

West Glamorgan – Margam Park 8th January 2012

Ladies Result

- 1 Claire Phillips (Port Talbot Harriers & A.C.) 23.08 (F40)
- 2 Hannah Jarvis Guest 23.54
- 3 Jemima Osborn (Swansea Harriers) 24.35 U20
- 4 Sandra Pinkham (Port Talbot Harriers & A.C.) 24.51 (F45)
- 5 Katie Reynolds (Swansea Harriers) 25.02 U20
- 6 Claire Cleathero (Tata Steel) 25.15 (F35)
- 7 Michelle Grey (Port Talbot Harriers & A.C.) 25.42
- 8 Jayne Arnold (Celtic Tri) 25.49 (F40)
- 9 Louise Miskell (3M's Gorseinon R.R.) 26 (F40)
- 10 Leanne Gibbs (Celtic Tri) 26.23 (F40)
- 11 Charlotte Johns (Brackla) 26.24 (F45)
- 12 Sharon Ford (Porthcawl Runners Life) 26.27 (F40)
- 13 Mandy Morris (Port Talbot Harriers & A.C.) 26.33 (F35)
- 14 Caroline Sandles (3M's Gorseinon R.R.) 26.5 (F45)
- 15 Ceri Brambley-Tucker (Port Talbot Harriers & A.C.) 26.59 (F40)
- 16 Nicola Thomas (Porthcawl Runners Life) 27.13 (F45)
- 17 Pauline Williams (Port Talbot Harriers & A.C.) 27.18 (F50)
- 18 Sian Phillips (Swansea Harriers) 28.17 (F50)
- 19 Andrea Starritt (Brackla) 28.37 (F40)
- 20 Libby Lavis (Brackla) 28.48 (F50)
- 21 Hannah Austin (Pembrokeshire Harriers) 28.5 U20
- 22 Rebecca Hambrook (Porthcawl Runners Life) 28.59 (F60)
- 23 Judith Oakley (Port Talbot Harriers & A.C.) 29.1 (F45)
- 24 Lisa Williams (3M's Gorseinon R.R.) 29.25
- 25 Helen Ross (Swansea Harriers) 29.37 (F35)
- 26 Kirsten Tucker (Port Talbot Harriers & A.C.) 29.45 (F35)
- 27 Anne Marie Jones (Amman Valley Harriers) 29.48
- 28 Elaine Kelleher (Porthcawl Runners Life) 30.04 (F35)
- 29 Tammy Razmick (Brackla) 30.11 (F35)
- 30 Romana Maine (Porthcawl Runners Life) 30.12 (F50)
- 31 Jayne Scheiss (Celtic Tri) 30.32 (F35)
- 32 Alison Griffiths (Pembrokeshire Harriers) 31 (F40)
- 33 Karen Aitchison (Celtic Tri) 31.08 (F40)
- 34 Helen Beale (Porthcawl Runners Life) 31.08
- 35 Linda Rees (3M's Gorseinon R.R.) 31.22 (F50)
- 36 Margaret Reynolds (Swansea Harriers) 31.26 (F50)
- 37 Christina Hurdidge (3M's Gorseinon R.R.) 31.49 (F60)
- 38 Patricia Jones (Brackla) 31.59 (F55)
- 39 Debbie Veck (3M's Gorseinon R.R.) 32.06 (F40)
- 40 Laura Chapple (Celtic Tri) 33.3
- 41 Michelle Davies (3M's Gorseinon R.R.) 33.38 (F40)
- 42 Sue Cook (Port Talbot Harriers & A.C.) 33.52
- 43 Fay Sharpe (3M's Gorseinon R.R.) 34.26 (F50)
- 44 Salli Davies (3M's Gorseinon R.R.) 34.26 (F35)
- 45 Jill Colman (Pembrokeshire Harriers) 34.53 (F45)
- 46 Carol Vyner (Celtic Tri) 35.3 (F40)
- 47 Linda Waller (3M's Gorseinon R.R.) 35.47 (F55)
- 48 Sian Roberts (Celtic Tri) 36.09
- 49 Barbara Thomas (Pembrokeshire Harriers) 37.43 (F60)
- 50 Danielle Harris (3M's Gorseinon R.R.) 41.39
- 51 Paula Stockney (3M's Gorseinon R.R.) 45.55

