

Sunday January 12th 2014 - 11am

Venue: Tata Steel Sports Club, Margam

Mens Result

- 1 Marc Hobbs (Swansea Harriers MMTG) 29.03
- 2 Ashleigh Harper (Swansea University) 29.07
- 3 Lewys Hobbs (Swansea Harriers MMTG) 29.10
- 4 Matthew Harvey (Neath Harriers) 29.13
- 5 Daniel Rothwell (Swansea Harriers MMTG) 29.15
- 6 Dean Johnston (Neath Harriers) 30.05
- 7 Gareth Ayres (Port Talbot Harriers) 30.06
- 8 James Hockin (Celtic Tri) 30.16
- 9 Eamonn Kirk (Swansea Harriers TNT's) 30.44 (V40)
- 10 Matthew Richards (Swansea Harriers MMTG) 30.53
- 11 Ian Harris (3M's Gorseinon R.R.) 30.54
- 12 Richard Lewis (Celtic Tri) 31.06 (V35)
- 13 Callum Beare (Llanelli A.C.) 31.19 (U20)
- 14 Chris Parker (Port Talbot Harriers) 31.20 (V45)
- 15 Adam Newton (Swansea Harriers TNT's) 31.40
- 16 Matthew Reynolds (Celtic Tri) 31.42
- 17 Christopher Jenkins (Neath Harriers) 31.43 (V35)
- 18 Peter Osborne (Llanelli A.C.) 31.47 (V50)
- 19 Mark Emery (South Wales Police) 31.59
- 20 Kieran John (Neath Jaguars) 32.03 (U20)
- 21 Andrew George (Celtic Tri) 32.14
- 22 Royston Whitehouse (Run4All) 32.30 (V50)
- 23 Alan Davies (3M's Gorseinon R.R.) 32.32 (V60)
- 24 Steve Smith (Swansea Harriers Masters) 32.38 (V50)
- 25 Andrew Charles (Port Talbot Harriers) 32.39
- 26 Alec Vessey (Swansea University) 32.42
- 27 Andrew Baker (Celtic Tri) 32.54 (V35)
- 28 Raul Reismann (Swansea Harriers TNT's) 32.56 (V40)
- 29 Alex Williams (Port Talbot Harriers) 33.04 (V45)
- 30 Martin George (Llanelli A.C.) 33.11 (V35)
- 31 Terry Jones (Run4All) 33.14 (V55)
- 32 Dylan Williams (Swansea Harriers Under 20's) 33.20 (U20)
- 33 Carl Ellis (Neath Black Tuesday) 33.39 (V35)
- 34 Mark Thomas (Sospan Road Runners) 33.40 (V40)
- 35 James Dean (Swansea University) 33.43
- 36 Kneath Philippart (Swansea Harriers TNT's) 33.45 (V55)
- 37 Martin Flear (Llanelli A.C.) 33.46
- 38 Sam Hawkin (Celtic Tri) 33.47 (V35)
- 39 Andrew Brain (Run4All) 33.48 (V40)
- 40 Michael Roderick (Swansea Harriers TNT's) 33.49
- 41 Steve Thomas (3M's Gorseinon R.R.) 34.01 (V35)
- 42 John Morgan (Cornelly Striders) 34.26 (V45)
- 43 Karl Eenmaa (Port Talbot Harriers) 34.28 (V40)
- 44 Mark Gosney (3M's Gorseinon R.R.) 34.29
- 45 Craig Finn (Run4All) 34.30 (V40)
- 46 Ashley Pascoe (3M's Gorseinon R.R.) 34.31 (V40)
- 47 Ian Ogilvie (Brackla Harriers) 34.32 (V45)
- 48 Stephen Richards (Swansea Harriers TNT's) 34.33
- 49 Mike Gleeson (Swansea Harriers TNT's) 34.36 (V40)
- 50 Geraint Lewis (Porthcawl Runners) 34.38
- 51 Hugh Pascoe (Celtic Tri) 34.52
- 52 Tom Davis (Porthcawl Runners) 34.58
- 53 Gareth Poston (Tata Steel Multisport) 34.58
- 54 Kevin Walford (Cornelly Striders) 34.59 (V45)
- 55 Martin Cole (Team Wecori) 35.00 (V45)
- 56 Will Edwards (Porthcawl Runners) 35.06 (V40)
- 57 Mike Tate (Celtic Tri) 35.07 (V40)
- 58 Keith Powell (Cornelly Striders) 35.09 (V60)
- 59 Andrew Jenkins (Tata Steel Multisport) 35.12 (V50)

