

## **Final Fixture 2009/2010 Season**

### **Margam Park, Port Talbot. 21st March 2010**

The final fixture of the season was held in glorious conditions at Margam Park. The persistent rain of the last two days meant that conditions were heavy underfoot.

Mark Roberts (Swansea University) gained an impressive victory in the mens race after a tough battle with Matt Harvey (Neath Harriers). Chris Williams (Neath Harriers) was third. Marks victory sealed the overall individual title with Chris winning the overall V40 title.

Jade Williams (Amman Valley Harriers) put herself in the record books in winning the ladies race - she is the first lady to complete the "Grand Slam" of victories in one season and comfortably won the overall title. Helen Marshall (Abertysyth AC) was second on the day with clubmate Jo Thatcher third. Jo clinched the ladies masters title in the process

Port Talbot Harriers ladies are Champions of Ladies Division 1, Corus and Swansea University are relegated to Division 2. Celtic Tri and Ingli Runners are promoted to Division 1.

In the mens section Neath Black Tuesday retained the Division 1 title with Port Talbot Harriers Veterans and Neath Jaguars relegated to Division 2.

It was a double victory for Neath with Neath Harriers winning the Division 2 title. They will be promoted to Division 1 with Swansea Harriers Veterans who beat Pembrokeshire Harriers on match points.

Amman Valley Harriers and Sospan Road Runners are relegated to Division 3 and will be replaced by Celtic Tri who won the Division 3 title and Aberystwyth A.C.

The fixture concludes the 2009/2010 season and it goes without saying that our thanks go to everyone who has helped the League this year. In particular our officials, Linda Merrick, Colin Davies, Handel Merrick, Terry Alcock, Joanne Merrick and Anita Walters who have had to endure some difficult weather conditions this winter.

Our thanks also go to Alan Perkins and John Davies for marking the course at Margam Park and Brian Blandford for marshalling at short notice.

### **Senior Ladies (Approx 2.3 miles)**

- 1 Jade Williams (Amman Valley Harriers) 15.29 (U20)
- 2 Helen Marshall (Aberystwyth A.C.) 16.06
- 3 Joanne Thatcher (Aberystwyth A.C.) 16.30 (F40)
- 4 Celia White (Ingli Runners) 16.40 (F40)
- 5 Rachel Arnold (University of Wales Swansea) 16.40

- 6 Sandra Pinkham (Port Talbot Harriers & A.C.) 16.49 (F45)
- 7 Bethan Ousley (Ingli Runners) 17.49
- 8 Carol Moseley (Port Talbot Harriers & A.C.) 17.54
- 9 Michelle Witham (Swansea Harriers A.C.) 17.58
- 10 Phoebe Pender (Aberystwyth A.C.) 18.00
- 11 Louise Miskell (3M's Gorseinon R.R.) 18.22 (F35)
- 12 Christina Smith (3M's Gorseinon R.R.) 18.25 (F45)
- 13 Ceri Brambley-Tucker (Port Talbot Harriers & A.C.) 18.28 (F40)
- 14 Jayne Arnold (Celtic Tri) 18.31 (F35)
- 15 Elen Jones (Pembrokeshire Harriers) 18.51
- 16 Pauline Williams (Port Talbot Harriers & A.C.) 19.10 (F50)
- 17 Joan Lilley (Ingli Runners) 19.15 (F35)
- 18 Jill Willcox (Ingli Runners) 19.24
- 19 Judith Oakley (Port Talbot Harriers & A.C.) 19.32 (F40)
- 20 Del Eyre (3M's Gorseinon R.R.) 19.41 (F45)
- 21 Christine Jones (Celtic Tri) 19.48 (F50)
- 22 Claire Williams (Ingli Runners) 19.56 (F40)
- 23 Caroline Sandles (3M's Gorseinon R.R.) 20.21 (F40)
- 24 Tasmin Thomas (University of Wales Swansea) 20.24
- 25 Alison Griffiths (Pembrokeshire Harriers) 20.56 (F40)
- 26 Julie Noble (Celtic Tri) 21.05 (F40)
- 27 Helen Parry (Corus) 21.13 (F50)
- 28 Julie Samuel (Corus) 22.22 (F45)
- 29 Fay Sharpe (3M's Gorseinon R.R.) 22.40 (F50)
- 30 Melanie Colborn (Celtic Tri) 22.50 (F40)
- 31 Shirley Davies (Corus) 23.24 (F45)
- 32 Sarah Neale (Corus) 23.24
- 33 Pauline Charlotte (Pembrokeshire Harriers) 23.27 (F45)
- 34 Madeleine Bland (Pembrokeshire Harriers) 24.19 (F55)
- 35 Jan Bell (Pembrokeshire Harriers) 24.29 (F60)
- 36 Susan Felstead (Celtic Tri) 24.42 (F40)
- 37 Cath Richards (Corus) 25.20 (F50)
- 38 Barbara Thomas (Pembrokeshire Harriers) 26.49 (F65)

39 Ran

#### **Ladies Match Result**

- 1 Port Talbot Harriers 138
- 2 Ingli Runners 132
- 3 3M's Gorseinon R.R. 105
- 3 Aberystwyth A.C. 105
- 5 Celtic Tri 73
- 6 Pembrokeshire Harriers 58
- 7 Swansea University 51
- 8 Corus 45
- 9 Amman Valley Harriers 39
- 10 Swansea Harriers A.C. 31

