

Sunday October 13th 2013. 11am

Venue: Llanmadoc, North Gower

Ladies

- 1 Cerri-Anne Santos (Swansea University) 30.06
- 2 Emily Relton (Swansea University) 31.26
- 3 Helen Marshall (Swansea Harriers) 31.42
- 4 Clare Phillips (Port Talbot Harriers) 31.55 V40
- 5 Claire Cleathero (Tata Steel Multisport) 32.01 V35
- 6 Meinir Jones (Run4All) 32.18 V40
- 7 Sian Roberts (Guest) 32.36 V45
- 8 Deb Reed (3M Gorseinon) 33.00 V45
- 9 Llinos Jones (Amman Valley Harriers) 33.10
- 10 Rachel Allock (Amman Valley Harriers) 33.30 V40
- 11 Sian Phillips (Swansea Harriers) 34.25 V50
- 12 Tanwen Randell-Davies (Amman Valley Harriers) 34.27
- 13 Lisa Thomas (Amman Valley Harriers) 34.34 V35
- 14 Sharon Ford (Porthcawl Runners) 34.42 V40
- 15 Rachel Evans (Run4All) 34.50 V40
- 16 Michelle Grey (3M Gorseinon) 35.00
- 17 Rebecca Miller (Swansea University) 35.10 U20
- 18 Charlotte Johns (Brackla Harriers) 35.13 V45
- 19 Helen-Marie Davies (Swansea Harriers) 35.14 V35
- 20 Jayne Arnold (Celtic Tri) 35.21 V40
- 21 Andrea Starritt (Brackla Harriers) 35.32 V45
- 22 Caroline Jones (TROTS) 35.38 V50
- 23 Jazmine Briganti (Guest) 35.52 U20
- 24 Gillian Phillips (Sospan Road Runners) 35.59 V55
- 25 Caroline Sandles (3M Gorseinon) 36.04 V45
- 26 Judith Oakley (Port Talbot Harriers) 36.07 V45
- 27 Mandy Morris (Port Talbot Harriers) 36.25 V40
- 28 Louise Miskell (3M Gorseinon) 36.50 V40
- 29 Mandy Pearce (Sospan Road Runners) 36.54 V45
- 30 Karyss Hockin (Celtic Tri) 36.56
- 31 Nicola Thomas (Porthcawl Runners) 36.59 V45
- 32 Debra Clark (Run4All) 37.00 V45
- 33 Christine Jones (Celtic Tri) 37.14 V50
- 34 Megan Clark-Reid (Run4All) 37.15
- 35 Bethan Morris (Port Talbot Harriers) 37.22
- 36 Pauline Williams (Port Talbot Harriers) 37.45 V50
- 37 Alyson Heard (3M Gorseinon) 37.57 V50
- 38 Sian Roberts (Celtic Tri) 37.57 V35
- 39 Donna Morgan (Amman Valley Harriers) 37.59 V40
- 40 Lynne Bain (Run4All) 38.06 V45
- 41 Ellie Dainton (Llanelli AC) 38.11 U20
- 42 Hannah Leadley (Swansea University) 38.13
- 43 Tasmin Thomas (Tata Steel Multisport) 38.19
- 44 Pille Pedmanson (Swansea University) 38.20
- 45 Jade Thomas (Run4All) 38.24
- 46 Libby Lavis (Brackla Harriers) 38.28 V55
- 47 Nicola Griffiths (Sospan Road Runners) 38.35 V45
- 48 Del Eyre (3M Gorseinon) 38.40 V50
- 49 Ann-Marie Jones Amman Valley 38.43
- 50 Angie Ridge (Run4All) 38.44 V45
- 51 Laura Thomas (Sospan Road Runners) 38.45
- 52 Lisa Kethro (Celtic Tri) 38.48 V40
- 53 Sali Sweetman (3M Gorseinon) 38.49 V40
- 54 Caryl Williams-Ford (Sospan Road Runners) 38.50 V35
- 55 Celwyn Evans (Sospan Road Runners) 38.51
- 56 Lisa Williams (3M Gorseinon) 38.59 V35
- 57 Cordelia Laughlin (3M Gorseinon) 39.02
- 58 Romana Maine (Porthcawl Runners) 39.12 V50
- 59 Penny Kennedy (Swansea Harriers) 39.16 V45
- 60 Eleanor Reed (Swansea Harriers) 39.24

