



**First Fixture 2010/2011 Season, Llanmadoc, North Gower (Sunday Oct 3rd 2010).**

What an adventure! Well done to everyone who managed to attend the fixture at Llanmadoc. Heavy rain meant the postponement of the multi-million pound Ryder Cup but it didn't stop our hardy athletes in getting to the furthest point of the Gower.

With many roads closed due to flooding, everyone had a story to tell of how they had to make alternative travel routes through flooded country lanes to get to the start line. Jason Griffiths ran through several rivers across North Gower to get there!

Athletes were rewarded with fine race conditions with Daniel Gurmin (Swansea Harriers MMTG) winning the mens race and Sandra Pinkham (Port Talbot Harriers) winning the ladies race.

Our thanks go to 3M's Gorseinon for organising the event and to Terry Alcock, Henry and Colin for officiating.

**Ladies Race (4.5miles)**

- 1 Sandra Pinkham (Port Talbot Harriers) 32.56 (F45)
- 2 Deborah Reid (3M's Gorseinon R.R.) 33.29 (F40)
- 3 Rachel Allcock (Amman Valley Harriers) 34.53 (F35)
- 4 Gabriella Maine (Porthcawl Runners Life) 35.02
- 5 Leanne Gibbs (Celtic Tri) 35.11 (F35)
- 6 Iona Evans (Swansea Harriers) 35.27 (U17)

7 Sian Phillips (Swansea Harriers) 35.37 (F45)  
8 Carol Moseley (Port Talbot Harriers) 35.42  
9 Christine Jones (Celtic Tri) 36.09 (F50)  
10 Michelle Grey (Port Talbot Harriers) 36.11  
11 Caroline Sandles (3M's Gorseinon R.R.) 37.06 (F40)  
12 Pauline Williams (Port Talbot Harriers) 38.18 (F50)  
13 Helen Eve (Swansea Harriers) 38.41 (F40)  
14 Cordelia Jones (3M's Gorseinon R.R.) 39.26  
15 Nicola Thomas (Porthcawl Runners Life) 40.03 (F40)  
16 Helen Parry (Tata) 41.29 (F50)  
17 Donna Morgan (Amman Valley Harriers) 41.32 (F35)  
18 Laura Richards (Porthcawl Runners Life) 42.12  
19 Salli Davies (3M's Gorseinon R.R.) 42.38 (F35)  
20 Julie Noble (Celtic Tri) 42.39 (F45)  
21 Pauline Thornill (3M's Gorseinon R.R.) 42.46 (F35)  
22 Lisa Williams (3M's Gorseinon R.R.) 42.47  
23 Romana Maine (Porthcawl Runners Life) 42.52  
24 Kim Holohan (3M's Gorseinon R.R.) 43.21 (F50)  
25 Rebecca Hambrook (Porthcawl Runners Life) 44.17 (F60)  
26 Kirsten Tucker (Port Talbot Harriers) 44.58  
27 Julie Samuel (Tata) 46.22 (F45)  
28 Sarah Dunscombe (Porthcawl Runners Life) 47.11 (F35)  
29 Jan Bell (Pembrokeshire Harriers) 47.44 (F65)  
30 Michelle Bland (Pembrokeshire Harriers) 48.01 (F55)  
31 Karen Burrows (Celtic Tri) 48.04 (F50)  
32 Barbara Thomas (Pembrokeshire Harriers) 50.36 (F65)  
33 Melanie Colburn (Celtic Tri) 51.16 (F40)  
34 Lynn Holmes (3M's Gorseinon R.R.) 52.21 (F45)  
35 Linda Owens (3M's Gorseinon R.R.) 56.16 (F55)  
36 Janet Harris (Porthcawl Runners Life) 56.43 (F50)

#### Senior Men (4.5 Miles)

1 Daniel Gurmin (Swansea Harriers MMTG) 26.32  
2 Matthew Harvey (Neath Harriers) 26.49  
3 Paul Talbot (Neath Black Tuesday) 27.18 (V40)  
4 Gareth Ayres (Port Talbot Harriers) 27.34  
5 Chris Parker (Port Talbot Harriers) 27.44 (V45)  
6 Hugh Pascoe (Celtic Tri) 27.47  
7 Tom Davies (Porthcawl Runners Life) 27.56 (U20)  
8 Ifan Lloyd (Swansea Harriers Vets) 28.03 (V50)  
9 Richard Lewis (Celtic Tri) 28.11  
10 Jeffrey Giansiracusa (Swansea Harriers Thurs) 28.19  
11 Alun Davies (3M's Gorseinon R.R.) 28.21 (V55)  
12 Roy Whitehouse (Neath Jaguars) 28.23 (V45)  
13 Dave Wilson-Evans (Swansea Harriers Vets) 28.24 (V50)  
14 Ian Withers (Guest) 28.32  
15 Geraint Lewis (Porthcawl Runners Life) 28.51  
16 Chris Fulcher (Port Talbot Harriers) 28.54 (V40)  
17 Peter Crane (Neath Black Tuesday) 29.05 (V45)  
18 Terry Jones (Porthcawl Runners Life) 29.14 (V55)  
19 Ryan Evans (Celtic Tri) 29.16 (V35)  
20 Lee Sandham (Neath Black Tuesday) 29.36 (V40)  
21 Ian Phillips (3M's Gorseinon R.R.) 29.39  
22 Gary Irving (Swansea Harriers Vets) 29.42 (V50)  
23 Neil Davies (Cornelly Striders A.C.) 29.49 (V50)  
24 Daniel Harris (Tata) 29.56  
25 Alex Williams (Port Talbot Harriers) 30.13 (V40)  
26 Stephen Richards (Swansea Harriers MMTG) 30.19

