales Swansea) 276 (U20)
21 Nigel Fransisco (Team Wecori) 274 (V40)
22 Howard Carpenter (Neath Black Tuesday) 263 (V55)
22 Andrew Wright (Port Talbot Harriers & A.C.) 263
24 Craig Hopkins (University of Wales Swansea) 249
25 Gareth Elliott (Pembrokeshire Harriers) 244
26 Steve Walsh (3M's Gorseinon R.R.) 243 (V40)
27 Alan Perkins (Port Talbot Harriers Veterans) 232 (V55)
28 Jon Embling (Corus) 231 (V50)
29 Richard Jones (Cornelly Striders A.C.) 228
30 Marc Hobbs (MMTG) 222
31 Lee Sandham (Neath Black Tuesday) 217
32 Gareth Ayres (Port Talbot Harriers & A.C.) 216
33 Mitchell Aspland (Neath Jaguars) 213 (U20)
34 Kevin Lewis (Neath Jaguars) 210 (V45)
35 Gary Howe (3M's Gorseinon R.R.) 203 (V50)
36 John Sinnett (Pembrokeshire Harriers) 197 (V50)
37 Hywel Porter (University of Wales Swansea) 195 (U20)
37 Henry Wright (Corus) 195
39 Alec Williams (Ingli Runners) 193 (V40)
40 Rob Sandles (3M's Gorseinon R.R.) 192 (V40)
41 David Davies (Neath Jaguars) 189 (V60 Winner)
42 Uku Kumari (Swansea Harriers Veterans) 186 (V55)
43 Rob Fowler (Amman Valley Harriers) 185 (V60)
43 Kieran Macintosh (Port Talbot Harriers & A.C.) 185 (U20)
45 Andrew Jenkins (Corus) 182 (V45)
45 Alan Jones (Team Wecori) 182 (V40)
47 Mike Evans (Neath Black Tuesday) 177 (V45)
48 Paul Jelley (Port Talbot Harriers Veterans) 174 (V40)
49 Bernard Henderson (Port Talbot Harriers Veterans) 172 (V50)
50 Paul Dyson (University of Wales Swansea) 170 (V45)
51 Alan Davies (3M's Gorseinon R.R.) 166 (V55)
52 Rhys Jones (Neath Jaguars) 165 (U20)
52 Dave Griffiths (Pembrokeshire Harriers) 165 (V45)
54 Peter Turner (Cornelly Striders A.C.) 164 (V55)
55 James Murphy (Team Wecori) 163 (V40)
56 Gary Waters (Swansea Harriers Veterans) 160 (V55)
57 Neil Davies (Cornelly Striders A.C.) 157 (V50)
58 Paul Llewellyn (Visteon Exiles) 156 (V45)
59 John Hopkins (Port Talbot Harriers Veterans) 155 (V45)
60 Chris Williams (Neath Harriers) 154
61 Graham Vyner (3M's Gorseinon R.R.) 153 (V40)
62 Phil Crane (Neath Black Tuesday) 152 (V45)
62 Dean Hardie (3M's Gorseinon R.R.) 152 (V50)
64 Keith Powell (Cornelly Striders A.C.) 149 (V55)
65 Martin Rees (Corus) 133 (V55)
66 Paul Richards (Neath Harriers) 131 (V40)

67 Matthew Gurmin (MMTG) 129
68 Martin Evans (Team Wecori) 128 (V45)
69 Ross McDonald (University of Wales Swansea) 127
70 Carl Ellis (Port Talbot Harriers & A.C.) 125
71 Martin Webborn (Swansea Harriers Veterans) 121 (V45)
71 Martin Dyde (Pembrokeshire Harriers) 121 (V50)
71 Mark Ingram (University of Wales Swansea) 121
71 Jos Jones (Aberystwyth A.C.) 121
75 Simon Pinner (Team Wecori) 120 (V50)
76 Matthew Evans (Neath Black Tuesday) 119
76 Mario Rabaiotti (Port Talbot Harriers Veterans) 119 (V45)
78 John Preston (Corus) 117 (V40)
79 David Thomas (3M's Gorseinon R.R.) 116
80 Adrian Pearce (Corus) 115 (V45)
81 Graham Colvin (3M's Gorseinon R.R.) 113 (V45)
82 Lee Morris (3M's Gorseinon R.R.) 109
83 Steve Davies (Corus) 108 (V40)
83 Christopher Williams (Baglan) 108
85 Tony Holling (Port Talbot Harriers Veterans) 105 (V50)
