

West Glamorgan League – Margam Park - 7th October 2012

Men

- 1 Mathew Harvey (Neath Harriers) 33.26
- 2 Daniel Rothwell (Swansea Harriers MMTG) 33.34
- 3 Steve Rees (Port Talbot Harriers) 33.48
- 4 James Hockin (Celtic Tri) 33.49
- 5 Elliot Slade (Cornelly Striders) 34.09 (U20)
- 6 Rob Athin (Guest) 34.14
- 7 Owen Hoswell (Cornelly Striders) 34.28 (U20)
- 8 David Rees (Tata Steel) 35.24 (M35)
- 9 Chris Fulcher (Port Talbot Harriers) 35.29 (M45)
- 10 Ashleigh Harper (Swansea University) 35.38
- 11 Richard Lewis (Celtic Tri) 36.02 (M35)
- 12 Andrew Reynolds (Port Talbot Harriers) 36.06
- 13 Daniel Harris (Tata Steel) 36.09
- 14 Andrew Hodgson (Guest) 36.14 (M40)
- 15 Eamonn Kirk (Swansea Harriers Thursdays) 36.17 (M40)
- 16 Royston Whitehouse (Neath Black Tuesday) 36.22 (M45)
- 17 Jake Watson (Swansea University) 36.25 (U20)
- 18 Alan Davies (3Ms Gorseinon) 36.31 (M60)
- 19 Dan Winter (Swansea University) 36.46
- 20 Alex Williams (Port Talbot Harriers) 36.56 (M40)
- 21 Ian Harris (3Ms Gorseinon) 36.59
- 22 Andrew Morrison (Swansea Harriers MMTG) 37.09
- 23 Chris Parker (Port Talbot Harriers) 37.16 (M45)
- 24 Raul Reismann (Swansea Harriers Thursdays) 37.17 (M35)
- 25 Simon Wilson (Swansea Harriers Masters) 37.18 (M40)
- 26 Chris Dixon (Pembrokeshire Harriers) 37.19 (M35)
- 27 Daniel Gurmin (Swansea Harriers MMTG) 37.23
- 28 Aled Anderson (3Ms Gorseinon) 37.28
- 29 Ben Granville (Swansea University) 37.37
- 30 Jos Jones (Aberystwyth AC) 37.43 (M35)
- 31 Paul Speyer (Brackla Harriers) 37.49 (M35)
- 32 Christopher Jenkins (Porthcawl Runners) 37.49
- 33 Steven Waldron (Guest) 37.51
- 34 Philip Crane (Neath Black Tuesday) 37.56 (M50)
- 35 Nigel Barnes (Run4all) 38.01 (M45)
- 36 Peter Crane (Neath Black Tuesday) 38.12 (M50)
- 37 Adrian Pearce (Tata Steel) 38.15 (M40)
- 38 Martin George (Llanelli AC) 38.18 (M35)
- 39 Terry Jones (Porthcawl Runners) 38.25 (M35)
- 40 Richard Mann (Swansea University) 38.43
- 41 Kieran John (Neath Jaguars) 38.51 (U20)
- 42 Peter Osborne (Llanelli AC) 38.55 (V50)
- 43 John Littlewood (Celtic Tri) 38.57
- 44 Jeremy Davies (Neath Jaguars) 39.01 (M45)
- 45 Lyndsey Christopher (Swansea Harriers Thursdays) 39.03 (M40)
- 46 Charles Walsh (Neath Harriers) 39.13 (M35)
- 47 Daniel Davies (Pembrokeshire Harriers) 39.15
- 48 Kneath Philippart (Swansea Harriers Thursdays) 39.16 (M50)
- 49 Andrew Jenkins (Tata Steel) 39.21 (M45)
- 50 Andrew Morris (Swansea Harriers Thursdays) 39.31
- 51 Hugh Pascoe (Celtic Tri) 39.37
- 52 Ceri Griffiths (Brackla Harriers) 39.42 (M40)
- 53 Ian Ogilvie (Brackla Harriers) 39.42 (M45)
- 54 Mark Gosney (3Ms Gorseinon) 39.48
- 55 John Morgan (Guest) 39.54 (M45)
- 56 Kevin Lewis (Neath Black Tuesday) 39.55 (M50)
- 57 Richard Jones (Swansea Harriers Masters) 39.56 (M50)
- 58 Darren Edwards (Celtic Tri) 40.08 (M35)
- 59 Mark Emery (Guest) 40.19

