

**Fifth Fixture: Margam Park, Port Talbot**  
**Date: 10th March 2013**  
**Host Club: Celtic Tri**



**Josh Griffiths (Swansea Harriers MMTG), James Hockin (Celtic Tri) and Deri Stewart (Neath Jaguars) after the race at Margam Park.**

**Senior Men & Ladies (Combined)**

- 1 Josh Griffiths (Swansea Harriers) 24.05
- 2 James Hockin (Celtic Tri) 24.39
- 3 Deri Stewart (Neath Jaguars) 24.59 (U20)
- 4 Gareth Ayres (Port Talbot Harriers) 25.16
- 5 Ashleigh Harper (Swansea University) 25.26
- 6 Dean Johnston (Neath Black Tuesday) 25.31
- 7 Eamonn Kirk (Swansea Harriers Thursdays) 25.34 (M40)
- 8 Kieran John (Neath Jaguars) 25.46 (U20)
- 9 Ian Harris (3M's Gorseinon RR) 26.02
- 10 Mathew Wells (Bridgend AC) 25.54
- 11 Zak Lewis (Llanelli AC) 26.06 (U20)
- 12 Richard Mann (Swansea University) 26.11
- 13 Christian Lovatt (Neath Jaguars) 26.14 (U20)
- 14 Matthew Reynolds (Celtic Tri) 26.24
- 15 Raul Reismann (Swansea Harriers Thursdays) 26.38 (M35)
- 16 Ben Granville (Swansea University) 26.51
- 17 Paul Speyer (Brackla Harriers) 27.02 (M35)
- 18 Alex Williams (Port Talbot Harriers) 27.03 (V45)
- 19 Alan Davies (3M's Gorseinon RR) 27.09 (M60)
- 20 Peter Crane (Neath Black Tuesday) 27.24 (M50)
- 21 Stephen Richards (Swansea Harriers MMTG) 27.26

22 Christopher Jenkins (Porthcawl Runners) 27.31 (V35)  
23 Darren Edwards (Celtic Tri) 27.42 (M35)  
24 Geraint Lewis (Porthcawl Runners) 27.43 (M35)  
25 Hugh Pascoe (Celtic Tri) 27.44  
26 Ben Davies (Swansea University) 27.45  
27 Adam Newton (Celtic Tri) 27.46  
28 Andrew George (Celtic Tri) 27.49  
29 Alex Lewis (Neath Black Tuesday) 28.04  
30 Carl Ellis (Neath Black Tuesday) 28.11  
31 Richard Lewis (Celtic Tri) 28.15 (M35)  
32 Jake Watson (Swansea University) 28.16 (U20)  
33 Lyndsey Christopher (Swansea Harriers Thursdays) 28.18 (M40)  
34 Robin Spacie (3M's Gorseinon RR) 28.25  
35 Michael Roderick (Swansea Harriers Thursdays) 28.27  
36 Jonathan Williams (Llanelli AC) 28.30  
37 Nigel Barnes (Run4all) 28.30 (M45)  
38 Tom Davis (Porthcawl Runners) 28.41 (U20)  
39 Jade Williams (Amman Valley Harriers) 28.51  
40 Mike Tate (Celtic Tri) 28.54 (M40)  
41 Ceri Griffiths (Brackla Harriers) 28.57 (V45)  
42 Nick Griffiths (Amman Valley Harriers) 29.05  
43 Clare Phillips (Port Talbot Harriers) 29.06 (F40)  
44 Jack Jones (Swansea Harriers Thursdays) 29.00  
45 Kneath Philippart (Swansea Harriers Thursdays) 29.12 (M50)  
46 Martin George (Llanelli AC) (M35)  
47 Mark Gosney (3M's Gorseinon RR) 29.09  
48 Peter Osborne (Llanelli AC) (V50)  
49 Mike Gleeson (Swansea Harriers Thursdays) 29.24 (M40)  
50 Kevin Lewis (Neath Black Tuesday) 29.29 (M50)  
51 Andrew Baker (Celtic Tri) 29.30  
52 Neil Davies (Cornelly Striders) 29.30 (M50)  
53 Ben Cross (Swansea University) 29.31 (U23)  
54 Charles Walsh (Neath Harriers) 29.40 (M35)  
55 Mark Daniel (Celtic Tri) 29.44  
56 Jason Griffiths (Tata Multisport) 29.45 (V40)  
57 Luke Jones (Brackla Harriers) 29.45  
58 Louise Copp (Neath Harriers) 29.48 (F45)  
59 Celia White (Ingli Runners) 29.52 (F45)  
60 Kristo Holm (Swansea University) 29.54  
61 Robert Sandles (3M's Gorseinon RR) 30.00 (M45)  
62 Jeff Thomas (Porthcawl Runners) 30.00 (V45)  
63 Peter Martin (Celtic Tri) 30.02  
64 Amy CoMcCannon Guest 30.16  
65 Steve Williams (Neath Black Tuesday) 30.16 (M50)  
66 Andrew Mundy (Brackla Harriers) 30.33 (M35)  
67 Emily Relton (Swansea University) 30.39 (U20)  
68 Colin McQueen (Brackla Harriers) 30.41 (M50)  
69 Hywel Jones (Amman Valley Harriers) 30.42 (M50)  
70 Ian Ogilvie (Brackla Harriers) 30.51 (M45)  
71 Howard Carpenter (Neath Black Tuesday) 30.59 (M55)  
72 Helen Marshall (Aberystwyth A.C.) 31.01  
73 Will Edwards (Porthcawl Runners Masters) 31.09 (M40)  
74 Paul Lewis (3M's Gorseinon RR) 31.12 (M45)  
75 Roger Davis (Porthcawl Runners Masters) 31.14 (M55)  
76 Dave Hughes (Cornelly Striders) 31.17 (M45)  
77 Jenny Phillips (Llanelli AC) 31.34 (F45)  
78 Neil Horsley (Run4all) 31.37 (V50)

