

## **SENIOR LADIES**

**1ST Mandy Morris**  
**2ND Pauline Williams**  
**3RD Tina Ellis**

## **SENIOR MEN**

**1ST Gareth Ayres**  
**2ND Steve Dinham**  
**3RD Alex Williams**

## **LADIES VETS**

**1ST Anna Parsons**  
**2ND Helen Jones**  
**3RD Cath Courts**

## **MEN VETS**

**1ST Charles Walsh**  
**2ND Paul Rees**  
**3RD Mario Rabaiotti**

This year there will be 18 races, best 10 count.

## Port Talbot Harriers Women Championship Table 2015

Name	Category	18 Championship Races																Races Run	Total	Position	
		Prince of Wales 4m 1/1/15	P.T.Harriers Mile - 9/4/15	P.T.H REVERSE HILLY 4m - 3/5/1	Cwm Ogwr 5M - 17/5/15	SWANSEA HALF - 14/6/15	AMMANFORD 10K - 12/7/15	BRECON 10 MILE - 2/8/15	PTH HALF MARATHON - 16/8/15	ROMAN RUN - 5/9/15	SWANSEA BAY 10K - 20/9/15	PTH Tonmawr Hilly 5M 18/10/15	RICHARD BURTON 10K - 1/11/15	GLYNNEATH 5 MILE - 26/12/15	Bombers Xmas Handicap 28/12/1	Best Cardiff 5K Park Run - 2015	Best Porthcawl Parkrun - 2015				Best Llyn Llech Owain 5k - 2015
M. Morris	V	28	30	30	30		30	30	28	28	30	29	30	29	30	30	30		15	299	1
A.Parsons	V		29		29	29	29	29		26	27			28		28	28		10	282	2
P. Williams	V	29							27	27	29	28			29	29	29		8	227	3
Helen Jones	V	30				30			29	29		30						30	6	178	4
T. Ellis		27	28	29	27												27		5	138	5
J. Harwood				28						25		25		23		26			5	127	6
Cath Courts	V		26								26	24	25			24			5	125	7
K Tucker	V		27		28	28												28	4	111	8
Linda Woodland	V										28	27	29	27					4	111	9
Cath Cardy			25			26									28	18			4	97	10
Clare Phillips	V							30		30				30					3	90	11
Tanya Guest											26			26		27			3	79	12
Clare Thomas										24		23				19			3	66	13
Angelina Lewis			23									21				17			3	61	14
Diane Hill	V											17		19		16			3	52	15
Donna Pascoe	V		24			27													2	51	16
Ann Thomas	V									23		20							2	43	17



## Port Talbot Harriers Vet Women Championship Table 2015

		18 Championship Races																				
Name	Category	Prince of Wales 4m 1/1/15	P.T.Harriers Mile - 9/4/15	P.T.H REVERSE HILLY 4m - 3/5/15	Cwm Ogwr 5M - 17/5/15	SWANSEA HALF - 14/6/15	AMMANFORD 10K - 12/7/15	BRECON 10 MILE - 2/8/15	PTH HALF MARATHON - 16/8/15	ROMAN RUN - 5/9/15	SWANSEA BAY 10K - 20/9/15	PTH Tonmawr Hilly 5M 18/10/15	RICHARD BURTON 10K - 1/11/15	GLYNNEATH 5 MILE - 26/12/15	Bombers Xmas Handicap 28/12/15	Best Cardiff 5K Park Run - 2015	Best Porthcawl Parkrun - 2015	Best Lllyn Llech Owain 5k - 2015	Best Marathon time - 2015	Races Run	Total	Postion
M. Morris	V	28	30	30	30	30	30	28	28	28	30	29	30	29	30	30	30	30	15	300	1	
A.Parsons	V		29		29	29	29			26	27			28		28	28		10	282	2	
P. Williams	V	29						27		27	29	28			29	29	28		8	226	3	
Helen Jones	V	30				30		29		29		30						30	6	178	4	
Cath Courts	V		27								26	26		26		27			5	132	5	
K.Tucker	V		28		28	28												29	4	113	6	
Linda Woodland	V										28	27	29	27					4	111	7	
Clare Phillips	V							30		30				30					3	90	8	
Diane Hill	V											21		22		24			3	67	9	
Donna Pascoe	V		26			27													2	53	10	
Sharon Hanford	V											25				25			2	50	11	
Angelina Lewis	V		25									24							2	49	12	
Caroline Foley	V													23		23			2	46	13	
Wendy Jenkins	V															26			1	26	14	
Ann Thomas	V									25									1	25	15	
Joanne Juliff	V													25					1	25	16	
Kelly Allen	V													24					1	24	17	
Ann Thomas	V											23							1	23	18	