60 Steve Williams (Neath Black Tuesday) 40.21 (M50)
61 Mark White (Tata Steel) 40.23
62 Chris Lewis (Port Talbot Harriers) 40.24 (M35)
63 Robert Sandles (3Ms Gorseinon) 40.28 (M45)
64 Geraint Lewis (Porthcawl Runners) 40.34 (M35)
65 Kalem Thomas (Amman Valley Harriers) 40.36 (U20)
66 Lee Sandham (Neath Black Tuesday) 40.43 (M40)
67 Sam Knowles (Swansea University) 40.45 (U20)
68 Neil Davies (Cornelly Striders) 40.49 (M50)
69 Andrew Mundy (Brackla Harriers) 40.49 (M35)
70 Mike Tate (Celtic Tri) 40.59 (M40)
71 Howard Carpenter (Neath Black Tuesday) 41.01 (M55)
72 Thomas John (Neath Jaguars) 41.07 (U20)
73 Carwyn Evans (Swansea Harriers Under 20's) 41.08 (U20)
74 Adam Newton (Celtic Tri) 41.16
75 Gary Davies (Celtic Tri) 41.19 (M45)
76 Roger Davis (Porthcawl Runners Masters) 41.21 (M55)
77 Will Edwards (Porthcawl Runners Masters) 41.38 (M40)
78 Gareth Poston (Tata Steel) 41.39
79 Olivier Henry (Swansea University) 41.45
80 Neil Harris (Porthcawl Runners Masters) 41.46 (M50)
81 Paul Lewis (3Ms Gorseinon) 41.49 (M45)
82 David Hesketh (Cornelly Striders) 41.53 (M45)
83 Paul Davies (Run4all) 41.55 (M45)
84 Andrew Edwards (Celtic Tri) 41.56
85 Andrew Thomas (Sospan Road Runners) 41.57 (M45)
86 Rhys Doel (Neath Jaguars) 42.01 (U20)
87 David Cornish (Port Talbot Harriers) 42.02 (M45)
88 Richard Bowen (Neath Black Tuesday) 42.03 (M65)
89 Paul Jelley (Port Talbot Harriers Wizards) 42.08 (M45)
90 Hugh Mathias (Tata Steel) 42.29 (M40)
91 Hywel Jones (Amman Valley Harriers) 42.33 (M50)
92 Paul Dyson (Swansea University) 42.43 (M50)
93 Mark Terry (Guest) 42.46 (M55)
94 Robert Scott (Porthcawl Runners) 42.49
95 Mike Gleeson (Swansea Harriers Thursdays) 43.01 (M40)
96 Richard Harris (Celtic Tri) 43.12 (M40)
97 Richard Price (Celtic Tri) 43.12 (M45)
98 Marcus Richardson (Celtic Tri) 43.23 (M50)
99 Dean Hardie (3Ms Gorseinon) 43.37 (M50)
100 Mike Evans (Neath Black Tuesday) 43.41 (M50)
101 Allan Jones (Brackla Harriers) 43.42 (M55)
102 Graham Vyner (Celtic Tri) 43.46 (M40)
103 Michael Halsall (Llanelli AC) 43.49 (M35)
104 Barry Morgan (Brackla Harriers) 43.54 (M35)
105 Simon Partridge (Neath Black Tuesday) 44.07 (M55)
106 Phil Davies (Tata Steel) 44.16 (M50)
107 Richard Jones (Cornelly Striders) 44.18 (M35)
108 Kris Denholm (Brackla Harriers) 44.19 (M45)
109 Leighton Gardner (Swansea Harriers Thursdays) 44.19 (M45)
110 David Brean (Porthcawl Runners Masters) 44.24 (M55)
111 Steve Hames Neath Black Tuesday 44.29 (M45)
112 Kevin Taylor (Amman Valley Harriers) 44.54 (M50)
113 Alan Perkins (Port Talbot Harriers) 45.02 (M60)
114 Brian Fox (Swansea Harriers Masters) 45.05 (M65)
115 Dave Hughes (Cornelly Striders) 45.09 (M45)
116 Paul Kingdon (Sospan Road Runners) 45.17 (M40)
117 Rony Seamans (Celtic Tri) 45.21
118 Callum Wadham (Run4all) 45.27 (U20)
119 Tom Wright (Sospan Road Runners) 45.29 (M50)
120 Paul Arnold (Celtic Tri) 45.37 (M40)
121 Gavin Richards (Celtic Tri) 45.39
122 Paul White (Sospan Road Runners) 45.49 (M50)
123 Graham Evans (Celtic Tri) 46.01 (M55)
124 Heath Williams (Celtic Tri) 46.06 (M40)
125 Uku Kumari (Swansea Harriers Thursdays) 46.19 (M60)
126 Jonathan Jones (Guest) 46.21