27 Steve Walsh (Port Talbot Harriers) 30.29 (V40)  
28 Paul Lewis (3M's Gorseinon R.R.) 30.38 (V45)  
29 Andrew Morrison (Swansea Harriers MMTG) 30.45  
30 David Crane (Neath Black Tuesday) 30.46 (V50)  
31 Richard Jones (Swansea Harriers Vets) 30.47 (V50)  
32 Steve Ousley (Ingli Road Runners) 30.49  
33 Simon Beer (Celtic Tri) 30.53 (V40)  
34 Mick Tabor (Guest) 30.56 (V55)  
35 Steve Williams (Neath Black Tuesday) 30.59 (V50)  
36 Dave Rose (Porthcawl RL Vets) 31.01 (V45)  
37 Kevin Lewis (Neath Jaguars) 31.04 (V45)  
38 Lyndsey Christopher (Tata) 31.06 (V40)  
39 Jason Griffiths (Tata) 31.08  
40 Jeff Thomas (Porthcawl RL Vets) 31.11 (V40)  
41 Andrew Smith (Swansea Harriers MMTG) 31.21  
42 Kevin Taylor (Amman Valley Harriers) 31.33 (V50)  
43 Mark Gosney (3M's Gorseinon R.R.) 31.39  
44 Andrew Hazell (Porthcawl Runners Life) 31.42  
45 Dave Davies (Tata) 31.45 (V40)  
46 Richard Jones (Cornelly Striders A.C.) 32.07  
47 Carwyn Evans (Swansea Harriers MMTG) 32.08 (U17)  
48 Paul Boxer (Tata) 32.39  
49 Chris Jones (Amman Valley Harriers) 32.47 (V40)  
50 Will Edwards (Porthcawl Runners Life) 32.49 (V35)  
51 Dave Bright (Tata) 33.05 (V40)  
52 Dean Hardie (3M's Gorseinon R.R.) 33.09 (V50)  
53 Dave Cornish (Port Talbot Harriers) 33.13 (V40)  
54 Lee Roberts (Team Wecori) 33.21  
55 John Williams (Neath Black Tuesday) 33.21 (V50)  
56 Graham Colvin (Celtic Tri) 33.27 (V45)  
57 Dean Webster (3M's Gorseinon R.R.) 33.33  
58 Stephen Cable (3M's Gorseinon R.R.) 33.42 (V35)  
59 Mike Evans (Neath Black Tuesday) 34.02 (V50)  
60 Martin Jones (Tata) 34.18  
61 Wesley Trow (Team Wecori) 34.21  
62 Uku Kumari (Swansea Harriers Thurs) 34.28 (V55)  
63 David Sullivan (3M's Gorseinon R.R.) 34.31 (V40)  
64 Steve Hames (Neath Harriers Vets) 34.32 (V45)  
65 Simon Partridge (Neath Harriers Vets) 34.45 (V55)  
66 Steve Davies (Port Talbot Harriers Vets) 34.47 (V45)  
67 Simon Pinner (Team Wecori) 34.54 (V50)  
68 Dave Williams (Porthcawl RL Vets) 34.59 (V40)  
69 Rob Fowler (Amman Valley Harriers) 35.06 (V65)  
70 Graham Vyner (Celtic Tri) 35.08 (V40)  
71 Andrew Dunscombe (Porthcawl RL Vets) 35.09 (V45)  
72 Steve McLelland (3M's Gorseinon R.R.) 35.12 (V55)  
73 Richard Webster (3M's Gorseinon Vets) 35.14 (V55)  
74 Alan Perkins (Port Talbot Harriers Vets) 35.15 (V50)  
75 Colin Price (Tata) 35.16 (V50)  
76 Brian Mogford (Amman Valley Harriers) 35.23 (V50)  
77 Colin Anthony (Port Talbot Harriers V.V.) 35.26 (V65)  
78 Julian Maine (Porthcawl RL Vets) 35.34 (V40)  
79 Paul Ford (Porthcawl RL Vets) 35.48 (V40)  
80 Les Chapman (Amman Valley Harriers) 35.51 (V60)  
81 Mike Nash (3M's Gorseinon Vets) 36.04 (V45)  
82 Mario Rabaiotti (Port Talbot Harriers Vets) 36.08 (V45)  
83 Mark Clatworthy (Porthcawl Runners Life) 36.22 (V35)  
84 Geraint Jenkins (Amman Valley Harriers) 37.13 (V40)  
85 Bob Gardner (Team Wecori) 37.34 (V45)  
86 Joe Rees (Tata) 38.08

- 87 Ray James (Port Talbot Harriers V.V.) 38.16
- 88 Ross Poyner (3M's Gorseinon R.R.) 38.37 (V35)
- 89 Gary Waters (Swansea Harriers Vets) 38.56 (V60)
- 90 John Davies (Port Talbot Harriers V.V.) 40.06 (V60)
- 91 Lee Newman (Porthcawl RL Vets) 40.19 (V40)
- 92 John Ayres (Port Talbot Harriers V.V.) 40.29 (V50)
- 93 Dave Breen (Porthcawl RL Vets) 40.44 (V55)
- 94 Ken Davies (Team Wecori) 41.06 (V50)
- 95 David Oak (Port Talbot Harriers V.V.) 41.27 (V65)
- 96 Allan Smith (3M's Gorseinon R.R.) 41.28 (V75)
- 97 Neil Samuel (Tata) 42.29 (V50)
- 98 Tony Holling (Port Talbot Harriers V.V.) 42.32 (V55)
- 99 Ralph Allemanno (Swansea Harriers Thurs) 45.08
- 100 Ian Swanson (Port Talbot Harriers V.V.) 45.31 (V60)
- 101 Malcolm Bullough (Swansea University) 48.38 (V50)