

Fourth Fixture 2007/2008 Season
Penrhos, Ystradgynlais

Senior Men (approx 8km)

- 1 Daniel Gurmin (MMTG) 30.13
- 2 Paul Richards (Neath Harriers) 30.18 (V40)
- 3 Lewys Hobbs (MMTG) 30.33
- 4 Marc Hobbs (MMTG) 30.33
- 5 Phil Crane (Neath Black Tuesday) 30.37 (V45)
- 6 Rob Atkin (Guest) 30.42
- 7 Paul Talbot (Neath Black Tuesday) 30.46 (V40)
- 8 Peter Crane (Neath Black Tuesday) 32.16 (V45)
- 9 Steve Richards (MMTG) 32.25
- 10 Steve Davies (MMTG) 32.55
- 11 Bryn Griffiths (Guest) 32.59
- 12 Henry Wright (Corus) 33.05
- 13 Aaron Jones (Swansea Harriers Veterans) 33.05 (V50)
- 14 Charles Walsh (Corus) 33.32
- 15 Chris Melbourne (Neath Jaguars) 33.37 (U20)
- 16 Kieran Mcintosh (Port Talbot Harriers & A.C.) 33.37 (U20)
- 17 Chris Driscoll (Neath Jaguars) 33.40 (U20)
- 18 Daniel Harris (Corus) 33.41
- 19 Adrian Weaver (Port Talbot Harriers & A.C.) 33.43
- 20 Mark Reynolds (Neath Black Tuesday) 33.47
- 21 Aled Anderson (3M's Gorseinon R.R.) 33.48 (U20)
- 22 Gareth Petts (University of Wales Swansea) 33.50
- 23 Kevin Taylor (Amman Valley Harriers) 33.59 (V45)
- 24 Rhys Jones (Neath Jaguars) 34.17 (U20)
- 25 Stephen Richards (University of Wales Swansea) 34.23
- 26 David Crane (Neath Black Tuesday) 34.31 (V45)
- 27 Steve Williams (Neath Black Tuesday) 34.36 (V45)
- 28 Neil Davies (Cornelly Striders A.C.) 34.38 (V45)
- 29 Jerome Evans (Port Talbot Harriers & A.C.) 34.38 (U20)
- 30 Gareth Elliott (Pembrokeshire Harriers) 34.43
- 31 Dean Hardie (3M's Gorseinon R.R.) 35.04 (V45)
- 32 Gareth Ayres (Port Talbot Harriers & A.C.) 35.06
- 33 Graham Colvin (3M's Gorseinon R.R.) 35.08 (V45)
- 34 Ryan Evans (University of Wales Swansea) 35.12
- 35 Chris Fulcher (Port Talbot Harriers Veterans) 35.13 (V40)
- 36 Jamie Rees (Neath Harriers) 35.24
- 37 Jos Jones (Guest) 35.28
- 38 Steve A. Thomas (3M's Gorseinon R.R.) 35.36
- 39 Ceri Lewis (Swansea Harriers A.C.) 35.40 (U20)
- 40 Nigel Fransisco (Team Wecori) 35.44 (V40)
- 41 John Williams (Neath Black Tuesday) 35.53 (V45)
- 42 Aaron Jones (Team Wecori) 35.54 (V40)
- 43 John Sinnett (Pembrokeshire Harriers) 36.26 (V50)
- 44 Grant Thomas (Team Wecori) 36.27
- 45 Steve Walsh (3M's Gorseinon R.R.) 36.44
- 46 Alan Perkins (Port Talbot Harriers Veterans) 36.50 (V55)

