

WEST WALES CROSS COUNTRY CHAMPIONSHIPS

FAIRWOOD COMMON, GOWER

SUNDAY NOVEMBER 1st 2009

Under 13 Boys (2.8km)

- 1 Christian Lovatt (Carmarthen Harriers) 11.00
- 2 Liam Bradley (Guest) 11.41
- 3 Jack Rees (Pembrokeshire Harriers) 12.01
- 4 Jack Parkinson (Pembrokeshire Harriers) 12.13
- 5 Jordan Richards (Carmarthen Harriers) 12.33
- 6 Joe Lingard (Swansea Harriers A.C.) 12.34
- 7 Thomas John (Neath Harriers) 12.57
- 8 Ben Williams (Carmarthen Harriers) 13.16
- 9 Kieron Owen (Aberystwyth A.C.) 13.18
- 10 Rhydian Jones (Ysgol G Gwyr) 13.19
- 11 Callum Carter-Davies (Aberystwyth A.C.) 13.20
- 12 Brandon Davies (Swansea Harriers A.C.) 13.43
- 13 Aled Phillips (Amman Valley Harriers) 14.23
- 14 Pip Hancock (Swansea Harriers A.C.) 14.26

Under 13 Girls (2.8km)

- 1 Olivia Gwynn (Swansea Harriers A.C.) 11.39
- 2 Siwan Thomas-Howells (Swansea Harriers A.C.) 12.12
- 3 Emily Thomas (Aberystwyth A.C.) 12.26
- 4 Charlotte Rees (Pembrokeshire Harriers) 12.58
- 5 Alice Russell-Stretch (Pembrokeshire Harriers) 13.22
- 6 Ellie Dainton (Llanelli A.C.) 13.54
- 7 Bethan Radford (Swansea Harriers A.C.) 14.35
- 8 Felicity Gardner (Llanelli A.C.) 14.58
- 9 Gwenno Evans (Carmarthen Harriers) 15.12
- 10 Cara Watson (T.R.O.T.S) 15.32
- 11 Fay Walsh (Aberystwyth A.C.) 16.06
- 12 Laura Nix (Carmarthen Harriers) 16.45
- 13 Ellie Coates (Swansea Harriers A.C.) 17.26
- 14 Zoe Walsh (Aberystwyth A.C.) 18.06

Under 15 Boys (4.1km)

- 1 Lloyd Heckler (Carmarthen Harriers) 15.37
- 2 Ronan Llyr (Carmarthen Harriers) 15.57
- 3 Connor Davies (Swansea Harriers A.C.) 16.03
- 4 Rhys Granville (Carmarthen Harriers) 16.12
- 5 Lewis Preece (Swansea Harriers A.C.) 16.50
- 6 Jonathan Tobin (Swansea Harriers A.C.) 17.19
- 7 Stephen Williams (Aberystwyth A.C.) 17.34
- 8 Daniel Hall (Swansea Harriers A.C.) 17.59
- 9 Jamie Owen (Aberystwyth A.C.) 19.20
- 10 Kieran John (Neath Harriers) 22.05

Under 15 Girls (2.8km)

- 1 Megan Withers (Pembrokeshire Harriers) 11.04
- 2 Hywelis Thomas-Howells (Swansea Harriers A.C.) 11.25
- 3 Lauren Bell (Pembrokeshire Harriers) 11.43
- 4 Kari O'Neill (Carmarthen Harriers) 12.15
- 5 Megan Turner (Aberystwyth A.C.) 12.24
- 6 Elin Davies (Swansea Harriers A.C.) 12.46
- 7 Iona Evans (Swansea Harriers A.C.) 12.58
- 8 Lucy Hammett (Swansea Harriers A.C.) 13.11
- 9 Megan Carter-Davies (Aberystwyth A.C.) 13.15
- 10 Lowri Heckler (Carmarthen Harriers) 13.18
- 11 Stacey Webber (Llanelli A.C.) 13.20
- 12 Angharad Harries (Carmarthen Harriers) 13.37

- 13 Leah Randell (Llanelli A.C.) 14.13
- 14 Dale Lyons (Swansea Harriers A.C.) 14.13
- 15 Lottie Donnelly-Williams (Carmarthen Harriers) 14.57
- 16 Gwen King (Swansea Harriers A.C.) 18.03

Under 17 Boys (5.1km)

- 1 Matthew O'Leary (Neath Harriers) 19.24
- 2 Josh Griffiths (Carmarthen Harriers) 19.39
- 3 Sean White (Swansea Harriers A.C.) 20.22
- 4 Grant Westcott (Swansea Harriers A.C.) 20.52
- 5 Matthew Thomas (Swansea Harriers A.C.) 21.02
- 6 Josh Sandles (3M's Gorseinon R.R.) 21.46
- 7 Paul Tobin (Swansea Harriers A.C.) 22.08
- 8 Sion Owen (Aberystwyth A.C.) 28.17

Under 17 Girls (4.1km)

- 1 Elysia Pearson (Swansea Harriers A.C.) 18.03
- 2 Jemima Osborn (Swansea Harriers A.C.) 18.27
- 3 Rebecca Hall (Swansea Harriers A.C.) 23.53

Under 20 Men (9.9km)

- 1 Dewi Griffiths (Carmarthen Harriers) 36.32
- 2 Joshua Harries (U.W. Aberystwyth) 40.17
- 3 Jake Watson (T.R.O.T.S.) 41.42

Under 20 Ladies (5.1km)

- 1 Jade Williams (Amman Valley Harriers) 20.53
- 2 Angharad Davies (Carmarthen Harriers) 22.46
- 3 Carys Davies (Sarn Helen) 23.18
- 4 Emily Downey (Llanelli A.C.) 23.24
- 5 Ffion Aur Evans (Amman Valley Harriers) 25.06

Senior Ladies (5.1km)

