

WEST WALES CROSS COUNTRY CHAMPIONSHIPS - Sunday Nov 6th

The West Wales Cross Country Championships were held in glorious conditions at Fairwood Common with wins for the following athletes:

Under 13 Boys - **Marinus Petersen** (Pembrokeshire Harriers)

Under 13 Girls - **Jessica Bradley** (Pembrokeshire Harriers)

Under 15 Boys - **Jac Hopkins** (Swansea Harriers)

Under 15 Girls - **Olivia Gwynn** (Swansea Harriers)

Under 17 Boys - **Connor Davies** (Swansea Harriers)

Under 17 Girls - **Megan Withers** (Pembrokeshire Harriers)

Under 20 Men - **Matthew Thomas** (Swansea Harriers)

Under 20 Ladies - **Rhiannon Anderson** (Aberystwyth University)

Senior Men - **Mark Roberts** (Swansea Harriers)

Senior Ladies - **Andrea Whitcombe** (Swansea Harriers)

Masters Men

V35 – **David Rees** (Swansea Harriers)

V40 – **Chris Fulcher** (Port Talbot Harriers)

V45 – **Chris Parker** (Port Talbot Harriers)

V50 – **Ifan Lloyd** (Swansea Harriers)

V55 – **John Sinnett** (Pembrokeshire Harriers)

V60 – **Peter Turner** (Cornelly Striders)*

V65 – **Colin Anthony** (Port Talbot Harriers)

Masters Ladies

F35 – **Ana O'Neill** (Pembrokeshire Harriers)

F40 – **Sharon Ford** (Porthcawl Runnerslife)

F50 – **Christina Smith** (3M's Gorseinon Road Runners)

F55 – **Dawn Kenwright** (Sarn Helen)

F60 –**Christine Hurdidge** (3M's Gorseinon Road Runners)

F45 – **Sandra Pinkham** (Port Talbot Harriers)

F65 – **Janet Bell** (Pembrokeshire Harriers)



Photo: Mens Winner Mark Roberts (139) (Swansea Harriers) leads the way from Lewys Hobbs

Senior Men (9.9km)

- 1 Mark Roberts (Swansea Harriers) 35.30 (V40)
- 2 David Rees (Swansea Harriers) 36.20 (V35)
- 3 Matthew Thomas (Swansea Harriers) 36.21 (U20)
- 4 Nathan Ditton (Guest) 36.36 (U20)
- 5 Ross MacDonald (Swansea Harriers) 37.07
- 6 Daniel Bodman (Swansea University) 37.14
- 7 Ifan Lloyd (Swansea Harriers) 37.32 (V50)
- 8 Ronan Llyr (Carmarthen Harriers) 37.38 (U20)
- 9 Hywel Jones (Aberystwyth University) 37.43
- 10 Gareth Ayres (Port Talbot Harriers) 37.46
- 11 Emrys Penny (Swansea University) 37.47 (U20)
- 12 John Battrick (Aberystwyth University) 37.53
- 13 Ashley Harper (Swansea University) 38.04 (U20)
- 14 James Hockin (Celtic Tri) 38.17
- 15 Geraint Lewis (Porthcawl Runnerslife) 38.34
- 16 Chris Fulcher (Port Talbot Harriers) 38.40 (V40)
- 17 Tom Bowerman (Swansea University) 38.59
- 18 Alun Davies (3M's Gorseinon Road Runners) 39.07 (V55)
- 19 Chris Parker (Port Talbot Harriers) 39.17 (V45)
- 20 David Wilson-Evans (Swansea Harriers) 39.19 (V50)
- 21 Peter Crane (Neath Harriers) 39.20 (V45)