60 Justin Lott (South Wales Police) 35.14
61 Kevin Lewis (Neath Black Tuesday) 35.15 (V50)
62 Steven Warren Di(Neath Harriers)jam (Port Talbot Harriers) 35.29
63 Kristo Holm (Swansea University) 35.31
64 Matthew Tippins (Amman Valley Harriers) 35.32
65 Colin Mcqueen (Brackla Harriers) 35.33 (V50)
66 Roger Davis (Porthcawl Runners) 35.34 (V55)
67 Grant Phillips (South Wales Police) 35.35
68 Lee Morris (3M's Gorseinon R.R.) 35.40
69 Seb Willis (Team Deviant) 35.40
70 Matthew O'Leary (Neath Jaguars) 35.46
71 John Diffey (South Wales Police) 35.51 (V50)
72 Steve Cable (3M's Gorseinon R.R.) 35.53 (V40)
73 Steven Jones (Port Talbot Harriers) 35.53 (V40)
74 Nathan Daniel (Celtic Tri) 35.54 (U20)
75 Gary Davies (Celtic Tri) 35.57 (V45)
76 David Moore (Brackla Harriers) 36.01 (V35)
77 Tim Jones (3M's Gorseinon R.R.) 36.02
78 Daniel Greenwell (Run4All) 36.05
79 Charles Walsh (Neath Harriers) 36.15 (V35)
80 Andrew Thomas (Sospan Road Runners) 36.16 (V45)
81 Hugh Janney (Amman Valley Harriers) 36.19 (V40)
82 Hywel Wyn Jones (Amman Valley Harriers) 36.26 (V50)
83 John Marson (Sospan Road Runners) 36.27 (V40)
84 Paul Davies (Run4All) 36.30 (V45)
85 Graham Vyner (Run4All) 36.33 (V45)
86 Paul Butcher (Amman Valley Harriers) 36.40
87 Byron Davies (3M's Gorseinon R.R.) 36.41 (V40)
88 Dave Bright (Tata Steel Multisport) 36.48 (V45)
89 Laurence Worth (Pembrokeshire Harriers) 36.51 (V50)
90 Nicholas Sheehan (Llanelli A.C.) 36.53
91 Kevin Taylor (Amman Valley Harriers) 36.56 (V50)
92 Richard Webster (3M's Gorseinon R.R.) 37.00 (V55)
93 Martin Slucutt (Swansea Harriers TNT's) 37.02 (V35)
94 Nigel Barnes (Run4All) 37.02 (V45)
95 Richard Price (Celtic Tri) 37.02 (V45)
96 Rob Warlow (Celtic Tri) 37.05
97 Paul Ford (Porthcawl Runners) 37.09 (V40)
98 Owain Williams (Run4All) 37.11
99 Peter Turner (Cornelly Striders) 37.17 (V60)
100 Martin Reed (Llanelli A.C.) 37.20 (V50)
101 Bernard Henderson (Port Talbot Harriers Wizards) 37.22 (V55)
102 Matthew Williams (Sospan Road Runners) 37.34 (V35)
103 Calvin Hold (Swansea Harriers TNT's) 37.48 (V40)
104 Richard Watts (Celtic Tri) 37.49 (V35)
105 Andrew Yorath (Swansea Harriers TNT's) 37.49 (V35)
106 Ian Hoskins (3M's Gorseinon R.R.) 37.54 (V40)
107 Dean Hardie (3M's Gorseinon R.R.) 37.58 (V55)
108 Martin Turton (Team Deviant) 38.00 (V45)
109 Mark White (Tata Steel Multisport) 38.12
110 Paul Arnold (Celtic Tri) 38.19 (V45)
111 Peter Martin (Celtic Tri) 38.22
112 Gary Howe (3M's Gorseinon R.R.) 38.26 (V55)
113 Wayne Frowen (Brackla Harriers) 38.26 (V35)
114 Peter Malough (Celtic Tri) 38.28
115 Jason Turner (Swansea Harriers TNT's) 38.32 (V40)
116 Ian Williams (Port Talbot Harriers) 38.33
117 Dave Hughes (Cornelly Striders) 38.34 (V45)
118 Dewi West (3M's Gorseinon R.R.) 38.35 (V50)
119 Richard Jones (Cornelly Striders) 38.36
120 Darren Chapple (Run4All) 38.37 (V35)
121 Allan Jones (Brackla Harriers) 38.38 (V60)
122 John Sinnett (Pembrokeshire Harriers) 38.48 (V55)
123 Steve Lewis (Celtic Tri) 38.58
124 Paul Kingdon (Sospan Road Runners) 39.03 (V40)
125 Alistair Thompson (Porthcawl Runners) 39.04
126 Simon Malough (Celtic Tri) 39.06