Mens Result

- 1 Mark Roberts (Swansea University) 34.31 (V40)
- 2 Daniel Beynon (Swansea Harriers MMTG) 35.18
- 3 Tom Davis (Porthcawl Runners Life) 36.00 (U20)
- 4 James Hocking (Celtic Tri) 36.12
- 5 Gareth Ayres (Port Talbot Harriers & A.C.) 36.27

6 Asley Harper (Swansea University) 37.05
7 Alan Davies (3M's Gorseinon R.R.) 37.17 (V55)
8 Ross Macdonald (Swansea Harriers MMTG) 37.3
9 Leighton Williams (Celtic Tri) 37.45
10 Rob Dyde (Pembrokeshire Harriers) 38.01
11 Chris Fulcher (Port Talbot Harriers & A.C.) 38.02 (V40)
12 Richard Lewis (Celtic Tri) 38.11 (V35)
13 Alex Williams (Port Talbot Harriers & A.C.) 38.15 (V40)
14 Richard Mann (Swansea University) 38.25
15 Peter Crane (Neath Black Tuesday) 38.26 (V50)
16 Dean Johnston (Neath Black Tuesday) 38.39
17 Geraint Lewis (Porthcawl Runners Life) 38.42
18 Neil Jones (Amman Valley Harriers) 38.59 (V35)
19 Christopher Jenkins (Porthcawl Runners Life) 39.32
20 Lyndsey Christopher (Tata Steel) 40.01 (V40)
21 Stephen Richards (Swansea Harriers MMTG) 40.17
22 Simon Wilson (Swansea Harriers Vets) 40.20 (V45)
23 Hugh Pascoe (Celtic Tri) 40.24
24 Gareth Elliot (Pembrokeshire Harriers) 40.35
25 Chris Lewis (Port Talbot Harriers & A.C.) 40.42 (V35)
26 Dan Thomas (Swansea Harriers MMTG) 40.53
27 Peter Osborne (Swansea Harriers Vets) 40.55 (V50)
28 Alex Lewis (Swansea Harriers MMTG) 40.57
29 Steve Thomas (3M's Gorseinon R.R.) 40.58 (V35)
30 Richard Jones (Swansea Harriers Vets) 41 (V50)
31 Andrew Jenkins (Tata Steel) 41.04 (V45)
32 Steve Williams (Neath Black Tuesday) 41.18 (V50)
33 Damian Evans (Guest) 41.24
34 Dave Williams (Guest) 41.24 (V40)
35 Glen Draisey (Swansea Harriers) 41.31 (V45)
36 David Crane (Neath Black Tuesday) 41.32 (V50)
37 Chris Dixon (Pembrokeshire Harriers) 41.33
38 Kevin Lewis (Neath Black Tuesday) 41.42 (V50)
39 Andrew George (Celtic Tri) 41.44
40 Niel Davies (Cornelly Striders A.C.) 41.45 (V50)
41 Paul Davies (Port Talbot Harriers & A.C.) 41.58 (V45)
42 David Hesketh (Cornelly Striders A.C.) 42.10 (V50)
43 John Sinnett (Pembrokeshire Harriers) 42.18 (V55)
44 Terry Jones (Porthcawl Runners Life) 42.24 (V35)
45 David Parfitt (Port Talbot Harriers & A.C.) 42.28 (V40)
46 Ian Ogilvie (Brackla) 42.38 (V40)
47 Kevin Taylor (Amman Valley Harriers) 42.42 (V50)
48 Mark Dunscombe (Sarn Helen) 42.44 (V50)
49 Bernie Henderson (Port Talbot Harriers Vets) 42.46 (V55)
50 Steve Gibbons (Port Talbot Harriers & A.C.) 42.54
51 Roger Davis (Porthcawl RL Vets) 42.56 (V55)
52 Gary Davies (Celtic Tri) 42.58 (V45)
53 Huw Matthias (Tata Steel) 43.08 (V40)
54 Mark Terry (Trots) 43.19 (V50)
55 Paul Jelley (Port Talbot Harriers Vets) 43.52 (V45)
56 Paul Rees (3M's Gorseinon R.R.) 44.01 (V45)
57 Steve Raikes (Celtic Tri) 44.06
58 Andrew Munday (Brackla) 44.25 (V35)
59 Robert Scott (Porthcawl Runners Life) 44.4
60 Hywel Jones (Amman Valley Harriers) 44.45 (V45)
61 Peter Turner (Cornelly Striders A.C.) 45.08 (V60)
62 Dean Hardie (3M's Gorseinon R.R.) 45.18 (V50)
63 Julian Maine (Porthcawl RL Vets) 45.24 (V50)
64 Colin Price (Tata Steel) 45.31 (V50)
65 Mike Evans (Neath Black Tuesday) 45.4 (V50)
66 Mike Tate (Celtic Tri) 45.48 (V40)
67 Richard Webster (3M's Gorseinon R.R.) 46.07 V55
68 Geraint Jenkins (Amman Valley Harriers) 46.29 (V40)
69 Paul Arnold (Celtic Tri) 46.33 (V40)
70 Alan Jones (Brackla) 46.37 (V55)
71 Alan Perkins (Port Talbot Harriers & A.C.) 46.43 (V60)
72 Paul Colman (Pembrokeshire Harriers) 46.5 (V50)