- 1 Jade Williams (Amman Valley Harriers) 20.53 (U20)
- 2 Alaw Beynon-Thomas (Carmarthen Harriers) 21.59
- 3 Gemma Leahy (Cardiff A.C.) 22.27
- 4 Katrin Steed (Pembrokeshire Harriers) 22.36
- 5 Angharad Davies (Carmarthen Harriers) 22.46 (U20)
- 6 Carol Glover (Swansea Harriers A.C.) 22.55
- 7 Helen Marshall (Aberystwyth A.C.) 23.04
- 8 Carys Davies (Sarn Helen) 23.18 (U20)
- 9 Emily Downey (Llanelli A.C.) 23.24 (U20)
- 10 Jenny Phillips (Llanelli A.C.) 23.25 (F40)
- 11 Celia White (Ingli Runners) 23.28 (F40)
- 12 Joanne Thatcher (Aberystwyth A.C.) 24.12 (F40)
- 13 Jayne Arnold (Celtic Tri) 24.18 (F35)
- 14 Carol Moseley (Port Talbot Harriers & A.C) 24.22
- 15 Bethan Ousley (Ingli Runners) 24.27
- 16 Louise Miskell (3M's Gorseinon R.R.) 25.00 (F35)
- 17 Ffion Aur Evans (Amman Valley Harriers) 25.06 (U20)
- 18 Gaynor Hulland (Celtic Tri) 25.36 (F50)
- 19 Helen Walker (Ingli Runners) 25.44 (F50)
- 20 Sandra Pinkham (Port Talbot Harriers & A.C) 26.18 (F45)
- 21 Angela Delaney (Swansea Harriers A.C.) 26.20 (F40)
- 22 Kimberley Bates (Port Talbot Harriers & A.C) 26.35 (F35)
- 23 Phoebe Pender (Aberystwyth A.C.) 26.38
- 24 Caroline Sandles (3M's Gorseinon R.R.) 26.50 (F40)
- 25 Jill Willcox (Ingli Runners) 26.54 (F35)
- 26 Gwen Smith (Swansea Harriers A.C.) 27.19 (F40)
- 27 Helen Eve (Swansea Harriers A.C.) 27.56 (F40)

28 Alison Griffiths (Pembrokeshire Harriers) 27.57 (F40)
29 Jayne Schiess (Celtic Tri) 28.18 (F35)
30 Amy Jenkins (Port Talbot Harriers & A.C) 28.42
31 Pauline Williams (Port Talbot Harriers & A.C) 28.48 (F50)
32 Kirsten Tucker (Swansea Harriers A.C.) 29.05
33 Kathryn John (3M's Gorseinon R.R.) 29.57 (F40)
34 Julie Noble (Celtic Tri) 30.33 (F40)
35 Louise Parry (3M's Gorseinon R.R.) 30.40
36 Juliette Hadley (Amman Valley Harriers) 30.42 (F35)
37 Fay Sharpe (3M's Gorseinon R.R.) 31.07 (F45)
38 Jill Colman (Pembrokeshire Harriers) 31.21 (F40)
39 Karen Burrows (Celtic Tri) 31.35 (F45)
40 Linda Rees (3M's Gorseinon R.R.) 32.52 (F45)
41 Lorraine Dyde (Pembrokeshire Harriers) 33.10 (F50)
42 Madeleine Bland (Pembrokeshire Harriers) 33.24 (F55)
43 Nikki Powell (Celtic Tri) 33.29
44 Tracey Williams (Celtic Tri) 33.38 (F45)
45 Linda Waller (3M's Gorseinon R.R.) 34.18 (F50)
46 Susan Felstead (Celtic Tri) 34.54 (F40)
47 Barbara Thomas (Pembrokeshire Harriers) 35.09 (F65)
48 Alison Jones (Celtic Tri) 37.36 (F40)

Senior Men (9.9km)

1 Andreas Jones (Cardiff A.C.) 35.18
2 Lewys Hobbs (Swansea Harriers A.C.) 35.20
3 Marc Hobbs (Swansea Harriers A.C.) 35.37
4 Dewi Griffiths (Carmarthen Harriers) 36.32 (U20)
5 Craig Hopkins (Swansea Harriers A.C.) 36.46
6 Mark Roberts (Swansea Harriers A.C.) 37.02 (V35)
7 David Rees (Swansea Harriers A.C.) 37.20
8 Lee Ladd (Carmarthen Harriers) 37.22
9 Ifan Lloyd (Swansea Harriers A.C.) 38.55 (V50)
10 Chris Williams (Neath Harriers) 39.18 (V40)
11 Matthew Harvey (Neath Harriers) 39.55
12 Joshua Harries (U.W. Aberystwyth) 40.17 (U20)
13 Steve Davies (Swansea Harriers A.C.) 40.32
14 Chris Parker (Swansea Harriers A.C.) 40.33 (V40)
15 Steve Smith (Swansea Harriers A.C.) 41.10 (V45)
16 Steve Ousley (Ingli Runners) 41.28 (V35)
17 Adrian Weaver (Port Talbot Harriers A.C) 41.35
18 Jake Watson (T.R.O.T.S.) 41.42 (U20)
19 Lee Sandham (Neath Black Tuesday) 41.46 (V35)
20 Andrew Cleverley (Swansea Harriers A.C.) 41.48
21 Jack Davey (Carmarthen Harriers) 41.50
22 Peter Osborne (Swansea Harriers A.C.) 41.57 (V45)
23 Carl Ellis (Neath Harriers) 42.00
24 Gary Irving (Swansea Harriers A.C.) 42.02 (V50)
25 Ian Webb (Llanelli A.C.) 42.06 (V50)
26 Chris Fulcher (Port Talbot Harriers Veterans) 42.06 (V40)
27 Kevin Lewis (Neath Harriers) 42.07 (V45)
28 Charles Walsh (Port Talbot Harriers A.C) 42.45 (V35)
29 Jos Jones (Aberystwyth AC) 43.59
30 Kevin Taylor (Amman Valley Harriers) 44.02 (V45)
31 Steve Williams (Neath Harriers) 44.19 (V50)
32 Stuart Griffiths (3M's Gorseinon R.R.) 44.39
33 Martin Webborn (Swansea Harriers A.C.) 44.46 (V45)
34 Steve Coupe (Sospan Road Runners) 44.51 (V55)
35 Paul Lewis (3M's Gorseinon R.R.) 45.00 (V40)
36 Dean Hardie (3M's Gorseinon R.R.) 45.09 (V50)
37 Andrew Smith (Swansea Harriers A.C.) 45.20