127 Scott Gray (Tata Steel Multisport) 39.10
128 Steve Hames (Neath Black Tuesday) 39.12 (V50)
129 Lee Newman (Porthcawl Runners) 39.22
130 Darren Hopkins (Run4All) 39.24 (V35)
131 Huw Mathias (Tata Steel Multisport) 39.34 (V40)
132 Eric Davey (Llanelli A.C.) 39.44 (V60)
133 S Bendle (Swansea Harriers TNT's) 39.46 (V45)
134 John Crebo (Guest) 39.59
135 Marcus Richardson (Celtic Tri) 40.05 (V50)
136 Rob Malough (Celtic Tri) 40.06
137 Nick Venables (Sospan Road Runners) 40.13
138 Dai Richards (Celtic Tri) 40.16 (V50)
139 Steven Perks (Run4All) 40.17 (V50)
140 Joel Martin (Guest) 40.18
141 Huw Jones (Celtic Tri) 40.19
142 Phil Protheroe (Porthcawl Runners) 40.20 (V40)
143 Andrew Davies (Celtic Tri) 40.21 (V45)
144 Clive Greaves (3M's Gorseinon R.R.) 40.23 (V45)
145 Mark Edwards (Celtic Tri) 40.24
146 Roger Bell (3M's Gorseinon R.R.) 40.25 (V45)
147 Ray Majer (Sospan Road Runners) 40.25 (V60)
148 Michael Halsall (Llanelli A.C.) 40.32 (V40)
149 Richard Bleaney (Run4All) 40.38 (V35)
150 Andrew Rees (Amman Valley Harriers) 40.39 (V40)
151 Paul Osborne (Llanelli A.C.) 40.45
152 Chris Watkins (Run4All) 40.50
153 Paul White (Sospan Road Runners) 40.52 (V50)
154 Peter Deacon (Port Talbot Harriers Wizards) 40.55 (V55)
155 Steve McLelland (3M's Gorseinon R.R.) 41.00 (V50)
156 Grant Pierce (Run4All) 41.07
157 Noel Harris (South Wales Police) 41.10 (V45)
158 Andy Fisher (Brackla Harriers) 41.14 (V45)
159 Robert Smith (Pembrokeshire Harriers) 41.17 (V50)
160 John Jenkins (Celtic Tri) 41.28 (V70)
161 Regan Taylor (Tata Steel Multisport) 41.28 (U20)
162 Paul Rees (3M's Gorseinon R.R.) 41.31 (V50)
163 Christopher Lewis (Guest) 41.38
164 James Davies (3M's Gorseinon R.R.) 41.40 (V45)
165 Andrew Thomas (3M's Gorseinon R.R.) 41.45 (V45)
166 Jason Kingdom (South Wales Police) 41.46
167 Bob Gardiner (Team Wecori) 41.51 (V50)
168 Graham Evans (Celtic Tri) 41.54
169 Steve Osborne (Llanelli A.C.) 42.04
170 Nick Evans (Port Talbot Harriers Wizards) 42.1
171 Richard Harris (Celtic Tri) 42.11 (V45)
172 Tony Baker (3M's Gorseinon R.R.) 42.16 (V50)
173 Mark Taylor (Tata Steel Multisport) 42.28 (V35)
174 Ray James (Port Talbot Harriers) 42.29 (V50)
175 Keith Jenkins (Tata Steel Multisport) 42.32
176 Ryan Orton (Tata Steel Multisport) 42.32
177 Neil Marvin (Port Talbot Harriers Wizards) 42.39 (V45)
178 Russ Burt (Run4All) 42.46
179 Mark Jones (Run4All) 42.57 (V50)
180 Uku Kumari (Swansea Harriers TNT's) 43.02 (V60)
181 Gary Vaughan (Celtic Tri) 43.10
182 John Ayres (Port Talbot Harriers Wizards) 43.13 (V55)
183 Ken Davies (Team Wecori) 43.15 (V50)
184 Brian Griffiths (3M's Gorseinon R.R.) 43.22 (V65)
185 Shaun Thomas (Celtic Tri) 43.30
186 Ian Stratton (Brackla Harriers) 43.31
187 Terry Jones (Celtic Tri) 43.33 (V60)
188 Tony Holling (Run4All) 43.37 (V55)
189 Dave Griffiths (Pembrokeshire Harriers) 43.44
190 Mark Thomas (Run4All) 44.02
191 John Sanderson (3M's Gorseinon R.R.) 44.07 (V55)
192 Simon Grigg-Williams (Celtic Tri) 44.11 (V45)
193 Howard Jones (Brackla Harriers) 44.12