Darren Richards		17	18																	2	35	<b>48</b>	
Anthony Williams	V		19							14										2	33	<b>49</b>	
A. Furnell	V	16								16										2	32	<b>50</b>	
Craig Dummer																			30	1	30	<b>51</b>	
Chris Williams				15						13										2	28	<b>52</b>	
Chris Lewis	V	27																		1	27	<b>53</b>	
David Parfitt	V																			26	1	26	<b>54</b>
Oliver Williams										24										1	24	<b>55</b>	
Kieran James			23																	1	23	<b>56</b>	
Gavin Richards	V									13	10									2	23	<b>57</b>	
Paul Carmen	V																			21	1	21	<b>58</b>
Richard Scott										9	9	3								3	21	<b>59</b>	
Neil Marvin	V																			19	1	19	<b>60</b>
Matt Anderson										17										1	17	<b>61</b>	
Alaouidine Chanfi	V									16										1	16	<b>62</b>	
Paul Brooks	V					9														2	14	<b>63</b>	
Kevin Jones	V		4							6										2	10	<b>64</b>	
P. Robbins	V		9																	1	9	<b>65</b>	
Craig Baker																				1	8	<b>66</b>	
Ed Fitzgerald	V									4										1	4	<b>67</b>	
A.N. Other																				0	0	<b>68</b>	

## Port Talbot Harriers Vet Men - Championship Table 2015

		18 Championship Races																				
Name	Category	Prince of Wales 4m 1/1/15	P.T.Harriers Mile - 9/4/15	P.T.H REVERSE HILLY 4m - 3/5/15	Cwm Ogwr 5M - 17/5/15	SWANSEA HALF - 14/6/15	AMMANFORD 10K - 12/7/15	BRECON 10 MILE - 2/8/15	PTH HALF MARATHON - 16/8/15	ROMAN RUN - 5/9/15	SWANSEA BAY 10K - 20/9/15	PTH Tonmawr Hilly 5M 18/10/15	RICHARD BURTON 10K - 1/11/15	GLYNNEATH 5 MILE - 26/12/15	Bombers Xmas Handicap 28/12/15	Best Cardiff 5K Park Run - 2015	Best Porthcawl Parkrun - 2015	Best Llyn Llech Owain 5k - 2015	Best Marathon time - 2015	Races Run	Total	Postion
C.Walsh	V		30	30	29	29		30		30	30		29		30	30	30	30	12	299	1	
P.Rees	V		29	29	30	29		29		28	29			30	29	29			10	291	2	
Alex Williams	V					28	30	30	28	30	29		29	30	29				24	10	287	3
M. Rabaiotti	V		24	26	26	25	28	29		20		25		20	28	23	27		12	261	4	
S.Williams	V	20	19	23	25	24	25		24		23		14	27	27	24	28	22	14	250	5	
A. Perkins	V	23	16	21	24		26		21			24	19		21	25	22	22	12	229	6	
A.Holling	V	17		20	22	22	23		23	28	21	22		17		18	26	21	13	228	7	
I.Williams	V	25	28	28	28						26				27		29		7	191	8	
Steven Jones	V	30				30			27		27		30					28	6	172	9	
R. James	V	19		22	23					19	18			22	26	21			8	170	10	
J. Davies	V	18	17	20								16	25		24	17	23		8	160	11	
P. Jelley	V	27	22			27			26							28		26	6	156	12	
G. Jenkins	V			27					25	24	27	26		26					6	155	13	
Andrew Courts	V		25		27	23				29	25			25					6	154	14	
B. Henderson	V	28	27			26					25			28				27	6	134	15	
P. Deacon	V			21							19	23			26	20	24		6	133	16	
D. Cornish	V	24	21				27									25			4	97	17	

