

## West Glam League – Margam Park, Sunday 16<sup>th</sup> March

### MEN

Position Name Team Time Category

- 1 Mathew Harvey (Neath Harriers) 32.44
- 2 Sander Vaher (Swansea University) 33.08
- 3 Ashleigh Harper (Swansea University) 34.09
- 4 Eamonn Kirk (Swansea Harriers TNT's) 34.17 (M40)
- 5 James Hockin (Celtic Tri) 34.34
- 6 Adam Newton (Swansea Harriers TNT's) 35.00
- 7 Gareth Ayres (Port Talbot Harriers) 35.40
- 8 Callum Beare (Llanelli A.C.) 35.44 (U20)
- 9 Peter Osborne (Llanelli A.C.) 35.54 (M50)
- 10 Richard Lewis (Celtic Tri) 35.59 (M35)
- 11 Alan Davies (3M's Gorseinon R.R.) 36.07 (M60)
- 12 Chris Parker (Port Talbot Harriers) 36.23 (M45)
- 13 Alex Williams (Port Talbot Harriers) 36.24 (M45)
- 14 Andrew Charles (Port Talbot Harriers) 36.25
- 15 Andrew George (Celtic Tri) 36.29
- 16 Andrew Wright (Celtic Tri) 36.38 (M35)
- 17 Matthew Reynolds (Celtic Tri) 37.16
- 18 Mark Thomas (Sospan Road Runners) 37.21 (M40)
- 19 Andrew Morrison (Swansea Harriers TNT's) 37.27
- 20 Jack Jones (Swansea Harriers TNT's) 37.37
- 21 Gareth Rees (Tata Steel Multisport) 37.59
- 22 Kneath Philippart (Swansea Harriers TNT's) 38.04 (M55)
- 23 James Dean (Swansea University) 38.07
- 24 Raul Reismann (Swansea Harriers TNT's) 38.11 (M40)
- 25 Kevin Lewis (Neath Black Tuesday) 38.13 (M50)
- 26 Nicholas Sheehan (Llanelli A.C.) 38.26
- 27 Nigel Barnes (Run4All) 38.27 (M45)
- 28 Ian Ogilvie (Brackla Harriers) 38.30 (M45)
- 29 Timothy Williams (Celtic Tri) 38.32 (M35)
- 30 Jeff Thomas (Porthcawl Runners) 38.34 (M45)
- 31 Mathew Tippins (Amman Valley Harriers) 38.44
- 32 Daniel Davies Pembrokeshire Harriers 38.46
- 33 Geraint Lewis (Porthcawl Runners) 38.48 (M35)
- 34 Matthew O'Leary (Neath Jaguars) 39.00
- 35 Martin Cole (Team Wecori) 39.28 (M45)
- 36 Andrew Jenkins (Tata Steel Multisport) 39.45 (M50)
- 37 Charles Walsh (Neath Black Tuesday) 39.47 (M35)
- 38 Daniel Gurmin (Swansea Harriers TNT's) 39.49
- 39 Nathan Daniel (Celtic Tri) 40.04 (U20)
- 40 Dean Hardie (3M's Gorseinon R.R.) 40.09 (M55)
- 41 Stephen Richards (Swansea Harriers TNT's) 40.15
- 42 Teifion Thomas (Celtic Tri) 40.18 (M45)