38 Matthew Powell (Celtic Tri) 45.44
 39 Paul Dyson (Univ of Wales Swansea) 45.55 (V50)
 40 Steve Walsh (3M's Gorseinon R.R.) 45.56 (V40)
 41 Leighton Gardner (Swansea Harriers A.C.) 46.11 (V40)
 42 Howard Carpenter (Neath Harriers) 46.14 (V55)
 43 Mike Evans (Neath Harriers) 46.28 (V45)
 44 Gary Howe (3M's Gorseinon R.R.) 46.51 (V50)
 45 Scott Davies (Celtic Tri) 46.52
 46 Bernie Henderson (Port Talbot Harriers A.C.) 47.40 (V50)
 47 Richard Webster (3M's Gorseinon R.R.) 47.53 (V55)
 48 Stephen Cable (3M's Gorseinon R.R.) 48.02 (V35)
 49 Dean Webster (3M's Gorseinon R.R.) 48.08
 50 Kevin Corcoran (Swansea Harriers A.C.) 48.12 (V45)
 51 Peter Foale (Aberystwyth A.C.) 48.24 (V55)
 52 Les Watson (TROTTS) 48.29 (V45)
 53 John Williams (Neath Harriers) 48.31 (V45)
 54 Andrew Baker (Neath Harriers) 49.36
 55 Robin Withers (Pembrokeshire Harriers) 49.47 (V45)
 56 Martin Cooper (Sospan Road Runners) 49.54
 57 Paul Arnold (Celtic Tri) 50.00 (V40)
 58 Martin Dyde (Pembrokeshire Harriers) 50.20 (V50)
 59 Steve Hames (Neath Harriers) 50.40 (V45)
 60 Dai Roberts (Aberystwyth A.C.) 50.50 (V45)
 61 John Rees (Pembrokeshire Harriers) 50.53 (V45)
 62 Kevin Joyce (Pembrokeshire Harriers) 50.56 (V40)
 63 Peter Turner (Cornelly Striders AC) 51.00 (V55)
 64 Alan Pritchard (Port Talbot Harriers A.C.) 51.04 (V45)
 65 Alan Perkins (Port Talbot Harriers A.C.) 51.39 (V55)
 66 Brian Fox (Swansea Harriers Veterans) 52.17 (V60)
 67 Rob Fowler (Amman Valley Harriers) 52.46 (V60)
 68 Geraint Jenkins (Amman Valley Harriers) 54.21 (V40)
 69 Lawrence Worth (Pembrokeshire Harriers) 57.02
 70 Glyn Williams (3M's Gorseinon R.R.) 59.59 (V60)
 71 Ralph Allemanno (Swansea Harriers A.C.) 60.58 (V60)
 72 Alan Roberts (Port Talbot Harriers A.C.) 65.50 (V45)

WEST GLAMORGAN CROSS COUNTRY LEAGUE

(Ladies) (5.1km)

1 Jade Williams (Amman Valley Harriers) 20.53 (U20)
 2 Alaw Beynon-Thomas (Guest) 21.59
 3 Gemma Leahy (Pembrokeshire Harriers) 22.27
 4 Katrin Steed (Pembrokeshire Harriers) 22.36
 5 Rachel Arnold (Univ of Wales Swansea) 22.42
 6 Angharad Davies (Guest) 22.46 (U20)
 7 Carol Glover (Univ of Wales Swansea) 22.55
 8 Helen Marshall (Aberystwyth A.C.) 23.04
 9 Francis Gill (Neath Harriers) 23.15 (F45)
 10 Carys Davies (Guest) 23.18 (U20)
 11 Emily Downey (Guest) 23.24 (U20)
 12 Jenny Phillips (Guest) 23.25 (F40)
 13 Celia White (Ingli Runners) 23.28 (F40)
 14 Joanne Thatcher (Aberystwyth A.C.) 24.12 (F40)
 15 Jayne Arnold (Celtic Tri) 24.18 (F35)
 16 Carol Moseley (Port Talbot Harriers & A.C.) 24.22
 17 Bethan Ousley (Ingli Runners) 24.27
 18 Louise Miskell (3M's Gorseinon R.R.) 25.00 (F35)
 19 Ffion Aur Evans (Amman Valley Harriers) 25.06 (U20)
 20 Gaynor Hulland (Celtic Tri) 25.36 (F50)
 21 Helen Walker (Ingli Runners) 25.44 (F50)

22 Sandra Pinkham (Port Talbot Harriers & A.C) 26.18 (F45)
 23 Angela Delaney (Swansea Harriers A.C.) 26.20 (F40)
 24 Kimberley Bates (Port Talbot Harriers & A.C) 26.35 (F35)
 25 Phoebe Pender (Aberystwyth A.C.) 26.38
 26 Caroline Sandles (3M's Gorseinon R.R.) 26.50 (F40)
 27 Jill Willcox (Ingli Runners) 26.54 (F35)
 28 Gwen Smith (Swansea Harriers A.C.) 27.19 (F40)
 29 Helen Eve (Swansea Harriers A.C.) 27.56 (F40)
 30 Alison Griffiths (Pembrokeshire Harriers) 27.57 (F40)
 31 Jayne Schiess (Celtic Tri) 28.18 (F35)
 32 Amy Jenkins (Port Talbot Harriers & A.C) 28.42
 33 Pauline Williams (Port Talbot Harriers & A.C) 28.48 (F50)
 34 Kirsten Tucker (Swansea Harriers A.C.) 29.05
 35 Kathryn John (3M's Gorseinon R.R.) 29.57 (F40)
 36 Julie Noble (Celtic Tri) 30.33 (F40)
 37 Louise Parry (3M's Gorseinon R.R.) 30.40
 38 Juliette Hadley (Amman Valley Harriers) 30.42 (F35)
 39 Fay Sharpe (3M's Gorseinon R.R.) 31.07 (F45)
 40 Jill Colman (Pembrokeshire Harriers) 31.21 (F40)
 41 Karen Burrows (Celtic Tri) 31.35 (F45)
 42 Sarah Neale (Corus) 32.12
 43 Linda Rees (3M's Gorseinon R.R.) 32.52 (F45)
 44 Lorraine Dyde (Pembrokeshire Harriers) 33.10 (F50)
 45 Madeleine Bland (Pembrokeshire Harriers) 33.24 (F55)
 46 Nikki Powell (Celtic Tri) 33.29
 47 Tracey Williams (Celtic Tri) 33.38 (F45)
 48 Shirley Davies (Corus) 33.53 (F45)
 49 Debbie Price (Corus) 34.12 (F40)
 50 Linda Waller (3M's Gorseinon R.R.) 34.18 (F50)
 51 Susan Felstead (Celtic Tri) 34.54 (F40)
 52 Barbara Thomas (Pembrokeshire Harriers) 35.09 (F65)
 53 Cath Richards (Corus) 36.28 (F45)
 54 Alison Jones (Celtic Tri) 37.36 (F40)