22 John Morris (Amman Valley Harriers) 39.25
23 Charles Walsh (Port Talbot Harriers) 39.34 (V35)
24 Mike Evans (TROTTS) 39.44 (V35)
25 Steve Smith (Swansea Harriers) 39.59 (V45)
26 Bernd Kulesa (3M's Gorseinon Road Runners) 40.03 (V40)
27 Tom Guest (Swansea Harriers) 40.06 (V45)
28 Joshua Lawless (Swansea University) 40.08
29 Richard Mann (Swansea University) 40.17
30 Matthew O'Leary (Neath Harriers) 40.19 (U20)
31 Steve Evans (Neath Harriers) 40.28 (V45)
32 Ross Simpson (Swansea Harriers) 40.39
33 Peter Osborne (Swansea Harriers) 40.45 (V50)
34 Neil Jones (Amman Valley Harriers) 40.49 (V35)
35 Ian Webb (Llanelli AAC) 40.52 (V50)
36 Raul Reismann (Swansea Harriers) 40.58 (V35)
37 Paul Roberts (Swansea University) 41.01 (U20)
38 Ian Harris (3M's Gorseinon Road Runners) 41.01
39 Daniel Davies (Pembrokeshire Harriers) 41.25
40 Dylan Jones (Aberystwyth University) 41.32
41 Richard Jones (Swansea Harriers) 41.36 (V50)
42 Jason Tompkins (Tata Steel) 41.41
43 Richard Thompson (Pembrokeshire Harriers) 41.42 (V45)
44 Richard Lewis (Celtic Tri) 41.46 (V35)
45 Andrew George (Celtic Tri) 41.55
46 Jeff Thomas (Porthcawl Runnerslife) 41.59
47 Hugh Pascoe (Celtic Tri) 42.14
48 Steve Walsh (Port Talbot Harriers) 42.18
49 Neil Davies (Cornelly Striders) 42.22 (V50)
50 Alex Williams (Port Talbot Harriers) 42.29
51 Kevin Taylor (Amman Valley Harriers) 42.37 (V50)
52 Steve Thomas (3M's Gorseinon Road Runners) 42.40 (V35)
53 Christopher Jenkins (Porthcawl Runnerslife) 42.45
54 Dai Richards (Celtic Tri) 42.54 (V50)
55 Simon Wilson (Swansea Harriers) 42.58 (V45)
56 Martin Flear (Llanelli AAC) 43.01
57 Sam Risby (Aberystwyth University) 43.07
58 Ben Granville (Swansea University) 43.15 (U20)
59 Paul Rees (3M's Gorseinon Road Runners) 43.21 (V45)
60 Jason Dickinson (TROTTS) 43.31 (V40)
61 Chris Lewis (Port Talbot Harriers) 43.32 (V35)
62 Mark Gosney (3M's Gorseinon Road Runners) 43.36
63 Steve Wilkinson (Celtic Tri) 43.40 (V45)
64 Gareth Davey (Llanelli AAC) 44.02 (V35)
65 Mark Dunscombe (Sarn Helen) 44.07 (V50)
66 Steve Williams (Neath Harriers) 44.14 (V50)
67 John Sinnett (Pembrokeshire Harriers) 44.16 (V55)
68 Chris Dixon (Pembrokeshire Harriers) 44.24
69 Howard Carpenter (Neath Harriers) 44.26 (V55)
70 Darren Edwards (Celtic Tri) 44.41
71 William Edwards (Porthcawl Runnerslife) 44.43 (V35)
72 Stephen Cable (3M's Gorseinon Road Runners) 44.46 (V35)
73 Chris Woodfield (Aberystwyth University) 44.48
74 Paul Butcher (Amman Valley Harriers) 44.55 (V45)
75 Nigel Francisco (Team Wecori) 44.58 (V45)
76 Mike Tate (Celtic Tri) 45.01 (V40)
77 David Hesketh (Cornelly Striders) 45.11 (V45)
78 Steve Reikes (Celtic Tri) 45.14
79 Peter Turner (Cornelly Striders) 45.22 (V60)
80 Kristo Holm (Swansea University) 45.24
81 Hywel Jones (Amman Valley Harriers) 45.28 (V45)
82 Rony Seamons (Celtic Tri) 45.30
83 Jason Griffiths (Tata Steel) 45.34 (V40)
84 Mark Terry (TROTTS) 45.36 (V50)
85 Graham Colvin (3M's Gorseinon Road Runners) 45.40 (V45)
86 Roger Davies (Porthcawl Runnerslife) 45.43 (V50)
87 Andrew Mundy (Brackla Harriers) 45.45 (V35)
88 Dean Hardie (3M's Gorseinon Road Runners) 46.12 (V50)