127 Kevin Corcoran (Swansea Harriers Thursdays) 46.26 (M50)
128 Terry Nillt (Guest) 46.29 (M50)
129 Andrew Dunscombe (Porthcawl Runners) 46.55 (M55)
130 Geraint Jenkins (Amman Valley Harriers) 47.01 (M45)
131 Anthony Phillips (Porthcawl Runners Masters) 47.32 (M45)
132 Paul Hambly (Run4all) 47.35 (M35)
133 Ben Williams (Neath Jaguars) 47.44 (U20)
134 Andrew Wheeler (Celtic Tri) 47.51 (M35)
135 Peter Deacon (Port Talbot Harriers Wizards) 48.23 (M55)
136 Eric Davey (Llanelli AC) 48.47 (M60)
137 Terry Jones (Celtic Tri) 48.59 (M60)
138 Mark Edwards (Celtic Tri) 49.22
139 Ken Milligan (Celtic Tri) 49.27 (M55)
140 John Ayres (Port Talbot Harriers Wizards) 49.54 (M55)
141 Simon Carter (Brackla Harriers) 50.34 (M35)
142 James Davies 3Ms Gorseinon 51.15 (M40)
143 Ian Stratton (Brackla Harriers) 52.21 (M45)
144 Ray James (Port Talbot Harriers Wizards) 53.21 (M50)
145 Keith Treharne (Brackla Harriers) 53.41 (M65)
146 Richard Pearson (Brackla Harriers) 53.51 (M45)
147 Ian Michael (Run4all) 54.09 (M40)
148 Steve Ellis (Run4all) 54.09
149 John Greenhill (Sospan Road Runners) 54.31 (M45)
150 Roger Smith (Guest) 54.31 (M40)
151 John Davies (Port Talbot Harriers Wizards) 56.27 (M60)
152 Darren Vaughan (Port Talbot Harriers Wizards) 56.48 (M35)
153 Steve Phillips (Guest) 58.01
154 Dee Buchanan (Guest) 58.01
155 Ian Swanson (Port Talbot Harriers Wizards) 58.06 (M60)
156 Tony Holling (Port Talbot Harriers Wizards) 63.55 (M55)

