

Club Champions 2013

Ladies

1. Judith Oakley
2. Yvonne Brown
3. Amanda Parry

Ladies Vet's

1. Mandy Morris
2. Pauline Williams
3. Clare Phillips

Men's

1. Gareth Ayres
2. Tony Holling
3. John Ayres

Men's Vet's

1. Alan Perkins
2. Mario Rabaiotti
3. Nigel Barnes

Port Talbot Harriers Women Championship Table 2013

		15 Championship Races																	
Name	Category	Llanelli Half Marathon - 3/3/13	Teifi 10M - 31/3/13	P.T.Harriers Mile - 14/4/13	Pentyrch Hill 7 Mile - 30/4/13	Sarn Helen 16.5 Mile -19/5/13	Cardiff 5K Park Run - June/July	Beast of Bryn 15 Mile - 1/6/13	P.T. Harriers Hilly- 7/7/13	Brecon 10 Mile - 4/8/13	P.T. Harriers Half - 1/9/13	Swansea Bay 10K - 22/9/13	P.T. H. Reverse Hilly - 13/10/13	Pembrey MT10 - 17/11/13	Glynneath 5M - 26/12/13	Best Marathon time - 2013	Races Run	Total	Postion
J. Oakley	V				28	29	30	30	29		30		30		28	29	9	263	1
M. Morris	V	29		29	29	30	29								29		6	175	2
Y. Brown	V					28		29					29		27	28	5	141	3
P. Williams	V	27		28	27	27											4	109	4
A.Parry	V	28		30												30	3	88	5
Clare Phillips	V								30						30		2	60	6
C. Moseley	V				30												1	30	7
S. Pinkham	V	30															1	30	8
A. Williams	V											30					1	30	9
K. Tucker	V											29					1	29	10
C. Brambley-Tucker	V																0	0	11
K.Barnes	V																0	0	12
A. Tucker																	0	0	13
C. O'Leary	V																0	0	14
H. Leach																	0	0	15
K.Jones	V																0	0	16

Port Talbot Harriers Vet Women Championship Table 2013

Name	Category	15 Championship Races													Races Run	Total	Position		
		Llanelli Half Marathon - 3/3/13	Teifi 10M - 31/3/13	P.T.Harriers Mile - 14/4/13	Pentyrch Hill 7 Mile - 30/4/13	Sarn Helen 16.5 Mile -19/5/13	Cardiff 5K Park Run - June/July	Beast of Bryn 15 Mile - 1/6/13	P.T. Harriers Hilly- 7/7/13	Brecon 10 Mile - 4/8/13	P.T. Harriers Half - 1/9/13	Swansea Bay 10K - 22/9/13	P.T. H. Reverse Hilly - 13/10/13	Pembrey MT10 - 17/11/13				Glynneath 5M - 26/12/13	Best Marathon time - 2013
J. Oakley	V				28	29	30	30	29		30			28	29	9	263	1	
M. Morris	V	29		29	29	30	29							29		6	175	2	
Y. Brown	V					28		29						29	27	28	5	141	3
P. Williams	V	27		28	27	27										4	109	4	
A.Parry	V	28		30											30	3	88	5	
Clare Phillips	V								30					30		2	60	6	
S.Pinkham	V	30														1	30	7	
C. Moseley	V				30											1	30	8	
A.Williams	V										30					1	30	9	
K.Tucker	V										29					1	29	10	
C. Brambley-Tucker	V															0	0	11	
C. O'Leary	V															0	0	12	
K. Jones	V															0	0	13	

Port Talbot Harriers Men Championship Table 2013

		15 Championship Races																	
Name	Category	Llanelli Half Marathon - 3/3/13	Teifi 10M - 31/3/13	P. T. Harriers Mile - 14/4/13	Pentyrch Hill 7 Mile - 30/4/13	Sarn Helen 16.5 Mile - 19/5/13	Cardiff 5K Park Run - June/July	Beast of Bryn 15 Mile - 1/6/13	P. T. Harriers Hilly- 7/7/13	Brecon 10 Mile - 4/8/13	P. T. Harriers Half - 1/9/13	Swansea Bay 10K - 22/9/13	P. T. H. Reverse Hilly - 13/10/13	Pembrey MT10 - 17/11/13	Glynneath 5M - 26/12/13	Best Marathon time - 2013	Races Run	Total	Position
G. Ayres				30	30	30	30	30	30			30		29	29	30	10	298	1
A. Perkins	V		29	24	25	28	27	26	27	30	27		27				10	270	2
A. Holling	V	17	26	19	21	27	26	25	22	28	26	20	24	26	25		14	255	3
M. Rabaiotti	V			26	26		28		26	29	28	24	28	28			9	243	4
J. Ayres	V		28	22	23	26			24				25	25	24		8	197	5
N. Barnes	V	29						29			30	18			27	29	6	162	6
A. Williams	V							27	29			29			28	20	5	133	7
B. Henderson	V	23		20								26	29			27	5	125	8
S. Dinham					27		29					28	30				4	114	9
J. Hopkins	V		30	29	28		24										4	111	10
I. Swanson	V		25	18									22	24	22		5	111	11
D. Cornish	V			28				28	28						26		4	110	12
P. Carman	V	21		25										27		25	4	98	13
C. Parker	V	30												30	30		3	90	14
I. Williams	V			27	29	29											3	85	15
K. Eenmaa	V	27									29	27					3	83	16
A. Roberts	V		27		21				23								3	71	17
J. Davies	V			21			25								23		3	69	18
P. Hambly	V	20										23				19	3	62	19