61 Lesley Mainwaring (Run4All) 39.33 V45
62 Gwen Smith (Swansea Harriers) 39.55 V45
63 Allison Lewis-Wong (Run4All) 40.11 V45
64 Rebecca Thomas (Tata Steel Multisport) 40.33 V35
65 Jane Ogilvie (Brackla Harriers) 40.35 V45
66 Abigail Hall (Llanelli AC) 40.52 U20
67 Sara McCartney (Brackla Harriers) 41.00
68 Trudi Cook (3M Gorseinon) 41.23 (F40)
69 Adrienne Mayers (Run4All) 41.24
70 Jo Mather (Run4All) 41.28 V40
71 Emmaline Hardy (Celtic Tri) 41.43
72 Jane Schiess (Celtic Tri) 41.59 V40
73 Julie Bates (Amman Valley Harriers) 42.31
74 Patricia Jones (Brackla Harriers) 43.03 V55
75 Fay Sharpe (3M Gorseinon) 43.12 V50
76 Sian Wadham (Run4All) 43.53 V35
77 Sarah Williams (Celtic Tri) 44.38
78 Kirstin Tucker Port Talbot H 45.03 V35
79 Amanda Gilbert (Run4All) 45.07 V45
80 Julie Noble Celtic Tri 45.10 V45
81 Laura Hall (3M Gorseinon) 45.12 V50
82 Julie Samuel (Tata Steel Multisport) 45.44 V45
83 Rachel Charles (Sospan Road Runners) 45.53 V35
84 Tracey Jones (Run4All) 48.06 V35
85 Hilary Williams (Run4All) 48.08 V35
86 Hazel Wheeler (Run4All) 48.53 V40
87 Sian Moore (Run4All) 49.36 V40
88 Andrea Lee Davies (Run4All) 49.41 V35
89 Amanda Moore (Brackla Harriers) 50.28
90 Sian Tossell (Brackla Harriers) 50.28 V45
91 Angela Walsh (Porthcawl Runners) 50.46
92 Bethan Jenkins (Run4All) 50.59
93 Kay Barnes (Run4All) 51.47 V40
94 Linda Owens (3M Gorseinon) 51.57 V60
95 Paula Stockley (3M Gorseinon) 57.04
96 Helen Jones (Run4All) 65.45 V40
97 Cath Hoile-Davies (Run4All) 65.45 V45

Men

1 Matthew Harvey (Neath Harriers) 26.12
2 Callum Beare (Llanelli AC) 26.59 (U20)
3 Ashley Harper (Swansea University) 27.05
4 James Hockin (Celtic Tri) 27.15
5 Coulon Benoit (Swansea University) 27.19
6 Carl Ellis (Neath Black Tuesday) 27.20 (V35)
7 Eamonn Kirk (Swansea Harriers TNT) 27.22 (V40)
8 Andrew George (Celtic Tri) 27.23
9 Roy Whitehouse (Run4All) 27.25 (V50)
10 Matthew Reynolds (Celtic Tri) 27.34
11 Alan Davies (3M Gorseinon) 27.36 (V60)
12 Paul Speyer (Brackla Harriers) 27.38 (V35)
13 Richard Lewis (Celtic Tri) 27.43 (V35)
14 Peter Crane (Neath Black Tuesday) 27.49 (V50)
15 Zac Lewis (Llanelli AC) 27.52 (U20)
16 Christopher Jenkins (Neath Harriers) 27.54 (V35)
17 Steve Smith (Swansea Harriers Masters) 27.55 (V50)
18 Chris Parker (Port Talbot Harriers) 27.57 (V45)
19 Alexander Vessey (Swansea University) 28.01 (U20)
20 Andrew Charles (Port Talbot Harriers) 28.02
21 Oliver Anthony (Tata Steel Multisport) 28.04
22 Peter Osborne (Llanelli AC) 28.06 (V50)
23 Daniel Davies (Pembrokeshire Harriers) 28.07