- 89 Robin Withers (Pembrokeshire Harriers) 46.20 (V45)
- 90 Andrew Craddock (Tata Steel) 46.30
- 91 Leighton Gardner (Swansea Harriers) 46.34 (V45)
- 92 Geraint Jenkins (Amman Valley Harriers) 46.40 (V40)
- 93 Alun Evans (Amman Valley Harriers) 47.14
- 94 Paul Colman (Pembrokeshire Harriers) 47.26 (V50)
- 95 Alan Jones (Brackla Harriers) 47.27 (V55)
- 96 Calvin Hold (Swansea Harriers) 47.33 (V35)
- 97 Eric Davey (Llanelli AAC) 47.34 (V60)
- 98 David Cornish (Port Talbot Harriers) 47.39 (V45)
- 99 Alan Perkins (Port Talbot Harriers) 47.41 (V60)
- 100 Richard Jones (Cornelly Striders) 47.42 (V35)
- 101 Julian Maine (Porthcawl Runnerslife) 47.45 (V50)
- 102 Uku Kumari (Swansea Harriers) 47.58 (V55)
- 103 Andrew Croucher (Swansea University) 48.06
- 104 Rhys Roberts (Celtic Tri) 48.14 (U20)
- 105 Graham Vyner (Celtic Tri) 48.14 (V40)
- 106 Andrew Dunscombe (Porthcawl Runnerslife) 49.08 (V45)
- 107 Steve Hames (Neath Harriers) 49.16 (V45)

108 TBC

109 Dan Colman (Pembrokeshire Harriers 49.21 (U20))

- 110 Laurence Worth (Pembrokeshire Harriers) 49.26 (V45)
- 111 Ian Williams (Port Talbot Harriers) 49.39 (V45)
- 112 Peter Deacon (Swansea Harriers) 50.02 (V50)
- 113 Tony Burt (Brackla Harriers) 50.24 (V65)
- 114 Mario Rabaiotti (Port Talbot Harriers) 50.35 (V45)
- 115 John Preston (Tata Steel) 50.36 (V45)
- 116 Martin Dyde (Pembrokeshire Harriers) 50.51 (V50)
- 117 Colin Anthony (Port Talbot Harriers) 51.00 (V65)
- 118 Alex Ford (Brackla Harriers) 51.16 (V60)
- 119 Terry Jones (Celtic Tri) 51.45 (V55)
- 120 Lee Newman (Porthcawl Runnerslife) 52.12 (V40)
- 121 Swaran Sandhu (Swansea University) 52.13
- 122 Richard Harris (Celtic Tri) 52.51 (V40)
- 123 Roland Sherwood (Carmarthen Harriers) 53.11 (V65)
- 124 Dave Breen (Porthcawl Runnerslife) 54.29 (V55)
- 125 Ray James (Port Talbot Harriers) 54.57 (V50)
- 126 James Owen (Tata Steel) 55.09
- 127 Glyn Williams (3M's Gorseinon Road Runners) 56.05 (V65)
- 128 John Sanderson (3M's Gorseinon Road Runners) 56.28 (V50)
- 129 John Ayres (Port Talbot Harriers) 56.50 (V55)
- 130 Ian Stratton (Brackla Harriers) 57.25 (V40)
- 131 Malcolm Bullough (Swansea University) 61.01 (V50)
- 132 Ian Swanson (Port Talbot Harriers) 62.02 (V60)
- 133 Mike Jones (Celtic Tri) 84.31 (V50)

Senior Ladies (5.1km)

- 1 Andrea Whitcombe (Swansea Harriers) 18.33 (F40)
- 2 Alaw Beynon-Thomas (Swansea Harriers) 19.40
- 3 Helen Marshall (Aberystwyth AC) 21.21
- 4 Verity Ockenden (Swansea University) 21.39
- 5 Ana O'Neill (Pembrokeshire Harriers) 21.53 (F35)
- 6 Elaina Gard (3M's Gorseinon Road Runners) 22.40
- 7 Sandra Pinkham (Port Talbot Harriers) 22.57 (F45)
- 8 Clare Cleathero (Tata Steel) 23.22 (F35)
- 9 Michelle Grey (Port Talbot Harriers) 23.37
- 10 Sara Thomas (Swansea Harriers) 24.01
- 11 Susanna Pitton (Aberystwyth University) 24.02
- 12 Dawn Kenwright (Sarn Helen) 24.11 (F55)
- 13 Efa Llewellyn (Enfield & Haringey/SH) 24.24
- 14 Caroline Sandles (3M's Gorseinon Road Runners) 24.36 (F45)
- 15 Christina Smith (3M's Gorseinon Road Runners) 24.43 (F50)