Ladies Match Result

1 Port Talbot Harriers 148
 2 Pembrokeshire Harriers 146
 3 Inqli Runners 142
 4 Celtic Tri 132
 5 3M's Gorseinon RR 120
 6 Aberystwyth A.C. 115
 7 Swansea Harriers A.C. 106
 8 Amman Valley Harriers 102
 9 Swansea University 91
 10 Neath Harriers 43
 11 Corus 28

Ladies Division 1 (After 2 Fixtures)

Position, Team, Match Points, League Points

1 Port Talbot Harriers 362 12
 2 3M's Gorseinon RR 325 10
 3 Swansea Harriers A.C. 244 7
 4 Aberystwyth A.C. 217 7
 5 Swansea University 166 3
 6 Corus 113 3

Ladies Division 2 (After 2 Fixtures)

Position, Team, Match Points, League Points

1 Inqli Runners 316 8
 2 Celtic Tri 315 8

- 3 Pembrokeshire Harriers 263 7
- 4 Amman Valley Harriers 237 5
- 5 Team Wecori 51 1
- 6 Neath Harriers 43 1

WEST GLAMORGAN CROSS COUNTRY LEAGUE

Senior Men (9.9km)

- 1 Andreas Jones (Guest) 35.18
- 2 Lewys Hobbs (Swansea Harriers MMTG) 35.20
- 3 Marc Hobbs (Swansea Harriers MMTG) 35.37
- 4 Dewi Griffiths (Guest) 36.32
- 5 Craig Hopkins (Univ of Wales Swansea) 36.46
- 6 Mark Roberts (Univ of Wales Swansea) 37.02
- 7 Afan Humphries (Swansea Harriers MMTG) 37.17
- 8 David Rees (Swansea Harriers MMTG) 37.20
- 9 Lee Ladd (Guest) 37.22
- 10 Ryan Bevis (Swansea Harriers MMTG) 38.13
- 11 Ifan Lloyd (Swansea Harriers Veterans) 38.55 (V50)
- 12 Chris Williams (Neath Harriers) 39.18 (V40)
- 13 Tim Butt (Univ of Wales Swansea) 39.39
- 14 Paul Talbot (Neath Black Tuesday) 39.50 (V40)
- 15 Matthew Harvey (Neath Harriers) 39.55
- 16 Joshua Harries (U.W. Aberystwyth) 40.17 (U20)
- 17 Steve Davies (Swansea Harriers MMTG) 40.32
- 18 Chris Parker (Swansea Harriers Veterans) 40.33 (V40)
- 19 Dee Buchanan (Guest) 40.42
- 20 Andrew Reynolds (Neath Black Tuesday) 40.43 (V35)
- 21 Alan Davies (3M's Gorseinon R.R.) 40.51 (V55)
- 22 Phil Crane (Neath Black Tuesday) 41.02 (V45)
- 23 Steve Smith (Swansea Harriers Veterans) 41.10 (V45)
- 24 Steve Ousley (Ingli Runners) 41.28 (V35)
- 25 Adam Aitkins (Univ of Wales Swansea) 41.34
- 26 Adrian Weaver (Port Talbot Harriers A.C) 41.35
- 27 Peter Crane (Neath Black Tuesday) 41.38 (V45)
- 28 Jake Watson (Guest) 41.42 (U20)
- 29 Lee Sandham (Neath Black Tuesday) 41.46 (V35)
- 30 Andrew Cleverley (Swansea Harriers MMTG) 41.48
- 31 Jack Davey (Guest) 41.50
- 32 Peter Osborne (Swansea Harriers Veterans) 41.57 (V45)
- 33 Carl Ellis (Neath Jaguars) 42.00
- 34 Gary Irving (Land Registry) 42.02 (V50)
- 35 Ian Webb (Guest) 42.06 (V50)
- 36 Chris Fulcher (Port Talbot Harriers Veterans) 42.06 (V40)
- 37 Kevin Lewis (Neath Jaguars) 42.07 (V45)
- 38 Charles Walsh (Port Talbot Harriers A.C) 42.45 (V35)
- 39 David Crane (Neath Black Tuesday) 43.05 (V50)
- 40 Simon Wilson (Swansea Harriers MMTG) 43.18 (V40)
- 41 John Littlewood (Celtic Tri) 43.23
- 42 Richard Jones (Swansea Harriers Veterans) 43.40 (V50)
- 43 Daniel Harris (Corus) 43.49
- 44 Alan Rees (Neath Harriers) 43.58 (V35)
- 45 Jos Jones (Aberystwyth AC) 43.59
- 46 Neil Davies (Corus) 44.01 (V50)
- 47 Kevin Taylor (Amman Valley Harriers) 44.02 (V45)
- 48 Tim James (Ingli Runners) 44.13
- 49 Steve Williams (Neath Black Tuesday) 44.19 (V50)
- 50 Stuart Griffiths (3M's Gorseinon R.R.) 44.39
- 51 Martin Webborn (Swansea Harriers Veterans) 44.46 (V45)
- 52 Steve Coupe (Sospan Road Runners) 44.51 (V55)
- 53 Paul Lewis (3M's Gorseinon R.R.) 45.00 (V40)
- 54 Dean Hardie (3M's Gorseinon R.R.) 45.09 (V50)