R. James	V				22							18	21				3	61	20	
D.Parfitt	V	28															26	2	54	21
S.Walsh	V	26															28	2	54	22
L. Price								25					26					2	51	23
P.Davies	V	25															23	2	48	24
Kevin MacIntosh	V	24															24	2	48	25
P. Deacon	V			23	24													2	47	26
A. Furnell	V							21					23					2	44	27
P. Jelley	V	22															21	2	43	28
N. Marvin	V	18										22						2	40	29
P.Rees	V											25						1	25	31
N. Parry																	22	1	22	32
P. Robbins	V											21						1	21	33
M.Davies	V	19																1	19	34
C.Lewis																		0	0	35
M. S. Jones	V																	0	0	36
A. Wright																		0	0	37
D.Vaughan																		0	0	38
D. Oak	V																	0	0	39
C.Anthony	V																	0	0	40
S. Treloar	V																	0	0	41
R. Warlow																		0	0	42
M. Griffiths	V																	0	0	43
A.Jones	V																	0	0	44
K. Fulcher																		0	0	45
D. Williams																		0	0	46
S.Davies	V																	0	0	47
M.Warlock	V																	0	0	48
L. Tew	V																	0	0	49
V. Lewis	V																	0	0	50

Port Talbot Harriers Vet Men - Championship Table 2013

		15 Championship Races																	
Name	Category	Llanelli Half Marathon - 3/3/13	Teifi 10M - 31/3/13	P.T.Harriers Mile - 14/4/13	Pentyrch Hill 7 Mile - 30/4/13	Sarn Helen 16.5 Mile -19/5/13	Cardiff 5K Park Run - June/July	Beast of Bryn 15 Mile - 1/6/13	P.T. Harriers Hilly- 7/7/13	Brecon 10 Mile - 4/8/13	P.T. Harriers Half - 1/9/13	Swansea Bay 10K - 22/9/13	P.T. H. Reverse Hilly - 13/10/13	Pembrey MT10 - 17/11/13	Glynneath 5M - 26/12/13	Best Marathon time - 2013	Races Run	Total	Postion
A. Perkins	V		29	25	27	29	29	27	28	30	27		28				10	279	1
A.Holling	V	28	26	20	23	28	28	26	24	28	26	22	26	26	26		14	264	2
M. Rabaiotti	V			27	28		30		27	29	28	26	29	29			9	253	3
J. Ayres	V		28	23	25	27			26				27	26	25		8	207	4
N. Barnes	V	29						30			30	20			28	30	6	167	5
A.Williams	V							28	30			30			29	22	5	139	6
B. Henderson	V	23		21								28	30			28	5	130	7
I. Swanson	V		25	19									24	25	23		5	116	8
D. Cornish	V			29				29	29						27		4	114	9
J. Hopkins	V		30	30	29		24										4	113	10
P. Carman	V	21		26										28		26	4	101	11
C. Parker	V	30												30	30		3	90	12
I.Williams	V			28	30	30											3	88	13
K.Eenmaa	V	27									29	29					3	85	14
A. Roberts	V		27		23				25								3	75	15
J.Davies	V			22			27								24		3	73	16
R. James	V				24							21	23				3	68	17
D.Parfitt	V	28														27	2	55	18

S.Walsh	V	26														29	2	55	19
P. Deacon	V			24	26												2	50	20
P.Davies	V	25														24	2	49	21
Kevin MacIntosh	V	24														25	2	49	22
A. Furnell	V							23					25				2	48	23
P.Hambly	V											25				22	2	47	24
P. Jelley	V	22														23	2	45	25
N. Marvin	V	19									24						2	43	26
P.Rees	V										27						1	27	27
P. Robbins	V										23						1	23	28
M.Davies	V	20															1	20	29
M .S. Jones	V																0	0	30
D. Oak	V																0	0	31
C.Anthony	V																0	0	32
S. Treloar	V																0	0	33
A.Jones	V																0	0	34
S.Davies	V																0	0	35
V.Lewis	V																0	0	36

Best Marathon Times

Name	Marathon	Date	Time	Pos
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Men

G.Ayres	Snowdonia	26th October 2013	2:59:36	1
N. Barnes	London	21st April 2013	3.02:18	2
S.Walsh	London	21st April 2013	3.07:33	3
B. Henderson	London	21st April 2013	3.09:47	4
D.Parfitt	London	21st April 2013	3.11:37	5
P.Carman	Llanelli	21st April 2013	3.15:34	6
K. Mcintosh	Llanelli	21st April 2013	3.18:02	7

P. Davies	London	21st April 2013	3.25:32	8
N. Parry	Snowdonia	26th October 2013	3:29:28	9
P. Jelley	London	21st April 2013	3.33:44	10
A. Williams	Snowdonia	26th October 2013	3:37:50	11
P. Hambley	Snowdonia	26th October 2013	4:49:51	12

Ladies

S. Pinkham	London	21st April 2013	3.25:52	1
Amanda Parry	Dublin Marathon	26th Oct 2013	3:38:05	2
Judith Oakely	Coed-Y-Brenin Marathon	22nd June 2013	5.04:47	3
Yvonne Brown	Coed-Y-Brenin Marathon	22nd June 2013	5.05:23	4

Best Cardiff Park 5k Times

Name	Date	Time	Pos
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Men

G. Ayres	29th June 2013	16:49	1
S. Dinham	20th July 2013	18:32	2
M. Rabaiotti	29th June 2013	20:37	3
A. Perkins	29th June 2013	20:44	4
A. Holling	13th July 2013	23:48	5
J. Davies	29th June 2013	24:48	6
J. Hopkins	27th July 2013	25.02	7

Ladies

J. Oakley	27th July 2013	22.46	1
M Morris	27th July 2013	25	2