16 Sharon Ford (Porthcawl Runnerslife) 24.49 (F40)
 17 Caryl Davies (Sarn Helen) 25.00
 18 Ceri Brambley-Tucker (Port Talbot Harriers) 25.04 (F40)
 19 Christine Jones (Celtic Tri) 25.08 (F50)
 20 Nicola Thomas (Porthcawl Runnerslife) 25.13 (F45)
 21 Natalie Holborow (Swansea University) 25.24
 22 Pauline Williams (Port Talbot Harriers) 25.27 (F50)
 23 Cordelia Jones (3M's Gorseinon Road Runners) 25.28
 24 Mandy Morris (Port Talbot Harriers) 25.46 (F35)
 25 Lisa Williams (3M's Gorseinon Road Runners) 26.10
 26 Ceri Thomas (Porthcawl Runnerslife) 26.34 (F45)
 27 Della Griffiths (Pembrokeshire Harriers) 26.36 (F45)
 28 Judith Oakley (Port Talbot Harriers) 26.40 (F45)
 29 Ann Marie Jones (Amman Valley Harriers) 27.09
 30 Alison Griffiths (Pembrokeshire Harriers) 27.17 (F40)
 31 Rebecca Hambrook (Porthcawl Runnerslife) 27.34 (F60)
 32 Romana Maine (Porthcawl Runnerslife) 27.35 (F50)
 33 Linda Rees (3M's Gorseinon Road Runners) 27.37 (F50)
 34 Helen Eve (Swansea Harriers) 27.37 (F40)
 35 Joanna Otteson (3M's Gorseinon Road Runners) 28.20 (F40)
 36 Michelle Phillips (Amman Valley Harriers) 28.27 (F35)
 37 Jayne Schiess (Celtic Tri) 28.38 (F35)
 38 Mandy Beer (Celtic Tri) 28.55 (F50)
 39 Patricia Jones (Brackla Harriers) 29.14 (F50)
 40 Debbie Veck (3M's Gorseinon Road Runners) 29.25 (F40)
 41 Christina Hurdidge (3M's Gorseinon Road Runners) 29.28 (F60)
 42 Sally Reid (3M's Gorseinon Road Runners) 30.03 (F40)
 43 Jill Colman (Pembrokeshire Harriers) 30.38 (F45)
 44 Carol Vyner (Celtic Tri) 30.50 (F40)
 45 Michelle Davies (3M's Gorseinon Road Runners) 31.15
 46 Sue Cook (Port Talbot Harriers) 31.20
 47 Fay Sharpe (3M's Gorseinon Road Runners) 31.45 (F50)
 48 Pauline Charlett (Pembrokeshire Harriers) 32.16 (F45)
 49 Madeleine Bland (Pembrokeshire Harriers) 33.02 (F60)
 50 Janet Bell (Pembrokeshire Harriers) 34.45 (F65)
 51 Linda Owens (3M's Gorseinon Road Runners) 34.55 (F60)
 52 Lynn Holmes (3M's Gorseinon Road Runners) 34.57 (F45)
 53 Amanda Gilbert (Celtic Tri) 35.43 (F45)
 54 Tara Watt (Celtic Tri) 39.13

JUNIOR RESULTS

(Under 13 Boys (2.8km))

1 Marinus Petersen (Pembrokeshire Harriers) 10.52
 2 Elliott Lawrence (Swansea Harriers) 11.20
 3 Aled Phillips (Carmarthen Harriers) 11.31
 4 Sam Martin (Swansea Harriers) 11.35
 5 Huw Cooke (Pembrokeshire Harriers) 11.43
 6 Nicholas Porter (Swansea Harriers) 11.45
 7 Josh Green (Swansea Harriers) 12.27
 8 Nathaniel Davies (Carmarthen Harriers) 12.32
 9 Joseph Tobin (Swansea Harriers) 12.38
 10 Mark Bramer (Swansea Harriers) 13.01
 11 Thomas Willoughy (Sarn Helen) 13.43
 12 William Bain (Neath Harriers) 15.51

Under 13 Girls (2.8km)

1 Jessica Bradley (Pembrokeshire Harriers) 11.49
 2 Beth Meopham (Pembrokeshire Harriers) 11.54
 3 Bethan Harris (Swansea Harriers) 12.00

- 4 Isabelle Davies (Pembrokeshire Harriers) 12.04
- 5 Alicia Jones (Pembrokeshire Harriers) 12.09
- 6 Ceris Davies (Carmarthen Harriers) 12.12
- 7 Anna Garvey (Pembrokeshire Harriers) 12.18
- 8 Sioned Glynn (Pembrokeshire Harriers) 12.22
- 9 Tegan Harrison (Pembrokeshire Harriers) 12.33
- 10 Awen Lewis (Neath Harriers) 12.46
- 11 Ellie McCormick (Neath Harriers) 12.52
- 12 Ffion Jenkins (Swansea Harriers) 13.07
- 13 Eira James (Swansea Harriers) 13.34
- 14 Megan Stratton-Thomas (Swansea Harriers) 13.44
- 15 Elisse Ratti (Swansea Harriers) 13.50
- 16 Isobel Guest (Swansea Harriers) 13.54
- 17 Sophie Davies (Swansea Harriers) 14.09
- 18 Abigail Worrall (Amman Valley Harriers) 14.17
- 19 Emily Jones (Swansea Harriers) 14.54
- 20 Georgia Dickinson (Neath Harriers) 14.55
- 21 Rebecca Walters (Carmarthen Harriers) 14.59