55 Jeff Thomas (Guest) 45.16 (V40)
56 Andrew Smith (Swansea Harriers MMTG) 45.20
57 Gair Mcadie (Team Deviant) 45.28
58 Lyndsey Christopher (Corus) 45.38 (V40)
59 Matthew Powell (Celtic Tri) 45.44
60 Paul Dyson (Univ of Wales Swansea) 45.55 (V50)
61 Steve Walsh (3M's Gorseinon R.R.) 45.56 (V40)
62 Nigel Fransisco (Team Wecori) 45.58 (V45)
63 James Wilson (Univ of Wales Swansea) 45.59
64 Simon Beer (Celtic Tri) 46.00 (V40)
65 Dave Rose (Guest) 46.10 (V40)
66 Leighton Gardner (Swansea Harriers Veterans) 46.11 (V40)
67 Howard Carpenter (Neath Harriers Veterans) 46.14 (V55)
68 Mike Evans (Neath Black Tuesday) 46.28 (V45)
69 John Sinnott (Pembrokeshire Harriers) 46.31 (V50)
70 Jon Embling (Corus) 46.46 (V50)
71 Gareth Howe (3M's Gorseinon R.R.) 46.51 (V50)
72 Scott Davies (Celtic Tri) 46.52
73 Jason Griffiths (Corus) 47.14 (V40)
74 Grant Thomas (Team Wecori) 47.18 (V35)
75 Hywel Jones (Amman Valley Harriers) 47.36 (V45)
76 Bernie Henderson (Port Talbot Harriers A.C.) 47.40 (V50)
77 Richard Webster (3M's Gorseinon R.R.) 47.53 (V55)
78 Stephen Cable (3M's Gorseinon R.R.) 48.02 (V35)
79 Dean Webster (3M's Gorseinon R.R.) 48.08
80 Dai Davies (Neath Jaguars) 48.10 (V60)
81 Kevin Corcoran (Land Registry) 48.12 (V45)
82 Peter Foale (Aberystwyth A.C.) 48.24 (V55)
83 Les Watson (Guest) 48.29 (V45)
84 John Williams (Neath Black Tuesday) 48.31 (V45)
85 Maxi Thomas (South Wales Police) 49.33 (V40)
86 Andrew Baker (Neath Harriers) 49.36
87 Robin Withers (Pembrokeshire Harriers) 49.47 (V45)
88 Martin Cooper (Sospan Road Runners) 49.54
89 Paul Arnold (Celtic Tri) 50.00 (V40)
90 Justin Lott (South Wales Police) 50.12
91 Martin Dyde (Pembrokeshire Harriers) 50.20 (V50)
92 Mark Eakins (Celtic Tri) 50.21 (V35)
93 Stephen Jones (Univ of Wales Swansea) 50.23
94 Andrew Croucher (Univ of Wales Swansea) 50.34
95 Steve Hames (Neath Veterans) 50.40 (V45)
96 Dai Roberts (Aberystwyth A.C.) 50.50 (V45)
97 John Rees (Pembrokeshire Harriers) 50.53 (V45)
98 Kevin Joyce (Pembrokeshire Harriers) 50.56 (V40)
99 Peter Turner (Cornelly Striders AC) 51.00 (V55)
100 Alan Pritchard (Port Talbot Harriers Vets) 51.04 (V45)
101 Andrew Dunscombe (Guest) 51.18 (V40)
102 Martin Evans (Team Wecori) 51.29 (V45)
103 Alan Perkins (Port Talbot Harriers Vets) 51.39 (V55)
104 Colin Price (Corus) 51.42 (V50)
105 Simon Pinner (Team Wecori) 52.08 (V50)
106 Brian Fox (Swansea Harriers Veterans) 52.17 (V60)
107 Paul Padgey (Ingli Runners) 52.25 (V50)
108 Rob Fowler (Amman Valley Harriers) 52.46 (V60)
109 Mario Rabaiotti (Port Talbot Harriers Vets) 53.30 (V45)
110 Geraint Jenkins (Amman Valley Harriers) 54.21 (V40)
111 Rob Gardner (Team Wecori) 54.38 (V45)
112 John Preston (Corus) 56.10
113 Lawrence Worth (Pembrokeshire Harriers) 57.02 (V45)
114 Tony Hollings (Port Talbot Harriers V.V) 57.47 (V50)

115 Glyn Williams (3M's Gorseinon R.R.) 59.59 (V60)
116 Ralph Allemanno (Swansea Harriers Veterans) 60.58 (V60)
117 Terry Craven (Corus) 62.05 (V50)
118 Alan Roberts (Port Talbot Harriers V.V) 65.50 (V45)

Mens Match Result

1 Swansea Harriers MMTG 534
2 Swansea University 465
3 Neath Black Tuesday 463
4 Swansea Harriers Vets 452
5 3M's Gorseinon R.R. 349
6 Neath Harriers 310
7 Corus 305
8 Celtic Tri 272
9 Port Talbot Harriers 213
10 Neath Jaguars 205
11 Inqli Runners 176
12 Pembrokeshire Harriers 162
13 Team Wecori 151
14 Amman Valley Harriers 142
15 Aberystwyth A.C. 136
16 Port Talbot Harriers Vets 135
17 Land Registry 122
18 Sospan Road Runners 99
19 Aberystwyth University 98
20 Neath Harriers Vets 79
21 South Wales Police 67
22 Team Deviant 62
23 Cornelly Striders A.C. 22
24 Port Talbot Harriers V.V. 12

Mens Division 1 (After 2 Fixtures)

Position, Team, Match Points, League Points

1 Swansea Harriers MMTG 1102 16
2 Neath Black Tuesday 1014 13
3 Swansea University 990 13
4 3M's Gorseinon R.R. 757 10
5 Corus 674 8
6 Neath Jaguars 529 4
7 Port Talbot Harriers & AC 509 4
8 Port Talbot Harriers Vets 475 4

Mens Division 2 (After 2 Fixtures)