43 Michael Roderick (Swansea Harriers TNT's) 40.24  
44 Justin Lott (South Wales Police) 40.27 (M35)  
45 Daniel Greenwell (Run4All) 40.40  
46 Mark Darch (Swansea University) 40.59 (U20)  
47 Mark Gosney (3M's Gorseinon R.R.) 41.16  
48 Gary Davies (Celtic Tri) 41.25 (M45)  
49 Dave Griffiths (Brackla Harriers) 41.33 (M35)  
50 Steven Jones (Port Talbot Harriers) 41.37 (M40)  
51 Owain Williams (Run4All) 41.38  
52 Bill Leslie (Amman Valley Harriers) 41.40 (M40)  
53 Richard Price (Celtic Tri) 41.42 (M45)  
54 Graham Vyner (Run4All) 41.45 (M45)  
55 Neil Davies (Cornelly Stridersi) 41.50 (M55)  
56 Richard Watts (Celtic Tri) 41.52 (M35)  
57 Dave (TBC) (Porthcawl Runners) 41.55  
58 Hywel Jones (Amman Valley Harriers) 41.59 (M50)  
59 Paul Arnold (Celtic Tri) 42.06 (M45)  
60 Kurt Jones (Celtic Tri) 42.15 (M35)  
61 Robert Jones (Porthcawl Runners) 42.21  
62 John Marsow (Sospan Road Runners) 42.38 (M40)  
63 Jason Turner (Swansea Harriers TNT's) 42.56 (M40)  
64 Darren Chapple (Run4All) 43.06 (M35)  
65 Martin Slucutt (Swansea Harriers TNT's) 43.18 (M35)  
66 Chris Lewis (Run4All) 43.22  
67 Andrew Yorath (Swansea Harriers TNT's) 43.37 (M35)  
68 Steve Hames (Neath Black Tuesday) 43.43 (M50)  
69 Colin Price (Tata Steel Multisport) 43.45 (M55)  
70 Steve Dinham (Port Talbot Harriers) 43.48  
71 Scott Grey (Tata Steel Multisport) 43.56  
72 Jordan Williams (Celtic Tri) 43.57  
73 Peter Malough (Celtic Tri) 44.00  
74 Darren Hopkins (Run4All) 44.04 (M35)  
75 Simon Malough (Celtic Tri) 44.09  
76 Mathew Shepherd (Swansea University) 44.15 (U20)  
77 Peter Turner (Cornelly Stridersi) 44.30 (M60)  
78 Grant Pearce (Run4All) 44.45  
79 Carwyn Evans (Swansea Harriers Under 20's) 44.55 (U20)  
80 Martin Turton (Team Deviant) 45.12 (M45)  
81 Phil Protheroe (Porthcawl Runners) 45.16 (M40)  
82 Allan Jones (Brackla Harriers) 45.19 (M60)  
83 Dewi West (3M's Gorseinon R.R.) 45.37 (M50)  
84 Nigel Morse (Celtic Tri) 45.44 (M45)  
85 Andrew Rees (Amman Valley Harriers) 45.52 (M40)  
86 Huw Mathias (Tata Steel Multisport) 46.00 (M40)  
87 Geraint Smith (Run4All) 46.05 (M40)  
88 Chris Watkins (Run4All) 46.12  
89 Ray Majer (Sospan Road Runners) 46.35 (M60)  
90 Jason Kingdom (South Wales Police) 46.39 (M35)  
91 John Gardener (Pembrokeshire Harriers) 46.52 (M70)  
92 Nick Venables (Sospan Road Runners) 47.06

93 Clive Greaves (3M's Gorseinon R.R.) 47.08 (M45)  
94 Mark Watts (Run4All) 47.11 (M35)  
95 Mark Thomas (Run4All) 47.17 (M50)  
96 David Hesketh (Cornelly Striders) 47.21 (M45)  
97 Uku Kumari (Swansea Harriers TNT's) 47.38 (M60)  
98 John Jenkins (Celtic Tri) 47.43 (M70)  
99 Ken Davies (Team Wecori) 47.46 (M50)  
100 Scott Charles (Celtic Tri) 48.01 (M35)  
101 Tony Holling (Run4All) 48.14 (M55)  
102 Peter Deacon (Port Talbot Harriers Wizards) 48.16 (M55)  
103 Andrew Baker (Celtic Tri) 48.24 (M35)  
104 Gary Vaughan (Celtic Tri) 48.33  
105 Neil Wheeler (Run4All) 48.52 (M40)  
106 Alex Tovey (Run4All) 49.01 (M40)  
107 Andrew Thomas (3M's Gorseinon R.R.) 49.04 (M45)  
108 Simon Grigg-Williams (Celtic Tri) 49.24 (M40)  
109 Michael Halsall (Llanelli A.C.) 49.46 (M40)  
110 Dean David (Celtic Tri) 49.52  
111 John Ayres (Port Talbot Harriers Wizards) 50.17 (M55)  
112 Alan Perkins (Port Talbot Harriers Wizards) 50.20 (M60)  
113 Steven Perks (Run4All) 51.13 (M50)  
114 Noel Williams (Sandfields, Port Talbot) 51.18 (M35)  
115 Howard Jones (Brackla Harriers) 51.56 (M55)  
116 Roger Smith (Celtic Tri) 54.12 (M40)  
117 John Davies (Port Talbot Harriers Wizards) 54.23 (M65)  
118 Ian Swanson (Port Talbot Harriers Wizards) 58.55 (M60)  
119 Richard Donne (3M's Gorseinon R.R.) 59.44 (M50)  
120 (TBC) Kearney (Run4All) 61.31 (M50)

#### LADIES & V70 MEN

Position Name Team Time Category

1 Helen Marshall (Swansea Harriers) 22.32  
2 Claire Cleathero (Tata Steel Multisport) 22.53 (F35)  
3 Rachel Evans (Run4All) 23.32 (F40)  
4 Llinos Jones (Amman Valley Harriers) 24.03  
5 Helen Jones (Port Talbot Harriers) 24.24 (F40)  
6 Sian Phillips (Swansea Harriers) 24.39 (F50)  
7 Helen-Marie Davies (Swansea Harriers) 24.46 (F35)  
8 Michelle Grey (3M's Gorseinon R.R.) 24.50  
9 Charlotte Johns (Brackla Harriers) 24.58 (F45)  
10 Sharon Ford (Porthcawl Runners) 25.07 (F40)  
11 Leann Gibbs (Celtic Tri) 25.09 (F40)  
12 Jayne Arnold (Celtic Tri) 25.11 (F40)  
13 Andrea Starritt (Brackla Harriers) 25.16 (F45)  
14 Judith Oakley (Port Talbot Harriers) 25.20 (F45)  
15 Alyson Heard (3M's Gorseinon R.R.) 25.22 (F50)  
16 Nina Brocklebank (3M's Gorseinon R.R.) 25.27 (F40)  
17 Ruth Deards (Celtic Tri) 25.38 (F40)