79 Neil Harris (Porthcawl Runners Masters) 31.42 (M50)  
80 Graham Colvin (Celtic Tri) 31.44 (M50)  
81 Owen Lewis (3M's Gorseinon RR) 31.48 (M40)  
82 Calvin Hold (Swansea Harriers Thursdays) 31.51 (V35)  
83 John Hopkins (Port Talbot Harriers Wizards) 31.55 (V50)  
84 Michelle Grey (3M's Gorseinon RR) 31.59  
85 Mike Hall (Swansea University) 32.07 (U23)  
86 Carol Moseley (Port Talbot Harriers) 32.16 (F35)  
87 Michael Halsall (Llanelli AC) 32.31 (M35)  
88 Marcus Richardson (Celtic Tri) 32.34 (M50)  
89 Anthony Phillips (Porthcawl Runners Masters) 32.35 (M45)  
90 Leighton Gardner (Swansea Harriers Thursdays) 32.36 (M45)  
91 Paul Arnold (Celtic Tri) 32.37 (M40)  
92 Mario Rabaiotti (Port Talbot Harriers Wizards) 32.37 (V45)  
93 Allan Jones (Brackla Harriers) 32.38 (M55)  
94 Sian Phillips (Swansea Harriers) 32.38 (F50)  
95 Nathan Daniel (Celtic Tri) 32.39 (U20)  
96 Richard Harris (Celtic Tri) 32.39 (M45)  
97 Rony Seamons (Celtic Tri) 32.40  
98 Mandy Morris (Port Talbot Harriers) 32.41 (F40)  
99 Judith Oakley (Port Talbot Harriers) 33.16 (F45)  
100 Celia O'Brien (Tata Multisport) 33.16 (F40)  
101 Charlotte Johns (Brackla Harriers) 33.17 (F45)  
102 Rhiannon Anderson (Aberystwyth University) 33.34  
103 Alan Perkins (Port Talbot Harriers) 33.40 (V60)  
104 Alexander Cole (Swansea University) 33.40 (U23)  
105 Jayne Arnold (Celtic Tri) 33.50 (F40)  
106 Kyle Penhale (Tata Steel) 33.51 (U20)  
107 Dewi West (3M's Gorseinon RR) 33.52 (M50)  
108 Andrew Craddock (Tata Steel) 33.54  
109 Geraint Jenkins (Amman Valley Harriers) 33.56 (M45)  
110 Hayley Griffiths (Celtic Tri) 34.00  
111 Garry Jones (Port Talbot Harriers Wizards) 34.01 (V50)  
112 Heath Williams (Celtic Tri) 34.14 (M40)  
113 Mark Edwards (Celtic Tri) 34.15  
114 Phil Protheroe (Porthcawl Runners Masters) 34.15 (V40)  
115 Lydia Beaman (Celtic Tri) 34.15  
116 Nicola Thomas (Porthcawl Runners) 34.15 (F45)  
117 Ben Williams (Neath Jaguars) 34.16 (U20)  
118 Caroline Sandles (3M's Gorseinon RR) 34.38 (F45)  
119 Scott Charles (Celtic Tri) 34.40  
120 Louise Miskell (3M's Gorseinon RR) 34.52 (F40)  
121 David Breen (Porthcawl Runners Masters) 34.53 (M55)  
122 Uku Kumari (Swansea Harriers Thursdays) 34.56 (M60)  
123 Geraint Smith (Run4all) 35.25 (M40)  
124 Ken Milligan (Celtic Tri) 35.35 (M55)  
125 Christine Jones (Celtic Tri) 35.39 (F50)  
126 Emma Lynch (Brackla Harriers) 35.42 (F35)  
127 Simon Carter (Brackla Harriers) 35.55 (M35)  
128 Eric Davey (Llanelli AC) 36.00 (M60)  
129 Ruth Newman (Port Talbot Harriers) 36.12 (V40)  
130 Peter Deacon (Port Talbot Harriers Wizards) 36.15 (M55)  
131 Chloe Crossman (Swansea University) 36.16 (U20)  
132 John Ayres (Port Talbot Harriers Wizards) 36.44 (M55)  
133 Helen-Marie Davies (Swansea Harriers) 36.45 (V35)  
134 Lisa Williams (3M's Gorseinon RR) 36.47 (F35)  
135 Grant Pearce (Run4all) 37.13