Paul Roberts	V		20	24			24							24					4	92	18
I. Swanson	V		14								17			23	15	21			5	90	19
J. Ayres	V	16		19						20				19		16			5	90	20
A. Roberts	V	22						22								19	25		4	88	21
D. Haines	V	15	15	18							18			18					5	84	22
John Young	V								26				28	27					3	81	23
J. Hopkins	V	26	23	25															3	74	24
Colin Griffiths	V										22	26	23						3	71	25
Llyr Jones	V									28	27								2	55	26
Anthony Williams	V		26								24								2	50	27
A. Furnell	V	21								23									2	44	28
Gavin Richards	V									21	20								2	41	29
Paul Brooks	V					21								16					2	37	30
Chris Lewis	V	29																	1	29	31
Dave Parfitt	V																29		1	29	32
Mark HuddleStone	V										28								1	28	33
Paul Carmen	V																25		1	25	34
Neil Marvin	V															23			1	23	35
Alaoudine Chanfi	V							22											1	22	36
Andrew Robinson	V										21								1	21	37
P. Robbins	V		18																1	18	38
Ed Fitzgerald	V										15								1	15	39
Kevin Jones	V		13																1	13	40

Best Marathon Times

Name	Marathon	Date	Time	Pos
------	----------	------	------	-----

Men

Senior    Vet

Craig Dummer	Manchester		2.45.29	1
Paul Morgan	Manchester		2.57.25	2
Andrew Charles	London	April 15	3.05.57	3
Charles Walsh	V Dublin	Oct 15	3.07.36	4
Dave Parfitt	V London	April 15	3.09.36	5

30	
29	
28	
27	30
26	29

Stephen Jones	V	Snowdon		3.13.26	6
B. Henderson	V	London	April 15	3.14.56	7
Paul Jelley	V	Manchester		3.16.09	8
Steve Dinham		Manchester		3.16.19	9
Paul Carmen	V	London	April 15	3.20.32	10
Alex Williams	V	London	April 15	3.28.19	11
Neil Marvin	V	London	April 15	3.56.52	12
Stephen Williams	V	Dublin	Oct 15	4.10.28	13
Tony Holling	V	Snowdon		4.27.17	14

25 28  
24 27  
23 26  
22  
21 25  
20 24  
19 23  
18 22  
17 21

Ladies

Helen Jones	V	London	April 15	3.19.46	1
Emma Charles		London	April 15	3.38.52	2
Kirsten Tucker	V	Edinburgh		4.04.09	3

30 30  
29  
28 29

**Best Porthcawl Park 5k Times**

Name	Date	Time	Pos
------	------	------	-----

Men

Gareth Ayres		22 Aug 15	16.55	1
Paul Morgan		22 Aug 15	17.41	2
Daniel Gurmin		14 Mar 15	17.47	3
Charles Walsh	V	10 Jan 15	18.12	4
Ben Phillips		22 Aug 15	18.20	5
Andrew Charles		17 Oct 15	18.34	6
Aaron McCalmon		26 Sept 15	19.07	7
Ian Bird		22 Aug 15	19.22	8
Paul Rees	V	23 May	19.43	9
David Kingsland		1 Aug 15	20.01	10
Jamey Taylor		21 Feb 15	20.02	11

Senior Vet  
30  
29  
28  
27 30  
26  
25  
24  
23  
22 29  
21  
20

Paul Jelley	V	24 Oct 15	20.23	12	19	28
Ian Williams	V	17 Oct 15	20.46	13	18	27
Mark Taylor		24 Oct 15	20.49	14	17	
Bernard Henderson	V	17 Oct 15	21.00	15	16	26
Dave Cornish	V	04 Apr 15	21.55	16	15	25
Stephen Williams	V	20 Jun 15	22.07	17	14	24
Mario Rabaiotti	V	30 May 15	22.13	18	13	23
Ross Bamsey		21 Feb 15	22.15	19	12	
Alan Perkins	V	20 Jun 15	23.06	20	11	22
Andrew Robinson		10 Oct 15	24.23	21	10	
Ray James	V	14 Feb 15	24.28	22	9	21
Peter Deacon	V	24 Oct 15	24.29	23	8	20
Alan Roberts	V	3 Oct 15	24.36	24	7	19
Tony Holling		17 Oct 15	25.12	25	6	18
John Davies	V	14 Mar 15	25.19	26	5	17
John Ayres	V	3 Oct 15	25.31	27	4	16
Richard Scott		17 Oct 15	25.37	28	3	
Ian Swanson	V	18 Apr 15	26.48	29	2	15
Gareth Evans		12 Sept 15	26.56	30	1	