- 47 Jon Embling (Corus) 36.54 (V50)
- 48 Peter Turner (Cornelly Striders A.C.) 37.20 (V55)
- 49 Kristian Evans (University of Wales Swansea) 37.26
- 50 Uku Kumari (Swansea Harriers Veterans) 37.27 (V55)
- 51 Graham Barlow (3M's Gorseinon R.R.) 37.28 (V50)
- 52 Simon Price (Multi-Sport R.C.) 37.32
- 53 Les Chapman (Amman Valley Harriers) 37.47 (V55)
- 54 Alun Rees (Neath Harriers) 37.58
- 55 Richard Eastwood (Team Wecori) 38.42 (V45)
- 56 Paul Jelley (Visteon Exiles) 38.59 (V40)
- 57 Rob Fowler (Amman Valley Harriers) 39.06 (V60)
- 58 Simon Pinner (Team Wecori) 39.31 (V50)
- 59 Steve Thomas (3M's Gorseinon R.R.) 39.39
- 60 Matthew Williams (Team Wecori) 39.46
- 61 Steve Press (Team Wecori) 39.48
- 62 Paul Grist (Alltwen) 39.59 (V45)
- 63 Michael John (Cadoxton) 40.02
- 64 John Collins (Swansea Harriers Veterans) 40.10 (V70)
- 65 Arfon Rees (Team Wecori) 40.28
- 66 Dewi West (3M's Gorseinon R.R.) 40.55 (V45)
- 67 Gerald Grey (Team Wecori) 41.04 (V50)
- 68 Gary Waters (Swansea Harriers Veterans) 41.10 (V55)
- 69 Dylan Jones (Team Wecori) 41.18
- 70 Graham Vyner (3M's Gorseinon R.R.) 41.23
- 71 Geraint Jenkins (Amman Valley Harriers) 41.37 (V40)
- 72 Martin Dyde (Pembrokeshire Harriers) 41.56 (V45)
- 73 Alan Furnell (Port Talbot Harriers Veterans) 42.16 (V55)
- 74 John Ayres (Port Talbot Harriers Veterans) 42.22 (V50)
- 75 Raymond James (Port Talbot Harriers Veterans) 42.56 (V45)
- 76 John Davies (Port Talbot Harriers Veterans) 43.00 (V55)
- 77 Glyn Williams (3M's Gorseinon R.R.) 43.10 (V60)
- 78 Rob Gardner (Team Wecori) 43.21 (V45)
- 79 Darren Green (Mumbles Milers) 45.08
- 80 Paul Jones (Mumbles Milers) 45.39
- 81 Ian Swanson (Port Talbot Harriers Veterans) 45.58 (V55)
- 82 Neil Samuel (Corus) 46.04 (V50)
- 83 Gareth Lewis (Mumbles Milers) 46.25
- 84 Ken Davies (Team Wecori) 47.24 (V45)
- 85 Malcolm Bullough (University of Wales Swansea) 49.47 (V45)
- 86 Gary Taylor (Mumbles Milers) 56.28
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- 89 Started

Senior Ladies (approx 6km)

- 1 Leah Dixon (Neath Harriers) 22.36 (U20)
- 2 Ingrid Taylor (3M's Gorseinon R.R.) 24.16 (F35)
- 3 Helen Marshall (Guest) 25.26
- 4 Eryllois Davies (Team Wecori) 25.57
- 5 Carol Moseley (Port Talbot Harriers & A.C.) 25.59
- 6 Sian Phillips (Swansea Harriers A.C.) 26.28 (F45)

- 7 Sarah Griffiths (Neath Harriers) 26.53
- 8 Judith Oakley (Port Talbot Harriers & A.C.) 27.01 (F40)
- 9 Helen Thomas (Pembrokeshire Harriers) 27.10
- 10 Michelle Witham (Swansea Harriers A.C.) 27.12
- 11 Christine Lloyd (Swansea Harriers A.C.) 28.11 (F45)
- 12 Caroline Sandles (3M's Gorseinon R.R.) 28.19 (F40)
- 13 Allan Smith (3M's Gorseinon R.R.) 29.01 (V70)
- 14 Elen Jones (Pembrokeshire Harriers) 29.07
- 15 Helen Parry (Corus) 30.52 (F50)
- 16 Alison Griffiths (Pembrokeshire Harriers) 32.56 (F35)
- 17 Alison Jones (Team Wecori) 33.04
- 18 Pauline Charlett (Pembrokeshire Harriers) 33.30 (F45)
- 19 Julie Samuel (Corus) 33.35 (F40)
- 20 Kath Richards (Corus) 33.46 (F45)
- 21 Linda Waller (3M's Gorseinon R.R.) 34.30 (F50)
- 22 Lorraine Dyde (Pembrokeshire Harriers) 34.31 (F50)
- 23 Madeleine Bland (Pembrokeshire Harriers) 36.05 (F55)
- 24 Man-Yee Woo (Corus) 36.32
- 25 Viv Henderson (Guest) 38.33
- 26 Bryony Jones (Pembrokeshire Harriers) 40.59
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- 25 Ladies (plus 1 V70 Male) ran.