18 Jazmine Briganti (Run4All) 25.39 (U20)  
19 Ellie Dainton (Llanelli A.C.) 25.53 (U20)  
20 Mandy Morris (Port Talbot Harriers) 25.59 (F40)  
21 Christine Jones (Celtic Tri) 26.02 (F50)  
22 Gillian Phillips (Sospan Road Runners) 26.08 (F55)  
23 Debra Clarke (Run4All) 26.14 (F45)  
24 Mandy Peace (Sospan Road Runners) 26.37 (F45)  
25 Lisa Williams (3M's Gorseinon R.R.) 26.45 (F35)  
26 Andrea Williams (Port Talbot Harriers) 26.52 (F40)  
27 Emma Charles (Port Talbot Harriers) 27.01  
28 Megan Clark-Reid (Run4All) 27.03  
29 Liz Beech (Brackla Harriers) 27.07 (F50)  
30 Ruth Newman (Port Talbot Harriers) 27.13 (F40)  
31 Pauline Williams (Port Talbot Harriers) 27.13 (F55)  
32 Libby Lavis (Brackla Harriers) 27.26 (F55)  
33 Yvonne Brown (Port Talbot Harriers) 27.34 (F50)  
34 Lisa Kethro (Celtic Tri) 28.14 (F45)  
35 Laura Chapple (Run4All) 28.20  
36 Sian Roberts (Celtic Tri) 28.25 (F35)  
37 Angie Ridge (Run4All) 28.29 (F45)  
38 Vanessa Harragan (Swansea Harriers) 28.37  
39 Nikki Powell (Celtic Tri) 28.44 (F35)  
40 Ceri Thomas (Porthcawl Runners) 28.49 (F35)  
41 Trudi Cook (3M's Gorseinon R.R.) 28.54 (F40)  
42 Mary Beech (Brackla Harriers) 28.56 (F50)  
43 Cathryn Jenkins (Run4All) 29.09 (F40)  
44 Leey Mainwaring (Run4All) 29.15 (F45)  
45 Viv ? (Sospan Road Runners) 29.20 (F35)  
46 Penny Kennedy (Swansea Harriers) 29.29 (F45)  
47 Samantha Bowen (Run4All) 29.49  
48 Anne James (Celtic Tri) 30.03 (F45)  
49 Susan Widlake (Run4All) 30.12 (F45)  
50 Bethan Morris (Port Talbot Harriers) 30.18  
51 Tony Burt (Brackla Harriers) 30.30 (VM70)  
52 Karen Phillips (Porthcawl Runners) 30.36 (F45)  
53 Rebecca Hambrook (Porthcawl Runners) 30.40 (F60)  
54 Lisa Ogilvie (Run4All) 31.01 (F45)  
55 Anna Tobin (Tata Steel Multisport) 31.05 (F45)  
56 Keith Treharne (Brackla Harriers) 31.14 (VM70)  
57 Jo Mather (Run4All) 31.16 (F40)  
58 Fay Sharpe (3M's Gorseinon R.R.) 31.53 (F50)  
59 Jules Jones (Run4All) 31.59  
60 Rhian Powell (Run4All) 32.03 (F35)  
61 Patricia Jones (Brackla Harriers) 32.15 (F60)  
62 Janice Harvey (Run4All) 32.15 (F55)  
63 Alison Williams (Run4All) 32.40 (F45)  
64 Nia King (Run4All) 32.45  
65 Arthur Yarranton (Run4All) 33.08 (VM70)  
66 Catherine Ball (Celtic Tri) 34.09  
67 Sian Tossell (Brackla Harriers) 34.54 (F45)

68 Christine Williams (Celtic Tri) 35.10 (F45)  
69 Hazel Wheeler (Run4All) 35.27 (F40)  
70 Angela Walsh (Porthcawl Runners) 36.18  
71 Linda Owens (3M's Gorseinon R.R.) 37.00 (F60)  
72 Kathryn Kearney (Run4All) 37.19 (F50)  
73 Teresa Hillier (Run4All) 37.21 (F50)  
74 Kay Barnes (Run4All) 37.52 (F40)  
75 Pushpah Newman (Port Talbot Harriers) 38.26  
76 Julia Evans (Run4All) 39.03 (F35)  
77 Paula Stockley (3M's Gorseinon R.R.) 46.37  
78 Helen Jones (Run4All) 46.43 (F40)  
79 Andrea Jenkins (Run4All) 49.01 (F50)  
80 Amanda Gilbert (Run4All) 49.04 (F45)