Ladies

1 Sian Edwards (Swansea University) 20.14
2 Clare Phillips (Port Talbot Harriers) 21.39 (F40)
3 Helen Marshall (Aberystwyth AC) 22.55
4 Emily Relton (Swansea University) 23.29 (U20)
5 Ingrid Taylor (3Ms Gorseinon) 23.38 (F40)
6 Sandra Pinkham (Port Talbot Harriers) 23.39 (F45)
7 Michelle Grey (3Ms Gorseinon) 24.32
8 Carol Moseley (Port Talbot Harriers) 24.36 (F35)
9 Chloe Crossman (Swansea University) 24.38 (U20)
10 Jenny Phillips (Llanelli AC) 25.04 (F45)
11 Charlotte Johns (Brackla Harriers) 25.09 (F45)
12 Mandy Morris (Port Talbot Harriers) 25.12 (F35)
13 Jayne Arnold (Celtic Tri) 25.29 (F40)
14 Judith Oakley (Port Talbot Harriers) 25.56 (F45)
15 Caroline Sandles (3Ms Gorseinon) 26.05 (F45)
16 Nicola Thomas (Porthcawl Runners) 26.12 (F45)
17 Andrea Starrit (Brackla Harriers) 26.18 (F45)
18 Sian Phillips (Swansea Harriers) 26.35 (F50)
19 Pauline Williams (Port Talbot Harriers) 27.02 (F50)
20 Annemarie Tucker (Run4all) 27.22
21 Ceri Brambley-Tucker Port Talbot Harriers 27.45 (F40)
22 Christine Jones (Celtic Tri) 27.48 (F50)
23 Annmarie ? Amman Valley Harriers 28.03
24 Rebecca Hambrook (Porthcawl Runners) 28.09 (F60)
25 Lisa Kethro (Celtic Tri) 28.18 (F40)
26 Charlotte Hunt (Port Talbot Harriers) 28.19 (F35)
27 Romana Maine (Porthcawl Runners) 28.28 (F50)
28 Joanna Otteson (3Ms Gorseinon) 28.32 (F40)
29 Carys Hockin (Celtic Tri) 28.34
30 Cathrin Owen Amman Valley Harriers 28.54 (F35)
31 Debra Vance (Run4all) 29.02 (F40)
32 Margaret Reynolds (SBOC) 29.06 (F50)
33 Rachel Edworthy (Swansea University) 29.07

34 Del Ayre (3Ms Gorseinon) 29.08 (F45)
35 Julia Rees (Port Talbot Harriers) 29.29
36 Karen Aitchison (Celtic Tri) 29.33 (F40)
37 Nicola Powell (Celtic Tri) 29.49 (F35)
38 Jo Mather (Run4all) 30.49 (F40)
39 Sali Davies (3Ms Gorseinon) 30.33 (F35)
40 Patricia Jones Brackla Harriers 30.56 (F55)
41 Alan Smith (3Ms Gorseinon) 31.18 (M75)
42 Sian Roberts (Celtic Tri) 32.05
43 Karen Pitt (3Ms Gorseinon) 32.16 (F35)
44 Alenca Harrington (Swansea University) 32.18
45 Michelle Davies (3Ms Gorseinon) 32.32 (F40)
46 Linda Waller (3Ms Gorseinon) 32.37 (F55)
47 Sarah Skinner (Porthcawl Runners) 32.5 (F35)
48 Catherine Hook (Run4all) 33
49 Bev Evans (Celtic Tri) 33.17 (F55)
50 Laura Chapple (Celtic Tri) 33.29
51 Julie Noble (Celtic Tri) 33.36 (F45)
52 Kay Barnes (Run4all) 33.5 (F40)
53 Louise Edgington (Swansea University) 33.56 (U20)
54 Catherine Hoile-Davies (Run4all) 34.15 (F45)
55 Fay Sharpe (3Ms Gorseinon) 35.12 (F50)
56 Andrea Griffiths (Celtic Tri) 36.29 (F45)
57 Tracey Williams (Celtic Tri) 36.38 (F50)
58 Verity Watson (Tata Steel) 36.47
59 Lynn Holmes (3Ms Gorseinon) 37.01 (F50)
60 Linda Owens (3Ms Gorseinon) 37.39 (F60)
61 Angela Walsh (Porthcawl Runners) 39.53
62 Paula Stockley (3Ms Gorseinon) 51.52