Ladies

Mandy Morris	V	14 Mar 15	21.32	1	30	30
Pauline Williams	V	3 Oct 15	22.19	2	29	29
Anna Parsons	V	19 Dec 15	23.24	3	28	28
Tanya Guest		17 Oct 15	25.01	4	27	
Jane Harwood		22 Aug 15	25.20	5	26	
Jules Jones		26 Sept 15	26.08	6	25	
Cath Courts	V	17 Oct 15	26.15	7	24	
Wendy Jenkins	V	22 Aug 15	26.56	8	23	27
Kirsten Meech		17 Oct 15	27.22	9	22	26
Carys Bamsey		17 Oct 15	27.30	10	21	
Sharon Hanford	V	3 Oct 15	28.28	11	20	
Clare Thomas		5 Sept 15	29.41	12	19	25
Kath Cardy		09 May 15	31.25	13	18	

Angelina Lewis		17 Oct 15	32.00	14
Diane Hill	V	10 Oct 15	33.32	15
Carolyn Foley	V	17 Oct 15	34.40	16
Teresa Jones	V	24 Oct 15	39.26	18

17	
16	24
15	23
14	22

**Best Llyn Llech Owain Parkrun**

Name	Date	Time	Pos
------	------	------	-----

Men

Senior Vet

Charles Walsh	V	07 Feb 15	18.37	1
Ian Bird		18 Jul 15	19.40	2
Steve Dinham		26 Sept 15	20.05	3
Ian Williams	V	07 Mar 15	21.40	4
Steven Williams	V	26 Sept 15	22.19	5
Mario Rabaiotti	V	23 May 15	22.31	6
Tony Holling	V	26 Sept 15	24.05	7
Alan Roberts	V	26 Sept 15	25.02	8
Peter Deacon	V	23 May 15	25.46	9
John Davies	V	18 Apr 15	26.52	10
Alan Perkins	V	12 Dec 15	27.06	11
Ian Swanson	V	12 Dec 15	29.48	12
Jamey Taylor				13
Ray James				14
Gareth Evans				15
John Ayres	V			16

30	30
29	
28	
27	29
26	28
25	27
24	26
23	25
22	24
21	23
20	22
19	21

Ladies

Mandy Morris	V	07 Mar 15	22.24	1
Pauline Williams	V	23 May 15	23.22	2
Anna Parsons	V	23 May 15	23.29	3
Jenna Gow		15 Aug 15	23.50	4
Tina Ellis		18 Apr 15	26.47	5

30	30
29	29
28	28
27	
26	

**Cardiff Park Run - Jun/July**

Men

Senior

Vet

Gareth Ayres		28 Nov 15	16.39	1
Charles Walsh	V	18 July 15	18.07	2
Steve Dinham		19 Dec 15	19.15	3
Ian Bird		15 Aug 15	19.33	4
Paul Rees	V	19 Dec 15	19.51	5
Mario Rabaiotti	V	4 Apr 15	22.12	6
Stephen Williams	V	18 Jul 15	22.43	7
Peter Deacon	V	24 Jan 15	23.03	8
Alan Perkins	V	28 Nov 15	23.32	9
John Davies	V	10 Jan 15	25.34	10
Ian Swanson	V	28 Nov 15	28.15	11
Ian Williams	V			12
Pauk Robbins	V			13
Tony Holling	V			14
Ray James	V			15
Ross Bamsey				16
John Ayres	V			17
Gareth Evans				18

30	
29	30
28	
27	
26	29
25	28
24	27
23	26
22	25
21	24
20	23

Ladies

Mandy Morris	V	4 Apr 15	21.46	1
Pauline Williams	V	24 Jan 15	21.53	2
Kath Cardy		16 May 15	32.40	3
Helen Jones				4
Yvonne Brown				5
Anna Parsons				6

30	30
29	29
28	