24 Mark Thomas (Sospan Road Runners) 28.08 (V40)
25 Daniel Gurmin (Swansea Harriers TNT) 28.11
26 Andrew Baker (Celtic Tri) 28.13 (V35)
27 Thomas Guest (Swansea Harriers Masters) 28.14 (V45)
28 Andrew Wright (Celtic Tri) 28.20 (V35)
29 Terry Jones (Run4All) 28.33 (V35)
30 Adam Newton (Swansea Harriers TNT) 28.34
31 Benjamin Joeans (Celtic Tri) 28.35
32 Martyn Hughes-Dowdle (Swansea Harriers Masters) 28.47 (V45)
33 Ben Cross (Swansea University) 28.53
34 Steve Thomas (3M Gorseinon) 29.03 (V35)
35 Geraint Lewis (Porthcawl Runners) 29.11 (V35)
36 Neil Davies (Cornelly Striders) 29.14 (V55)
37 Nigel Barnes (Run4All) 29.22 (V45)
38 Alex Williams (Port Talbot Harriers) 29.32 (V45)
39 Martin George (Llanelli AC) 29.34 (V35)
40 Matthew Powell (Celtic Tri) 29.36
41 Alex Lewis (Neath Black Tuesday) 29.44
42 Lee Sandham (Neath Black Tuesday) 29.45 (V40)
43 Neil Parry (Port Talbot Harriers) 29.49 (V35)
44 Karl Eenmaa (Port Talbot Harriers) 29.50 (V40)
45 Simon Beer (Celtic Tri) 29.51 (V40)
46 Steve Dinham (Port Talbot Harriers) 29.53
47 Darren Edwards (Celtic Tri) 29.54 (V35)
48 Kevin Walford (Cornelly Striders) 29.56 (V45)
49 Stephen Richards (Swansea Harriers TNT) 30.05
50 Martin Cole (Guest) 30.08 (V45)
51 Jos Jones (Swansea Harriers TNT) 30.11 (V35)
52 Jack Jones (Swansea Harriers TNT) 30.12
53 Kneath Phillippart (Swansea Harriers TNT) 30.15 (V55)
54 Gareth Morgan (3M Gorseinon) 30.17
55 Philip Crane (Neath Black Tuesday) 30.22 (V50)
56 Andrew Morrison (Swansea Harriers TNT) 30.23
57 Robin Spacie (3M Gorseinon) 30.27
58 Ashley Pascoe (3M Gorseinon) 30.30 (V40)
59 Steve Williams (Neath Black Tuesday) 30.31 (V55)
60 Kristo Holm (Swansea University) 30.34
61 Mike Tate (Celtic Tri) 30.38 (V40)
62 Simon Wilson (Swansea Harriers Masters) 30.40 (V45)
63 Jeff Thomas (Porthcawl Runners) 30.41 (V45)
64 Ian Ogilbie (Brackla Harriers) 30.42 (V45)
65 Rhodri Harris (Porthcawl Runners) 30.47
66 Stuart Jones (Swansea University) 31.02 (U20)
67 Dave Bright (Tata Steel Multisport) 31.05 (V45)
68 Craig Finn (Run4All) 31.11 (V40)
69 Stephen Hughes (Llanelli AC) 31.16 (U20)
70 Kevin Taylor (Amman Valley Harriers) 31.17 (V50)
71 Gary Davies (Celtic Tri) 31.17 (V45)
72 Jonathon Williams (Llanelli AC) 31.19
73 Raul Reismann (Swansea Harriers TNT) 31.20 (V40)
74 Neil Harris (Porthcawl Runners) 31.23 (V50)
75 Richard Jones (Swansea Harriers Masters) 31.24 (V55)
76 Mark Gosney (3M Gorseinon) 31.27
77 David Moore (Brackla Harriers) 31.28 (V35)
78 Charles Walsh (Neath Black Tuesday) 31.34 (V35)
79 Andrew Mundy (Brackla Harriers) 31.40 (V35)
80 Kevin Lewis (Neath Black Tuesday) 31.41 (V50)
81 Rob Warlow (Celtic Tri) 31.43 (V40)
82 Owain Williams (Run4All) 31.47
83 Will Edwards (Porthcawl Runners) 31.50 (V40)