194 Lee Kwok (Run4All) 44.14
195 Dean David (Celtic Tri) 44.17
196 Alan Furnell (Port Talbot Harriers Wizards) 44.20 (V60)
197 Simon Hudd (Guest) 44.54 (V45)
198 Tony Burt (Brackla Harriers) 45.14 (V70)
199 Leighton Jones (3M's Gorseinon R.R.) 45.18 (V60)
200 John Davies (Port Talbot Harriers Wizards) 45.22 (V65)
201 Gavin Richards (Celtic Tri) 45.43
202 Darren Hall (3M's Gorseinon R.R.) 46.16
203 Ian George (Run4All) 46.17
204 Glyn Williams (3M's Gorseinon R.R.) 46.21 (V65)
205 John Holohan (3M's Gorseinon R.R.) 46.24 (V60)
206 Mark Bamford (3M's Gorseinon R.R.) 46.49 (V40)
207 Ian Swanson (Port Talbot Harriers Wizards) 47.07 (V60)
208 Richard Donne (3M's Gorseinon R.R.) 48.07 (V50)
209 Philip Smith (Brackla Harriers) 48.19 (V55)
210 Michael Beck (Tata Steel Multisport) 48.58
211 Alan Smith (3M's Gorseinon R.R.) 49.08 (V80)
212 Geraint Bowen (Tata Steel Multisport) 49.46 (V35)
213 Roger Smith (Celtic Tri) 51.34 (V40)
214 Arthur Yarranton (Run4All) 52.09 (V70)
215 Nigel Leighton Jones (Llanelli A.C. Strollers) 52.12 (V55)
216 Huw Price (Porthcawl Runners) 52.13
217 Robert Workman (Run4All) 56.48
218 Daniel Maharg (Run4All) 59.47
219 Andrew Gilbert (Run4All) 59.48 (V40)
220 Michael Jones (Celtic Tri) 78.38 (V50)