85 David Hughes (Cornelly Striders A.C.) 105 (V40)
87 Colin Elvins (University of Wales Swansea) 99 (V45)
88 Paul Edwards (Pembrokeshire Harriers) 96 (V40)
88 Mark Terry (Port Talbot Harriers Veterans) 96 (V50)
90 Wesley Trow (Team Wecori) 95
91 Gerald Gray (Team Wecori) 94 (V50)
92 Peter Lloyd (3M's Gorseinon R.R.) 92
93 Karl George (Port Talbot Harriers & A.C.) 90
94 David Rees (Corus) 89
94 Brian Mogford (Amman Valley Harriers) 89 (V45)
96 James Rogers (University of Wales Swansea) 88
97 Sean Treloar (Port Talbot Harriers & A.C.) 87 (V40)
97 Daniel Gurmin (MMTG) 87
99 Steve Davies (MMTG) 85
100 Chris Parker (Swansea Harriers Veterans) 84 (V40)
101 Mike Worlock (Port Talbot Harriers Veterans) 83 (V45)
101 John Davies (Port Talbot Harriers Veterans) 83 (V60)
103 Steve Richards (MMTG) 82
104 Peter Deacon (University of Wales Swansea) 81 (V50)
104 Dean Webster (3M's Gorseinon R.R.) 81
104 Alun Davies (3M's Gorseinon R.R.) 81 (V55)
107 Simon Wilson (MMTG) 80 (V40)
108 Andrew Cleverley (Corus) 77
109 Mike Curran (Cwmavon) 76
109 Andrew Reynolds (Neath Black Tuesday) 76
111 Mark Reynolds (Neath Black Tuesday) 75
111 Kyle Fulcher (Port Talbot Harriers & A.C.) 75 (U20)
113 Ryan Evans (Alltwen) 74
113 Colin Price (Corus) 74 (V50)
115 Peter Greenwood (University of Wales Swansea) 73
115 Chris Bowen (Neath Black Tuesday) 73 (V45)
117 Jamie Fenaroli (MMTG) 72
118 Jason Griffiths (Corus) 71
118 Ifan Lloyd (Swansea Harriers Veterans) 71 (V45)
118 Grant Thomas (Team Wecori) 71
121 Bob Gardner (Team Wecori) 69 (V45)
122 Rhodri Harris (Neath Jaguars) 68 (U20)
122 Dylan Jones (Team Wecori) 68 (V40)
124 Peter Osborne (Swansea Harriers Veterans) 67 (V45)
125 Stewart Griffiths (3M's Gorseinon R.R.) 66
125 Steve Bendle (Swansea Harriers Veterans) 66 (V45)

125 John Poston (Corus) 66 (V60)
125 Aaron Jones (Port Talbot Harriers Veterans) 66 (V50)
129 Richard Webster (3M's Gorseinon R.R.) 65 (V50)
129 Gary Irving (Swansea Harriers Veterans) 65 (V45)
131 David Oak (Port Talbot Harriers Veterans) 63 (V60)
132 Jeff Thomas (Guest) 62 (V40)
133 Shaun Broome (Neath Black Tuesday) 59
134 Roger Bell (3M's Gorseinon R.R.) 58 (V45)
134 Richard Thompson (Pembrokeshire Harriers) 58 (V45)
134 Jason Statham (Land Registry) 58
137 Paul Rees (Bryncoch) 57 (V40)
138 Andrew Thomas (Sospan R.R.) 55 (V40)
139 Eric Tudor (Port Talbot Harriers & A.C.) 54
140 Hywel Jones (Amman Valley Harriers) 51 (V45)
141 Michael Thomas (Neath Black Tuesday) 50
141 John Morris (Swansea Bay Orienteering) 50
141 Andrew Lucas (3M's Gorseinon R.R.) 50 (V45)
144 Tony Eustace (Visteon Exiles) 49 (V40)
145 John Williams (Neath Black Tuesday) 48 (V45)
145 Dewi West (3M's Gorseinon R.R.) 48 (V45)
147 Andrew Baker (Neath Black Tuesday) 47
148 Ray James (Port Talbot Harriers Veterans) 46 (V45)
148 Paul O'Brien (Corus) 46
148 Mike Nash (3M's Gorseinon R.R.) 46 (V45)
151 Matthew Herbert (Cornelly Striders A.C.) 44
151 Marcus Eyre (3M's Gorseinon R.R.) 44 (V45)
153 Peter Foale (Aberystwyth A.C.) 43 (V55)
153 Paul Lewis (3M's Gorseinon R.R.) 43 (V40)