Position, Team, Match Points, League Points

1 Swansea Harriers Vets 800 16
2 Pembrokeshire Harriers 449 12
3 Inqli Runners 443 12
3 Neath Harriers 467 10
5 Team Wecori 390 9
6 Sospan Road Runners 288 6
7 Amman Valley Harriers 206 4
8 Cornelly Striders A.C. 150 3

Mens Division 3 (After 2 Fixtures)

Position, Team, Match Points, League Points

1 Celtic Tri 691 16
2 Land Registry 372 13
3 Aberystwyth A.C. 208 11
4 Neath Harriers Veterans 273 10
5 South Wales Police 159 8

- 6 Aberystwyth University 98 5
- 7 Port Talbot Harriers VV 63 4
- 8 Team Deviant 62 2
- 9 Seven Sisters 18 2
- 10 Abercrave 10 1

Men Overall (After 2 Fixtures)

- 1 Marc Hobbs (Swansea Harriers MMTG) 230
- 2 Lewys Hobbs (Swansea Harriers MMTG) 229
- 3 Craig Hopkins (University of Wales Swansea) 228
- 4 Mark Roberts (University of Wales Swansea) 225
- 5 Afan Humphreys (Swansea Harriers MMTG) 222
- 6 Chris Williams (Neath Harriers) 219 (V40)
- 7 Ryan Bevis (Swansea Harriers MMTG) 218
- 8 Paul Talbot (Neath Black Tuesday) 215 (V40)
- 9 Chris Parker (Swansea Harriers Veterans) 207 (V40)
- 10 Andrew Reynolds (Neath Black Tuesday) 205
- 11 Phil Crane (Neath Black Tuesday) 205 (V45)
- 12 Peter Crane (Neath Black Tuesday) 197 (V45)
- 13 Steve Ousley (Ingli Runners) 197
- 14 Adrian Weaver (Port Talbot Harriers & A.C.) 193
- 15 Lee Sandham (Neath Black Tuesday) 192
- 16 Tim Butt (University of Wales Swansea) 190
- 17 Kevin Lewis (Neath Jaguars) 178 (V45)
- 18 David Crane (Neath Black Tuesday) 177 (V50)
- 19 Gary Irving (Land Registry) 174 (V50)
- 20 John Littlewood (Celtic Tri) 164
- 21 Chris Fulcher (Port Talbot Harriers Veterans) 163 (V40)
- 22 Daniel Harris (Corus) 161
- 23 Richard Jones (Swansea Harriers Veterans) 159 (V50)
- 24 Charles Walsh (Port Talbot Harriers & A.C.) 158
- 25 Lyndsey Christopher (Corus) 154 (V40)
- 26 Jos Jones (Aberystwyth A.C.) 145
- 27 Steve Williams (Neath Black Tuesday) 143 (V50)
- 28 Tim James (Ingli Runners) 143
- 29 Paul Lewis (3M's Gorseinon R.R.) 140 (V40)
- 30 Steve Coupe (Sospan Road Runners) 137 (V55)
- 31 Steve Walsh (3M's Gorseinon R.R.) 127 (V40)
- 32 Jon Embling (Corus) 126 (V50)
- 33 James Hocking (Celtic Tri) 113
- 34 Dean Hardie (3M's Gorseinon R.R.) 112 (V50)
- 35 Richard Webster (3M's Gorseinon R.R.) 110 (V55)
- 36 Howard Carpenter (Neath Harriers Veterans) 109 (V55)
- 37 Richard Gordon (Swansea Harriers MMTG) 108
- 38 Alun Davies (3M's Gorseinon R.R.) 107 (V55)
- 39 Simon Beer (Celtic Tri) 107 (V40)
- 40 Nigel Francisco (Team Wecori) 106 (V45)
- 41 David Rees (Swansea Harriers MMTG) 105
- 42 Grant Thomas (Team Wecori) 105
- 43 Kevin Corcoran (Land Registry) 105 (V45)
- 44 Mike Evans (Neath Black Tuesday) 105 (V45)
- 45 David Davies (Neath Jaguars) 103 (V60)
- 46 Gareth Petts (University of Wales Swansea) 103
- 47 Ifan Lloyd (Swansea Harriers Veterans) 103 (V50)
- 48 Steve Richards (Swansea Harriers MMTG) 102
- 49 David Wilson-Evans (Swansea Harriers Veterans) 101 (V50)
- 50 Aaron Jones (Port Talbot Harriers Veterans) 100 (V50)
- 51 Jeremy Davies (Neath Jaguars) 99 (V45)
- 52 Matthew Harvey (Neath Harriers) 99
- 53 Joshua Harries (U.W. Aberystwyth) 98 (U20)