84 Gary Howe (3M Gorseinon) 31.51 (V55)
85 Hywel Jones (Amman Valley Harriers) 32.07 (V50)
86 Mark Daniel (Celtic Tri) 32.13 (V35)
87 Paul Davies (Run4All) 32.16 (V45)
88 Tom O'Sullivan (Swansea University) 32.16 (U20)
89 Graham Vyner (Run4All) 32.23 (V45)
90 Andrew Thomas (Sospan Road Runners) 32.25 (V45)
91 Neil Horsley (Run4All) 32.28 (V55)
92 Tim Jones (3M Gorseinon) 32.30
93 John Marson (Sospan Road Runners) 32.35 (V40)
94 Paul Ford (Porthcawl Runners) 32.40 (V40)
95 Nigel Francisco (Team Wecori) 32.43 (V45)
96 Laurence Worth (Pembrokeshire Harriers) 32.48 (V50)
97 Jordan Braddock (Swansea University) 32.56
98 Martin Slucutt (Swansea Harriers TNT) 32.59 (V35)
99 Bill Leslie (Amman Valley Harriers) 33.03 (V40)
100 Julian Maine (Porthcawl Runners) 33.04 (V55)
101 Dean Hardie (3M Gorseinon) 33.05 (V55)
102 Peter Martin (Celtic Tri) 33.08 (V35)
103 Wayne Frewen (Brackla Harriers) 33.10 (V50)
104 Peter Turner (Cornelly Striders) 33.14 (V60)
105 Anthony Phillips (Porthcawl Runners) 33.19 (V45)
106 Peter Malough (Celtic Tri) 33.26
107 Jonathon Jarvis (Run4All) 33.29
108 Rony Seamons (Celtic Tri) 33.31 (V35)
109 Mike Gleeson (Swansea Harriers TNT) 33.33 (V40)
110 Dai Richards (Celtic Tri) 33.40 (V50)
111 Nick Sheehan (Llanelli AC) 33.42
112 Dominic Arnold (3M Gorseinon) 33.43
113 Calvin Hold (Swansea Harriers TNT) 33.44 (V40)
114 John Sinnett (Pembrokeshire Harriers) 33.45 (V55)
115 Mike Hall (Swansea University) 33.50
116 Colin Price (Tata Steel Multisport) 33.50 (V55)
117 Rob Malough (Celtic Tri) 33.55 (V35)
118 Nigel Morse (Celtic Tri) 34.00 (V45)
119 Oliver Webb (Swansea University) 34.06
120 Paul Arnold (Celtic Tri) 34.09 (V45)
121 Paul Kingdom (Sospan Road Runners) 34.10 (V40)
122 Mario Rabaiotti (Port Talbot Wizards) 34.11 (V50)
123 Jamie Steadman (Llanelli AC) 34.12
124 Alan Jones (Brackla Harriers) 34.15 (V55)
125 Terry Mills (Guest) 34.18 (V50)
126 Paul White (Sospan Road Runners) 34.22 (V50)
127 Graham Colvin (Celtic Tri) 34.32 (V50)
128 Ian Bamford (3M Gorseinon) 34.37 (V35)
129 Scott Mills (Llanelli AC) 34.38
130 Mike Anthony (Tata Steel Multisport) 34.41 (V55)
131 Richard Watts (Celtic Tri) 34.43 (V35)
132 Richard Harris (Celtic Tri) 34.54 (V45)
133 Dave Cornish (Port Talbot Wizards) 34.55 (V45)
134 Callum Wadham (Run4All) 34.55 (U20)
135 Mark Watts (Run4All) 34.58 (V35)
136 Andrew Dunscombe (Guest) 35.05 (V45)
137 Kevin Joyce (Guest) 35.08 (V45)
138 Chris Watkins (Run4All) 35.10 (V45)
139 Martin Turton (Team Deviant) 35.13 (V45)
140 Clive Greaves (3M Gorseinon) 35.15 (V45)
141 John Gardner (Pembrokeshire Harriers) 35.29 (V70)
142 Brian Mogford (Amman Valley Harriers) 35.39 (V50)
143 Paul Osborne (Llanelli AC) 35.42 (V55)