#### **Senior Men (approx 4.5 miles)**

- 1 Mark Roberts (University of Wales Swansea) 28.13
- 2 Matthew Harvey (Neath Harriers) 28.19
- 3 Chris Williams (Neath Harriers) 28.49 (V40)
- 4 Alun Davies (3M's Gorseinon R.R.) 29.49 (V55)
- 5 Peter Crane (Neath Black Tuesday) 30.38 (V45)
- 6 Gareth Ayres (Port Talbot Harriers & A.C.) 30.41
- 7 Richard Lewis (Celtic Tri) 30.57
- 8 Daniel Harris (Corus) 31.02

9 Adrian Weaver (Port Talbot Harriers & A.C.) 31.08  
10 Andrew Reynolds (Neath Black Tuesday) 31.22  
11 Steve Ousley (Ingli Runners) 31.24  
12 Royston Whitehouse (Neath Harriers) 31.37 (V45)  
13 David Crane (Neath Black Tuesday) 31.48 (V50)  
14 Chris Fulcher (Port Talbot Harriers Veterans) 31.55 (V40)  
15 Neil Davies (Cornelly Striders A.C.) 32.06 (V50)  
16 Jos Jones (Aberystwyth A.C.) 32.08  
17 Alec Williams (Ingli Runners) 32.22 (V40)  
18 Alun Rees (Neath Harriers) 32.25  
19 Charles Walsh (Port Talbot Harriers & A.C.) 33.05  
20 Gareth Elliott (Pembrokeshire Harriers) 33.09  
21 Andrew Jenkins (Corus) 33.10 (V45)  
22 Steve Coupe (Sospan Road Runners) 33.15 (V60)  
23 Steve Williams (Neath Black Tuesday) 33.19 (V50)  
24 Adrian Pearce (Corus) 33.29  
25 Huw Mathias (Corus) 33.47 (V40)  
26 Jason Griffiths (Corus) 33.54 (V40)  
27 Dean Hardie (3M's Gorseinon R.R.) 34.01 (V50)  
28 Sean Treloar (Port Talbot Harriers Veterans) 34.04 (V40)  
29 Graham Colvin (3M's Gorseinon R.R.) 34.09 (V45)  
30 John Hopkins (Port Talbot Harriers Veterans) 34.14 (V45)  
31 Hywel Jones (Amman Valley Harriers) 34.20 (V45)  
32 John Williams (Neath Black Tuesday) 34.29 (V45)  
33 David Smout (Guest) 34.32 (V60)  
34 Bernie Henderson (Port Talbot Harriers & A.C.) 34.34 (V55)  
35 Darren Edwards (Celtic Tri) 34.45  
36 Jon Embling (Corus) 34.46 (V50)  
37 Paul Dyson (University of Wales Swansea) 35.02 (V50)  
38 Howard Carpenter (Neath Harriers Veterans) 35.09 (V55)  
39 Dave Cornish (Port Talbot Harriers Veterans) 35.22 (V40)  
40 John Sinnett (Pembrokeshire Harriers) 35.57 (V50)  
41 Dave Hesketh (Cornelly Striders A.C.) 36.12 (V45)  
42 David Thomas (3M's Gorseinon R.R.) 36.33  
43 Paul Jelley (Port Talbot Harriers Veterans) 36.40 (V45)  
44 Richard Jones (Cornelly Striders A.C.) 36.50  
45 Kevin Joyce (Pembrokeshire Harriers) 36.55 (V40)  
46 Paul Edwards (Pembrokeshire Harriers) 37.12 (V50)  
47 Peter Turner (Cornelly Striders A.C.) 37.17 (V55)  
48 Mike Curran (Cwmavon) 37.18  
49 Rob Fowler (Amman Valley Harriers) 37.54 (V60)  
50 Paul Arnold (Celtic Tri) 38.13 (V40)  
51 Dave Griffiths (Pembrokeshire Harriers) 38.25 (V45)  
52 Geraint Jenkins (Amman Valley Harriers) 38.33 (V40)  
53 Mario Rabaiotti (Port Talbot Harriers Veterans) 38.41 (V45)  
54 Tony Holling (Port Talbot Harriers V.V.) 38.41 (V50)  
55 Martin Dyde (Pembrokeshire Harriers) 38.49 (V50)  
56 John Preston (Corus) 39.38 (V40)  
57 Robert Smith (Pembrokeshire Harriers) 40.16 (V40)  
58 Alan Perkins (Port Talbot Harriers Veterans) 42.53 (V55)  
59 John Davies (Port Talbot Harriers V.V.) 43.16 (V60)  
60 Terry Craven (Corus) 43.44 (V55)  
61 Neil Samuel (Corus) 44.41 (V55)  
62 Ralph Jones (Neath Harriers Veterans) 44.45 (V55)  
63 Richard Donne (3M's Gorseinon R.R.) 45.00 (V45)  
64 John Ayres (Port Talbot Harriers V.V.) 46.00 (V50)  
65 Ian Swanson (Port Talbot Harriers V.V.) 46.36 (V60)

66 Michael Rosser (Neath Harriers) 47.37 (U20)  
66 Ran

**Mens Match Result**

- 1 Neath Black Tuesday 247
- 2 Neath Harriers 230
- 3 Corus 226
- 4 Port Talbot Harriers 197
- 5 Port Talbot H Veterans 178
- 6 3M's Gorseinon R.R. 167
- 7 Pembroke Harriers 132
- 8 Cornelly Striders A.C. 120
- 9 Celtic Tri 108
- 10 Inqli Runners 104
- 11 Univ of Wales Swansea 95
- 12 Amman Valley Harriers 68
- 13 Aberystwyth A.C. 50
- 14 Sospan Road Runners 44
- 15 Neath Harriers Veterans 34
- 16 Port Talbot Harriers V.V. 26
- 17 Cwmavon 19