73 Lawrence Worth (Pembrokeshire Harriers) 46.59 (V45)
74 Peter Deacon (Swansea Harriers Vets) 47.01 (V50)
75 Will Edwards (Porthcawl Runners Life) 47.48 (V35)
76 Owen Price (Tata Steel) 48.04
77 Mario Rabaiotti (Port Talbot Harriers Vets) 48.07 (V45)
78 Barry Morgan (Brackla) 48.15
79 Dave Griffiths (Pembrokeshire Harriers) 48.16 (V45)
80 Rees Roberts (Celtic Tri) 48.19 (U20)
81 Dan Palmer (Guest) 48.23
82 Anthony Phillips (Porthcawl RL Vets) 48.34 (V45)
83 Steve Ridout (Brackla) 48.37 (V35)
84 Ross Poiner (3M's Gorseinon R.R.) 48.4 (V35)
85 Dave Breen (Porthcawl RL Vets) 48.59 (V55)
86 Jason Owen (Tata Steel) 49.46
87 Dan Colman (Pembrokeshire Harriers) 49.54 U20
88 Simon Sheperd (Amman Valley Harriers) 50.21 (V40)
89 Terry Jones (Celtic Tri) 51.22 (V55)
90 John Ayres (Port Talbot Harriers Vets.) 51.23 (V55)
91 Colin Anthony (Port Talbot Harriers Vets.) 52.24 (V65)
92 Chris Johnson (Porthcawl Runners Life) 52.53
93 Mark Clatworthy (Porthcawl RL Vets) 53.3 (V40)
94 Ray James (Port Talbot Harriers Vets.) 53.49 (V50)
95 John Sanderson (3M's Gorseinon R.R.) 54.47 (V50)
96 Simon Carter (Brackla) 54.59 (V35)
97 Ian Stratton (Brackla) 55.27 (V40)
98 Richard Pearson (Brackla) 56.3 (V45)
99 Keith Treharne (Brackla) 56.39 (V65)
100 Ralph Allemano (Swansea Harriers Thursdays) 56.55 (V60)
101 Adrian Ross (Guest) 57.16 (V50)
102 John Davies (Port Talbot Harriers Vets) 57.19 (V60)
103 Ian Swanson (Port Talbot Harriers Vets) 57.28 (V60)
104 Mark Biscoe (Celtic Tri) 57.31 (V35)