153 Neil Samuel (Corus) 43 (V55)
156 John Ayres (Port Talbot Harriers Veterans) 42 (V50)
157 Ray Boyce (Cornelly Striders A.C.) 40 (V45)
158 Owain Morgan (Neath Jaguars) 39 (U20)
158 Chris Lewis (Port Talbot Harriers & A.C.) 39
160 John Collins (Swansea Harriers Veterans) 38 (V70)
161 Jamie Marshall (University of Wales Swansea) 37
161 Brian Fox (Swansea Harriers Veterans) 37 (V60)
163 Giaucarlo Biancla (Margam) 35
163 Darren Williams (Port Talbot Harriers & A.C.) 35
165 Steve McLelland (3M's Gorseinon R.R.) 34 (V50)
165 Ian Swanson (Port Talbot Harriers Veterans) 34 (V55)
165 Dafydd Johnston (Neath Jaguars) 34
168 Brian Griffiths (3M's Gorseinon R.R.) 33 (V60)
168 Alan Parsons (Team Wecori) 33 (V40)
170 Neil Marvin (Llantwit) 32
171 Richard Donne (3M's Gorseinon R.R.) 31 (V45)
171 Paul Rees (3M's Gorseinon R.R.) 31 (V45)
171 Lee Williams (Melyn) 31 (U20)
174 Clive Davies (Sospan Road Runners) 30 (V45)
174 Andrew Brown (Land Registry) 30 (V40)
176 Nigel Pitt (3M's Gorseinon R.R.) 29 (V45)
177 Robin Withers (Pembrokeshire Harriers) 28
177 Matthew Williams (Team Wecori) 28
177 Ken Davies (Team Wecori) 28 (V45)
180 Les Chapman (Amman Valley Harriers) 27 (V60)
181 Allan Smith (3M's Gorseinon R.R.) 26 (V70)
182 Martin Hooper (Sospan Road Runners) 25 (V45)
182 Geraint Jenkins (Amman Valley Harriers) 25 (V40)
184 Arfon Rees (Team Wecori) 23
185 Simon Tucker (Corus) 22
186 Barry Nicholls (University of Wales Swansea) 21

187 Captain Beany (Port Talbot Harriers Veterans) 20 (V50)
 187 Barry Morgan (Visteon Exiles) 20
 187 Alan Roberts (Port Talbot Harriers Veterans) 20 (V50)
 190 Nicholas Morgan (Ynysforgan) 19
 190 James Marks (Cornelly Striders A.C.) 19 (V50)
 192 Robert Morgan (Neath Black Tuesday) 17 (V45)
 192 Colin Currie (Team Wecori) 17
 194 Roland Sherwood (Amman Valley Harriers) 16 (V60)
 194 Andrew Lloyd (Amman Valley Harriers) 16
 196 Richard Morgan (Ynysforgan) 15
 197 John Farmer (Cornelly Striders A.C.) 14 (V50)
 198 James Davies (3M's Gorseinon R.R.) 13 (V45)
 198 Haydn Williams (Amman Valley Harriers) 13
 200 Rob Gardner (Team Wecori) 11 (V45)
 201 Ralph Allemanno (Swansea Harriers Veterans) 10 (V55)
 202 Mark Ibbotson (Corus) 8
 202 Colin Anthony (Port Talbot Harriers Veterans) 8 (V60)
 204 Henry Hayward (3M's Gorseinon R.R.) 7 (V50)
 205 Russell Pullen (Neath Black Tuesday) 6 (V65)
 205 Leighton Jones (3M's Gorseinon R.R.) 6 (V60)
 207 Ian Williams (Tonmawr) 5 (V40)
 208 Ernie James (3M's Gorseinon R.R.) 4 (V60)
 209 Arthur Phillips (3M's Gorseinon R.R.) 3 (V70)
 210 Mark Jones (Team Wecori) 2 (V40)
 211 Michael Rosser (Neath Jaguars) 1 (U20)

Overall Women

1 Helen Marshall (Aberystwyth A.C.) 136 Overall Winner
2 Sandra Pinkham (Port Talbot Harriers & A.C.) 131 (F40 Winner)
 3 Carol Moseley (Port Talbot Harriers & A.C.) 118
 4 Judith Oakley (Port Talbot Harriers & A.C.) 101 (F40)
5 Louise Miskell (3M's Gorseinon R.R.) 100 (F35 Winner)
6 Francis Gill (Neath Harriers) 89 (F45 Winner)
 7 Sian Phillips (Swansea Harriers A.C.) 84 (F45)