Ladies Result

1 Claire Cleathero (Tata Steel Multisport) 36.00 (F35)
2 Helen Marshall (Swansea Harriers) 36.18
3 Lara Philippart (Swansea Harriers) 36.25 (U20)
4 Rachel Evans (Run4All) 37.11 (F40)
5 Georgie Dando (South Wales Police) 37.16
6 Helen Jones (Port Talbot Harriers) 37.41 (F40)
7 Rachel Alcock (Amman Valley Harriers) 37.58 (F40)
8 Llinos Jones (Amman Valley Harriers) 38.04
9 Charlotte Johns (Brackla Harriers) 38.30 (F45)
10 Sian Phillips (Swansea Harriers) 38.53 (F50)
11 Tanwen Randell Davies (Amman Valley Harriers) 39.01
12 Helen Marie Davies (Swansea Harriers) 39.07 (F35)
13 Sharon Ford (Porthcawl Runners) 39.17 (F40)
14 Carys Griffiths (South Wales Police) 39.32
15 Leanne Gibbs ((Celtic Tri)) 39.45 (F40)
16 Judith Oakley (Port Talbot Harriers) 39.49 (F45)
17 Andrea Starritt (Brackla Harriers) 39.56 (F45)
18 Mandy Morris (Port Talbot Harriers) 39.57 (F40)
19 Jayne Arnold (Celtic Tri) 39.58 (F40)
20 Lisa Williams (3M's Gorseinon R.R.) 40.04 (F35)
21 Karyss Hockin (Celtic Tri) 40.30
22 Gillian Phillips (Sospan Road Runners) 40.33 (F55)
23 Christina Smith (3M's Gorseinon R.R.) 40.43 (F50)
24 Nicola Thomas (Porthcawl Runners) 40.58 (F45)
25 Linda Woodland (Run4All) 40.58 (F50)
26 Pauline Williams (Port Talbot Harriers) 41.03 (F50)
27 Ruth Deards (Celtic Tri) 41.04 (F40)
28 Mandy Peace (Sospan Road Runners) 41.13 (F45)
29 Caryl Williams Ford (Sospan Road Runners) 41.18 (F35)
30 Jenna Gow (Run4All) 41.20
31 Libby Lavis (Brackla Harriers) 41.20 (F55)
32 Nicola Griffiths (Sospan Road Runners) 41.25 (F45)
33 Alyson Heard (3M's Gorseinon R.R.) 41.32 (F50)
34 Michelle Grey (3M's Gorseinon R.R.) 41.35