54 Steve Davies (Swansea Harriers MMTG) 97
55 Daniel Thomas (Swansea Harriers MMTG) 96
56 John Sinnett (Pembrokeshire Harriers) 96 (V50)
57 Daniel Winter (University of Wales Swansea) 95
58 Alan Davies (3M's Gorseinon R.R.) 94 (V55)
59 Gareth Ayres (Port Talbot Harriers & A.C.) 94
60 Gareth Elliott (Pembrokeshire Harriers) 92
61 Steve Smith (Swansea Harriers Veterans) 92 (V45)
62 Adam Aitkins (Univ of Wales Swansea) 90
63 Pete Lloyd (3M's Gorseinon R.R.) 90 (V40)
64 Alec Williams (Ingli Runners) 88 (V40)
65 Andrew Cleverley (Swansea Harriers MMTG) 86
66 Leighton Williams (Celtic Tri) 85
67 Peter Osborne (Swansea Harriers Veterans) 85 (V45)
68 Andrew Dawe (Pembrokeshire Harriers) 84 (V40)
69 Carl Ellis (Neath Jaguars) 84
70 Richard Lewis (Celtic Tri) 82
71 Steve Evans (Neath Harriers Veterans) 80 (V40)
72 Neil Davies (Cornelly Striders A.C.) 79 (V50)
73 Simon Wilson (Swansea Harriers MMTG) 78 (V40)
74 David John (University of Wales Swansea) 77
75 John Williams (Neath Black Tuesday) 76 (V45)
76 Andrew Baker (Neath Harriers) 75 (V45)
77 Alan Rees (Neath Harriers) 74
78 Neil Davies (Corus) 72 (V50)
79 Kevin Taylor (Amman Valley Harriers) 71 (V45)
80 Adrian Pearce (Corus) 70
81 Andrew Thomas (Sospan Road Runners) 68 (V40)
82 Stuart Griffiths (3M's Gorseinon R.R.) 68
83 Martin Webborn (Swansea Harriers Veterans) 67 (V45)
84 Peter Turner (Cornelly Striders A.C.) 65 (V55)
85 Shaun Broome (Neath Jaguars) 65
86 Hywel Porter (University of Wales Swansea) 64
87 Andrew Smith (Swansea Harriers MMTG) 63
88 Justin Lott (South Wales Police) 63
89 Gair Mcadie (Team Deviant) 62
90 Sean Trelor (Port Talbot Harriers Veterans) 62 (V40)
91 Mark Terry (Port Talbot Harriers Veterans) 61 (V50)
92 Martin Evans (Team Wecori) 61 (V45)
93 John Diffy (South Wales Police) 60 (V45)
94 Kevin Joyce (Pembrokeshire Harriers) 60 (V40)
95 Matthew Powell (Celtic Tri) 60
96 Martin Dyde (Pembrokeshire Harriers) 59 (V50)
97 Paul Dyson (Univ of Wales Swansea) 59 (V50)
98 Richard Bowen (Neath Harriers Veterans) 58 (V60)
99 James Murphy (Team Wecori) 57 (V40)
100 James Wilson (Univ of Wales Swansea) 56
101 Graham Colvin (3M's Gorseinon R.R.) 55 (V45)
102 David Thomas (3M's Gorseinon R.R.) 54
103 Leighton Gardner (Swansea Harriers Veterans) 54 (V40)
104 Darren Edwards (Celtic Tri) 51
105 Martin Hooper (Sospan Road Runners) 50
106 Simon Pinner (Team Wecori) 50 (V50)
107 Alan Perkins (Port Talbot Harriers Veterans) 49 (V55)
108 Gareth Howe (3M's Gorseinon R.R.) 49 (V50)
109 Scott Davies (Celtic Tri) 48
110 Andrew Brown (Land Registry) 47 (V40)
111 Jason Griffiths (Corus) 47 (V40)
112 Jason Statham (Land Registry) 46 (V40)
113 Hywel Jones (Amman Valley Harriers) 45 (V45)

114 Bernie Henderson (Port Talbot Harriers A.C.) 44 (V50)
115 Martin Jones (Corus) 44
116 Colin Price (Corus) 42 (V50)
117 Phil Davies (Corus) 42 (V45)
118 Stephen Cable (3M's Gorseinon R.R.) 42 (V35)
119 Dean Webster (3M's Gorseinon R.R.) 41
120 Les Chapman (Amman Valley Harriers) 38 (V60)
121 Peter Foale (Aberystwyth A.C.) 38 (V55)
122 Brian Fox (Swansea Harriers Veterans) 37 (V60)
123 John Hopkins (Port Talbot Harriers Veterans) 36 (V45)
124 Laurence Worth (Pembrokeshire Harriers) 36 (V45)
125 Maxi Thomas (South Wales Police) 36 (V40)
126 Mario Rabaiotti (Port Talbot Harriers Veterans) 35 (V45)
127 Peter Spriggs (Swansea Harriers MMTG) 35
128 Gareth Phillips (Celtic Tri) 34
129 Robin Withers (Pembrokeshire Harriers) 34 (V45)
130 Martin Cooper (Sospan Road Runners) 33
131 Paul Arnold (Celtic Tri) 32 (V40)
132 Matthew Williams (Team Wecori) 31
133 Bob Gardner (Team Wecori) 30 (V45)
134 Mark Eakins (Celtic Tri) 29 (V35)
135 Stephen Jones (Univ of Wales Swansea) 28
136 Steve Bendle (Swansea Harriers Veterans) 28 (V45)
137 Andrew Croucher (Univ of Wales Swansea) 27
138 Geraint Jenkins (Amman Valley Harriers) 27 (V40)
139 John Poston (Corus) 26 (V60)
140 Steve Hames (Neath Veterans) 26 (V45)
141 Dai Roberts (Aberystwyth A.C.) 25 (V45)
142 Peter Deacon (Swansea Harriers Veterans) 25 (V50)
143 Rob Fowler (Amman Valley Harriers) 25 (V60)
144 John Rees (Pembrokeshire Harriers) 24 (V45)
145 Steve Roderick (Team Wecori) 23
146 Alan Pritchard (Port Talbot Harriers Vets) 21 (V45)
147 Darren Williams (Port Talbot Harriers & A.C.) 20
148 Tudor Rees (Seven Sisters) 18
149 Terry Jones (Celtic Tri) 17 (V55)
150 Robert Morgan (Team Wecori) 16
151 Paul Padgey (Ingli Runners) 15 (V50)
152 Tony Holling (Port Talbot Harriers V.V) 15 (V50)
153 Ray James (Port Talbot Harriers V.V) 14 (V45)
154 John Ayres (Port Talbot Harriers V.V) 13 (V50)
155 John Davies (Port Talbot Harriers V.V) 12 (V60)
156 Gary Evans (Abercrave) 10
157 John Preston (Corus) 10
158 Alan Roberts (Port Talbot Harriers V.V) 9 (V50)
159 Ralph Allemano (Swansea Harriers Veterans) 9 (V60)
160 Richard Donne (3M's Gorseinon R.R.) 9 (V55)
161 Ken Davies (Team Wecori) 8 (V50)
162 Glyn Williams (3M's Gorseinon R.R.) 7 (V60)
163 Ray Boyce (Cornelly Striders A.C.) 6 (V45)
164 Terry Craven (Corus) 5 (V50)
165 Owen Thomas (Team Wecori) 4
166 Andreas Jones (Guest) 0
166 Andrew Dunscombe (Guest) 0 (V40)
166 Colin Rees (Guest) 0 (V45)
166 Dave Rose (Guest) 0 (V40)
166 David Smout (Guest) 0 (V60)
166 Dee Buchanan (Guest) 0
166 Dewi Griffiths (Guest) 0
166 Ian Jones (Guest) 0