Under 15 Girls (2.8km)

- 1 Olivia Gwynn (Swansea Harriers) 10.53
- 2 Lara Phillipart (Swansea Harriers) 11.33
- 3 Caitlin Page (Sarn Helen) 11.38
- 4 Madleine Perrin (Swindon) 11.46
- 5 Ffion Quan (Sarn Helen) 11.47
- 6 Cari Harries (Aberystwyth AC) 12.00
- 7 Shannon Desmet (Carmarthen Harriers) 12.06
- 8 Megan Thomas (Carmarthen Harriers) 12.37
- 9 Katra John (Llanelli AAC) 12.42
- 10 Alice Russell-Stretch (Pembrokeshire Harriers) 12.47
- 11 Amber Howell (Carmarthen Harriers) 12.53
- 12 Siobhan Eleri (Carmarthen Harriers) 13.04
- 13 Emily Thomas (Carmarthen Harriers) 13.08
- 14 Holly Owen (Neath Harriers) 13.16
- 15 Niane Elaine (Carmarthen Harriers) 13.40
- 16 Eve Kyriaaiens (Swansea Harriers) 13.43
- 17 Rebecca Lewis (Carmarthen Harriers) 14.50
- 18 Rhiannon Fenn (Swansea Harriers) 15.30

Under 15 Boys (4.1km)

- 1 Jac Hopkins (Swansea Harriers) 14.33
- 2 Christian Lovett (Carmarthen Harriers) 15.19
- 3 Callum Beard (Llanelli AAC) 15.35
- 4 Liam Bradley (Pembrokeshire Harriers) 15.49
- 5 Ashley Hopkins (Swansea Harriers) 16.10
- 6 Dylan Jones (Aberystwyth) 16.24
- 7 Rhydian Jones (Swansea Harriers) 16.32
- 8 Ben Williams (Carmarthen Harriers) 16.37
- 9 Henrik Desmet (Carmarthen Harriers) 16.41
- 10 Joe Linguard (Swansea Harriers) 17.19
- 11 Sam Withers (Pembrokeshire Harriers) 17.26
- 12 Thomas John (Neath Harriers) 17.36
- 13 Finn Thompson (Pembrokeshire Harriers) 18.04

Under 17 Girls (4.1km)

- 1 Megan Withers (Pembrokeshire Harriers) 16.21
- 2 Elin Davies (Swansea Harriers) 17.00
- 3 Caitlin Thompson (Pembrokeshire Harriers) 17.10
- 4 Kari O'Neill (Carmarthen Harriers) 17.43
- 5 Megan Turner (Aberystwyth A.C.) 17.58
- 6 Iona Evans (Swansea Harriers) 18.23
- 7 Rhian Homer (Pembrokeshire Harriers) 18.31
- 8 Stacy Webber (Llanelli AAC) 19.21
- 9 Leah Randell (Llanelli AAC) 20.43
- 10 Hannah Austin (Pembrokeshire Harriers) 20.49

- 11 Lucy Hammett (Swansea Harriers) 21.37
- 12 Catrin Roberts (Neath Harriers) 21.51

Under 17 Boys (5.1km)

- 1 Connor Davies (Swansea Harriers) 17.46
- 2 Ieuan Cooke (Pembrokeshire Harriers) 18.26
- 3 Laurie Haworth (Pembrokeshire Harriers) 19.47
- 4 Daniel Hall (Swansea Harriers) 21.12

Under 20 Women (5.1km)

- 1 Rhiannon Anderson (Aberystwyth University) 23.33

Under 20 Men (9.9km)

- 1 Matthew Thomas (Swansea Harriers) 36.21
- 2 Ronan Llyr (Carmarthen Harriers) 37.38
- 3 Emrys Penny (Swansea University) 37.47
- 4 Ashley Harper (Swansea University) 38.04
- 5 Matthew O'Leary (Neath Harriers) 40.19
- 6 Paul Roberts (Swansea University) 41.01
- 7 Rhys Roberts (Celtic Tri) 48.14
- 8 Dan Colman (Pembrokeshire Harriers) 49.18