136 Yvonne Brown (Port Talbot Harriers) 37.22 (V50)  
137 Sian Roberts (Celtic Tri) 37.24  
138 Chris Watkins (Run4all) 37.31 (V40)  
139 Nicola Kely (Celtic Tri) 37.32 (F45)  
140 Steven Perks (Run4all) 37.35 (V50)  
141 Deborah Clarke (Run4all) 37.39 (F40)  
142 Leanne Fethney (Run4all) 37.50  
143 Malcolm Jones (Brackla Harriers) 37.52 (V60)  
144 Alex Ford (Brackla Harriers) 37.59 (M60)  
145 Lisa Kethro (Celtic Tri) 38.09 (F40)  
146 Sarah McCartney (Brackla Harriers) 38.39  
147 Rachel Edworthy (Swansea University) 38.41 (U20)  
148 Tony Burt (Brackla Harriers) 38.42 (V70)  
149 Alan Roberts (Port Talbot Harriers Wizards) 38.46 (V55)  
150 Penny Kennedy (Swansea Harriers) 38.53 (F45)  
151 Romana Maine (Porthcawl Runners) 38.55 (F50)  
152 Rhys Roberts (Celtic Tri) 39.27 (U20)  
153 Rebecca Hambrook (Porthcawl Runners) 39.29 (F60)  
154 Trudi Cole (3M's Gorseinon RR) 39.54 (F40)  
155 John Davies (Port Talbot Harriers Wizards) 39.55 (M60)  
156 Anne James (Celtic Tri) 39.56 (F45)  
157 Keith Treharne (Brackla Harriers) 40.14 (V65)  
158 Alys Carlisle (Tata Multisport) 40.14 (F40)  
159 Sharon Penhale (Tata Multisport) 40.15 (F40)  
160 Helen Beale (Porthcawl Runners) 40.42  
161 Sian Wadham (Run4all) 40.59 (F35)  
162 Cath Hather (Brackla Harriers) 41.12 (F45)  
163 Patricia Jones (Brackla Harriers) 41.22 (F55)  
164 Chris Finn Guest 41.45 (U20)  
165 Andrea Davies (Run4all) 42.00 (F35)  
166 Louise Piper-Jones (Porthcawl Runners) 42.11  
167 Amanda Gilbert (Celtic Tri) 42.11 (F45)  
168 Fay Sharpe (3M's Gorseinon RR) 42.23 (F50)  
169 Ian Swanson (Port Talbot Harriers Wizards) 42.30 (M60)  
170 Michala Harris (Swansea University) 43.17 (U23)  
171 Karen Phillips (Porthcawl Runners) 44.07 (F40)  
172 Alison Williams (Run4all) 44.10 (F45)  
173 Kathleen Evans (Brackla Harriers) 44.13 (F60)  
174 Linda Waller (3M's Gorseinon RR) 44.36 (F55)  
175 Anthony Holling (Port Talbot Harriers Wizards) 46.53 (M55)  
176 Kay Barnes (Run4all) 47.08 (F40)  
177 Sian Tossell (Brackla Harriers) 48.17 (F45)  
178 Rhian Thomas (Run4all) 48.47 (F40)  
179 Lynn Holmes (3M's Gorseinon RR) 50.25 (F50)  
180 Angela Walsh (Porthcawl Runners) 50.52  
181 Linda Owens (3M's Gorseinon RR) 52.01 (F60)