166 Ian Webb (Guest) 0 (V50)
166 Jack Davey (Guest) 0
166 Jake Watson (Guest) 0 (U20)
166 Jeff Thomas (Guest) 0 (V40)
166 Lee Ladd (Guest) 0
166 Les Watson (Guest) 0 (V45)
166 Simon Lewis (Guest) 0 (V40)

Ladies Overall (After 2 Fixtures)

1 Jade Williams (Amman Valley Harriers) (U20) 106
2 Carol Glover (Univ of Wales Swansea) 100
3 Helen Marshall (Aberystwyth A.C.) 98
4 Jayne Arnold (Celtic Tri) (F35) 92
5 Celia White (Ingli Runners) (F40) 91
6 Joanne Thatcher (Aberystwyth A.C.) (F40) 89
7 Sandra Pinkham (Port Talbot Harriers & A.C) (F45) 89
8 Carol Moseley (Port Talbot Harriers & A.C) 85
9 Bethan Ousley (Ingli Runners) 82
10 Gaynor Hulland (Celtic Tri) (F50) 82
11 Louise Miskell (3M's Gorseinon R.R.) (F35) 79
12 Angela Delaney (Swansea Harriers A.C.) (F40) 73
13 Caroline Sandles (3M's Gorseinon R.R.) (F40) 69
14 Gwen Smith (Swansea Harriers A.C.) (F40) 59
15 Jayne Scheiss (Celtic Tri) (F35) 59
16 Pauline Williams (Port Talbot Harriers & A.C) (F50) 58
17 Kath John (3M's Gorseinon R.R.) (F40) 54
18 Rachel Alcock (Amman Valley Harriers) (F35) 53
19 Alison Griffiths (Pembrokeshire Harriers) (F40) 52
20 Lisa Thomas (Amman Valley Harriers) 51
21 Deborah Reed (3M's Gorseinon R.R.) (F40) 50
22 Kirsten Tucker (Swansea Harriers A.C.) 49
23 Gemma Leahy (Pembrokeshire Harriers) 48
24 Katrin Steed (Pembrokeshire Harriers) 47
25 Rachel Arnold (Univ of Wales Swansea) 46
26 Ceri Brambley-Tucker (Port Talbot Harriers & A.C) (F40) 45
27 Francis Gill (Neath Harriers) (F45) 43
28 Gill Wilcox (Ingli Runners) (F35) 43
29 Julie Noble (Celtic Tri) (F40) 42
30 Louise Parry (3M's Gorseinon R.R.) 42
31 Cordelia Jones (3M's Gorseinon R.R.) 39
32 Clare Williams (Ingli Runners) (F40) 38
33 Michelle Witham (Swansea Harriers A.C.) 37
34 Ffion Aur Evans (Amman Valley Harriers) (U20) 36
35 Helen Walker (Ingli Runners) (F50) 34
36 Del Eyre (3M's Gorseinon R.R.) (F45) 33
37 Judith Oakley (Port Talbot Harriers & A.C) (F40) 31
38 Kimberley Bates (Port Talbot Harriers & A.C) (F35) 31
39 Della Griffiths (Pembrokeshire Harriers) (F40) 30
40 Phoebe Pender (Aberystwyth A.C.) 30
41 Tina Arthur (Port Talbot Harriers & A.C) (F45) 29
42 Jill Willcox (Ingli Runners) (F35) 28
43 Helen Eve (Swansea Harriers A.C.) (F40) 26
44 Melanie Colburn (Celtic Tri) (F40) 26
45 Shirley Davies (Corus) (F45) 26
46 Leanne Westacott (Corus) 25
47 Amy Jenkins (Port Talbot Harriers & A.C) 23
48 Debbie Price (Corus) (F40) 23
49 Carol Vyner (Celtic Tri) 22
50 Madeleine Bland (Pembrokeshire Harriers) (F55) 21
51 Rhian Jones (Team Wecori) 21

52 Tasmin Thomas (Univ of Wales Swansea) 20
53 Julie Samuel (Corus) (F45) 18
54 Juliette Hadley (Amman Valley Harriers) (F35) 17
55 Linda Waller (3M's Gorseinon R.R.) (F50) 17
56 Carys Roderick (Team Wecori) 16
57 Fay Sharpe (3M's Gorseinon R.R.) (F45) 16
58 Jill Colman (Pembrokeshire Harriers) (F40) 15
59 Tracy Hinton (3M's Gorseinon R.R.) (F45) 15
60 Karen Burrows (Celtic Tri) (F45) 14
61 Rebecca Davies (Team Wecori) (F35) 14
62 Pauline Charlett (Pembrokeshire Harriers) (F45) 13
63 Sarah Neale (Corus) 13
64 Linda Rees (3M's Gorseinon R.R.) (F45) 12
65 Barbara Thomas (Pembrokeshire Harriers) (F65) 11
66 Lorraine Dyde (Pembrokeshire Harriers) (F50) 11
67 Susan Felstead (Celtic Tri) (F40) 11
68 Jan Bell (Pembrokeshire Harriers) (F60) 10
69 Lynne Perrott (Team Wecori) (F55) 9
70 Nikki Powell (Celtic Tri) 9
71 Cath Richards (Corus) (F45) 8
72 Tracey Williams (Celtic Tri) (F45) 8
73 Lisa Ogilvie (Celtic Tri) (F40) 5
74 Hayley Morris (Celtic Tri) (F35) 4
75 Heather Pierce (Celtic Tri) (F40) 3
76 Alison Jones (Celtic Tri) (F40) 2
77 Rose Jones (Celtic Tri) (F55) 2
78 Alaw Beynon-Thomas (Guest) 0
78 Angharad Davies (Guest) (U20) 0
78 Carys Davies (Guest) (U20) 0
78 Emily Downey (Guest) (U20) 0
78 Jenny Phillips (Guest) (F40) 0