 8 Pauline Williams (Port Talbot Harriers & A.C.) 74 (F45)
 9 Caroline Sandles (3M's Gorseinon R.R.) 72 (F40)
 10 Carol Glover (University of Wales Swansea) 63
 11 Michelle Witham (Swansea Harriers A.C.) 62
 12 Amanda Evans (3M's Gorseinon R.R.) 60 (F35)
 13 Efa Llewellyn (Swansea Harriers A.C.) 58
 14 Fay Sharpe (3M's Gorseinon R.R.) 46 (F45)
 15 Kim Jones (Port Talbot Harriers & A.C.) 45 (F35)
 16 Julie Samuel (Corus) 44 (F40)
 16 Amanda Jones (Swansea Harriers A.C.) 44
 18 Eryllois Davies (Team Wecori) 43
 19 Debbie Reed (3M's Gorseinon R.R.) 37 (F40)
 20 Tina Arthur (Port Talbot Harriers & A.C.) 35 (F45)
 20 Joanne Clatworthy (Cornelly Striders A.C.) 35
 22 Alison Griffiths (Pembrokeshire Harriers) 34 (F35)
 23 Shirley Davies (Corus) 33 (F45)
 24 Eleri Jones (Pembrokeshire Harriers) 32
 24 Christina Smith (3M's Gorseinon R.R.) 32 (F45)
 26 Cath Richards (Corus) 29 (F45)
 27 Julie Thomas (3M's Gorseinon R.R.) 28 (F45)
 27 Hayley Pointer (Univ of Wales Swansea) 28
 29 Gilli Davies (Swansea Harriers A.C.) 27 (F45)
 29 Ellen Butler (Swansea Harriers A.C.) 27
31 Christine Lloyd (Swansea Harriers A.C.) 26 (F50), Helen Parry (Corus) 26 (F50) - Joint F50 Winners
 31 Eleanor Grey (University of Wales Swansea) 26

31 Pauline Charlett (Pembrokeshire Harriers) 26 (F45)
35 Kath John (3M's Gorseinon R.R.) 25 (F40)
36 Rachel Alcock (Swansea Harriers A.C.) 24 (F35)
36 Christine Hurdidge (3M's Gorseinon R.R.) 24 (F55 Winner)
38 Lynne Parry (3M's Gorseinon R.R.) 23
38 Lisa Thomas (Amman Valley Harriers) 23
38 Leah Dixon (Neath Harriers) 23 (U20)
41 Tasmin Thomas (University of Wales Swansea) 22
41 Jade Williams (Amman Valley Harriers) 22 (U20)
43 Alison Tay (University of Wales Swansea) 20
44 Alison Jones (Team Wecori) 19 (F35)
45 Linda Rees (3M's Gorseinon R.R.) 18 (F45)
45 Ingrid Taylor (3M's Gorseinon R.R.) 18 (F35)
45 Bethan Ousley (Ingli Runners) 18
48 Jill Wilcox (Ingli Runners) 17 (F35)
49 Jane Ogilvy (Corus) 16 (F40)
50 Donna Griffiths (3M's Gorseinon R.R.) 15
51 Debbie Price (Corus) 14 (F40)
52 Joanne Davies (Univ of Wales Swansea) 13
52 Gwen Smith (Swansea Harriers A.C.) 13 (F40)
52 Catherine Lloyd Bennett (3M's Gorseinon R.R.) 13
55 Helen Thomas (Pembrokeshire Harriers) 12
56 Jill Coleman (Pembrokeshire Harriers) 10 (F40)
56 Jan Bell (Pembrokeshire Harriers) 10 (F60), Barbara Thomas (Pembrokeshire Harriers) 10 (F60) - **(Joint F60 Winners)**
56 Del Eyre (3M's Gorseinon R.R.) 10 (F45)
60 Anna Tobin (Corus) 8 (F40)
61 Madeleine Bland (Pembrokeshire Harriers) 7 (F55)
61 Lorraine Dyde (Pembrokeshire Harriers) 7 (F50)
61 Linda Waller (3M's Gorseinon R.R.) 7 (F50)
64 Linda Owens (3M's Gorseinon R.R.) 5 (F55)
64 Donna Lewis (Amman Valley Harriers) 5
66 Julie Davies (3M's Gorseinon R.R.) 4 (F55)
66 Carys Roderick (Team Wecori) 4
66 Bryony Jones (Pembrokeshire Harriers) 4
69 Man Yee Woo (Corus) 3
69 Lynne Perrott (Team Wecori) 3 (F55)
71 Laura Sharp (3M's Gorseinon R.R.) 2 (U20)
71 Elin Davies (Team Wecori) 2 (F40)
73 Nicola Julian (3M's Gorseinon R.R.) 1 (F40)
73 Christina Bond (Team Wecori) 1 (F40)