35 Christine Jones (Celtic Tri) 41.38 (F50)
36 Ffion Davies (Guest) 41.45
37 Lynne Bain (Run4All) 41.46 (F35)
38 Debra Clarke (Run4All) 41.46 (F35)
39 Angi Ridge (Run4All) 42.05 (F45)
40 Caroline Sandles (3M's Gorseinon R.R.) 42.10 (F45)
41 Sian Roberts (Celtic Tri) 42.15 (F35)
42 Romana Maine (Porthcawl Runners) 42.21 (F50)
43 Yvonne Brown (Port Talbot Harriers) 42.23 (F50)
44 Elizabeth Beech (Brackla Harriers) 42.32 (F50)
45 Laura Chappie (Run4All) 42.42
46 Lesley Mainwaring (Run4All) 42.50 (F45)
47 Lisa Kethro (Celtic Tri) 42.59 (F45)
48 Louise Miskell (3M's Gorseinon R.R.) 43.11 (F40)
49 Alyson Egan (Run4All) 43.46 (F45)
50 Leanne Moore (Run4All) 43.47
51 Mary Beech (Brackla Harriers) 43.49 (F50)
52 Jane Ogilvie (Brackla Harriers) 43.50 (F45)
53 Del Eyre (3M's Gorseinon R.R.) 44.01 (F50)
54 Samantha Perrott (Run4All) 44.02
55 Penny Kennedy (Swansea Harriers) 44.05 (F45)
56 Ceri Thomas (Porthcawl Runners) 44.28 (F45)
57 Sian Thomas Amman Valley 44.35
58 Gwen Smith (3M's Gorseinon R.R.) 44.51 (F45)
59 Laura Thomas (Sospan Road Runners) 45.02
60 Trudi Cook (3M's Gorseinon R.R.) 45.23 (F40)
61 Angela Delaney (Swansea Harriers) 45.26 (F45)
62 Allison Lewis Wong (Run4All) 45.27 (F45)
63 Linda Rees (3M's Gorseinon R.R.) 45.33 (F50)
64 Sali Sweetman (3M's Gorseinon R.R.) 45.52 (F40)
65 Fran Knight (Run4All) 46.10 (F45)
66 Sally Reid (3M's Gorseinon R.R.) 46.15 (F45)
67 Alys Carlisle (Tata Steel Multisport) 46.29 (F40)
68 Anna Tobin (Tata Steel Multisport) 46.37 (F45)
69 Sharon Penhale (Tata Steel Multisport) 46.38 (F40)
70 Sharon Trotman (3M's Gorseinon R.R.) 46.42 (F40)
71 Karen Phillips (Porthcawl Runners) 47.01 (F45)
72 Clare Doyle (Guest) 47.03
73 Sian Wadham (Run4All) 47.12 (F35)
74 Karen Phillips (Brackla Harriers) 47.45 (F50)
75 Kim Holohan (3M's Gorseinon R.R.) 47.48 (F55)
76 Sam Bowen (Run4All) 47.50
77 Louise Pierpoint (Run4All) 47.59
78 Rebecca Hambrook (Porthcawl Runners) 48.01 (F60)
79 Nicola Kelly (Celtic Tri) 48.04 (F45)
80 Anne James (Celtic Tri) 48.04 (F45)
81 Janice Harvey (Run4All) 48.04 (F45)
82 Patricia Jones (Brackla Harriers) 48.30 (F50)
83 Catherine Hoile-Davies (Run4All) 49.21 (F45)
84 Christine Hurdidge (3M's Gorseinon R.R.) 49.34 (F60)
85 Fay Sharpe (3M's Gorseinon R.R.) 50.08 (F50)
86 Laura Hall (3M's Gorseinon R.R.) 50.14 (F50)
87 Jules Jones (Run4All) 51.07
88 Lillian Martin (Celtic Tri) 51.50
89 Beverley Evans (Celtic Tri) 52.00 (F55)
90 Mrs Harris (Run4All) 52.03 (F50)
91 Bethan Jenkins (Run4All) 52.16
92 Kay Kathleen Evans (Brackla Harriers) 52.26
93 Angela Walsh (Porthcawl Runners) 52.31
94 Cath Courts (Run4All) 52.34 (F40)
95 Laura Kingdom (Run4All) 52.35
96 Amanda Moore (Brackla Harriers) 52.36
97 Sian Tossell (Brackla Harriers) 52.38 (F45)
98 Leuanne Rees (Run4All) 52.45 (F40)
99 Janine George (Run4All) 52.45 (F40)
100 Sioned Street (Run4All) 53.13
101 Nicola Howells (Sospan Road Runners) 54.02 (F45)

102 Lorraine Evans (Sospan Road Runners) 54.02
103 Sian Moore (Run4All) 54.02 (F40)
104 Sarah Perdue (Run4All) 54.02
105 Linda Owens (3M's Gorseinon R.R.) 54.02 (F60)
106 Linda Waller (3M's Gorseinon R.R.) 54.40 (F55)
107 Nicola Julian (3M's Gorseinon R.R.) 54.47 (F45)
108 Nerys Moore (Run4All) 55.03 (F35)
109 Julie Davies (3M's Gorseinon R.R.) 57.24 (F60)
110 Victoria Holmes (3M's Gorseinon R.R.) 58.13 (U20)
111 Claire Price (Run4All) 58.32 (F40)
112 Karen Sutton (Run4All) 58.32
113 Kay Barnes (Run4All) 59.57
114 Melissa Pavell (Run4All) 60.37 (F45)
115 Lynn Holmes (3M's Gorseinon R.R.) 60.39 (F50)
116 Elizabeth Perks (Run4All) 60.44
117 Julia Perry (Run4All) 60.45
118 Wendy Edwards (Run4All) 63.30 (F45)
119 Jane Elliott (3M's Gorseinon R.R.) 70.02 (F60)
120 Paula Stockley (3M's Gorseinon R.R.) 70.28
121 Helen Jones (Run4All) 72.07
122 Amanda Gilbert (Run4All) 72.08 (F45)