144 Gary Howells (Sospan Road Runners) 35.56
145 Neil Wheeler (Celtic Tri) 35.58 (V40)
146 Alan Perkins (Port Talbot Wizards) 36.07 (V60)
147 Simon Pinner (Team Wecori) 36.18 (V55)
148 Grant Pearce (Run4All) 36.20
149 Stuart Griffiths (Sospan Road Runners) 36.27 (V35)
150 Patrick Over (Swansea University) 36.33
151 Ken Davies (Team Wecori) 36.39 (V50)
152 Robert Smith (Pembrokeshire Harriers) 36.41 (V50)
153 Matthew Williams (Sospan Road Runners) 36.43 (V35)
154 Geraint Smith (Run4All) 36.45 (V40)
155 Alex Ford (Brackla Harriers) 36.48 (V60)
156 John Jenkins (Celtic Tri) 36.55 (V70)
157 Mark Thomas (Run4All) 36.59 (V50)
158 Haydn Foster (Swansea University) 37.04
159 James Davies (3M Gorseinon) 37.05 (V45)
160 Richard Bleaney (Run4All) 37.19 (V35)
161 Uku Kumari (Swansea Harriers TNT) 37.29 (V60)
162 Paul Simmons (Guest) 37.37 (V45)
163 Tony Holling (Run4All) 37.40 (V55)
164 Steve Osborne (Llanelli AC) 37.50
165 John Ayres (Port Talbot Wizards) 38.09 (V55)
166 Kerry Jones (Celtic Tri) 38.10 (V50)
167 Mark Jones (Run4All) 38.17 (V50)
168 Simon Grig Williams (Celtic Tri) 38.22 (V40)
169 Shaun Thomas (Celtic Tri) 38.35
170 Ben Adams (Run4All) 38.36
171 Tony Burt (Brackla Harriers) 39.01 (V70)
172 John Sanderson (3M Gorseinon) 39.06 (V55)
173 Lee Kwok (Run4All) 39.06 (V35)
174 Lee Newman (Porthcawl Runners) 39.06 (V40)
175 Ian Stratton (Brackla Harriers) 39.09 (V45)
176 Glyn Williams (3M Gorseinon) 39.29 (V60)
177 Gerard Williams (Celtic Tri) 39.45 (V40)
178 Raymond James (Port Talbot Wizards) 39.45 (V50)
179 Andrew Rothwell (Guest) 39.55 (V55)
180 Eric Davey (Llanelli AC) 40.57 (V60)
181 John Davies (Port Talbot Wizards) 41.05 (V65)
182 Andrew Gilbert (Run4All) 41.34 (V40)
183 Scott Smith (Celtic Tri) 42.23 (V35)
184 Ian Swanson (Port Talbot Wizards) 43.05 (V60)
185 Allan Smith (3M Gorseinon) 43.59 (V80)
186 Tom Crouch (Celtic Tri) 44.39
187 Geordie Harrington (Run4All) 46.25 (V70)
188 Nigel Leighton Jones (Guest) 46.34 (V55)
189 Mike Hodges (Guest) 49.19 (V60)