

Mens Senior Winners

1. Gareth Ayres
2. Gareth Poston
3. Ben Phillips

Mens Vet Winnners

1. Mark Hiddlesone
2. Chris Lewis
3. John Young

Mens Senior Vet Winnners

1. Bernie Henderson
2. Ian Swanson
3. Tony Holling

Womens Senior Winners

1. Mandy Morris
2. Sarah Howard
3. Jane Harwood

Womens Vet Winners

1. Linda Woodlnd
2. Cath Courts
3. Lisa Pughsley

Womens Senior Vet Winners

1. Carolyn Foley
2. Ann Thomas
3. Diane Hill

This year there will be 15 races, best 8 count.

Key: V starts at 40 years of age

SV starts at 55 years of age - the age you are on the 1st January determines what age category you continue on for that year

Port Talbot Harriers Women Championship Table 2016

15 Championship Races

Name	Category	Prince of Wales 4m 1/1/16	EA Automation 5m Hilly 1/5/16	Cwm Ogwr 5M - 15/5/16	SWANSEA HALF - 26/6/16	P.T.Harriers Mile - 14/7/16	PTH HALF MARATHON - 21/8/16	Cardiff 10K - 11/9/16	Cardiff Half - 2/10/16	Ponty Plod 11M MT 16/10/16	RICHARD BURTON 10K - 6/11/16	GLYNNEATH 5 MILE - 26/12/16	Best Swansea 5K Park Run - 2016	Best Porthcawl Parkrun - 2016	Best Gnoil 5k - 2016	Best Marathon time - 2016	Races Run	Total	Postion
M. Morris	V	29	30	30	30	29	26	30	30		30		30	30	30		12	240	1
Sarah Howard					29		27		29	30	29	30	28	28	27		9	230	2
Linda Woodland	SV	28	28	29		27	28					29	27	29	28		9	226	3
J. Harwood		27	27	27	24	28	25	29	23		26	28	24	27	25		13	219	4
Cath Courts	V	25	26	25			21				24	26	23	25	24	29	10	204	5
Lisa Pughsley	V	19	23	24		23		28			46	22	17	22	21		10	182	6
Tanya Guest		26			25				28		27	27	22	26			7	181	7
Clare Sim		18	22	22	22	22					23	23	18		9		9	170	8
Caroline Foley	SV	20			21	17			18		17	21	13	21	12		9	148	9
Sharon Penhale	V		25			25	24				25	25			23		6	147	10
Joanne Juliff	V	21	21	21	23	18			16			20					7	140	11
Vicky Lee Mahoney		17		20	20	16			17				12		13		7	115	12
Jules Jones							23		19			24	20	19	8		6	113	13
A.Parsons	V			28							28		25		26		4	107	14
Ann Thomas	SV					15	22		12		12		17		29		6	107	15
Helen Jones							30						29		30		3	89	16
Sharon Hanford	V				18								19	23	20		4	80	17
Magdalena AP Robert	V				28	26			25								3	79	18
Clare Thomas		24												18	27		3	69	19
Jayne Perkins						24					20		21				3	65	21
Kelly Ann Allen	V	16		19	16				13								4	64	22
Lisa Pughsley													17	22	21		3	60	23
Rhian Powell	V			23					20				16				3	59	24

Diane Hill	SV				17								10	20	11		4	58	25
Jody Francis						21					21				14		3	56	26
P. Williams	SV		29										26				2	55	27
Angelina Lewis	V										18	15			15		3	48	28
Wendy Jenkins	V													24	22		2	46	29
Sian Wadham								22		23							2	45	30
Laura Kennedy								21		22							2	43	31
Julie Wright			23												19		2	42	32
Leanne Hanbury					26								14				2	40	33
Paula Phillips	V					13			14						10		3	37	34
Rhian Powell	V													18	17		2	35	35
Katie Andrews								15			19						2	34	36
Clare Phillips	V		30														1	30	37
Claire Walters						30											1	30	38
Michelle Grey									29								1	29	39
Andrea Williams	V														28		1	28	40
Emma Charles						27											1	27	41
Danielle Roper									27								1	27	42
Julia Rees					26												1	26	43
Kirsten Tucker	V								26								1	26	44
Sian Whitelock	V					10									16		2	26	45
Rhian Price-Evans	V			24													1	24	46
Kirstty Meech									24								1	24	47
Sian Tosell			22														1	22	48
H. Wheeler-Yarranton	V			20													1	20	49
Julie Williams						20											1	20	50
Emma John	V					19											1	19	51
Julie Wright										19							1	19	52
Cerys Mills						19											1	19	53
Fay Harris										18							1	18	54
Susan Perry	V			18													1	18	55
Arelne Cocking	V													17			1	17	56
Denise Henry						15											1	15	57

Kelly Thomas											15						1	15	58
Amy Winters					10									5			2	15	59
Emma Davies				14													1	14	60
Gaynor Kennedy	SV												7		7		2	14	61
Kathryn Lane											14						1	14	62
Liane Thomas					14												1	14	63
Kathryn Cunningham											13						1	13	64
Claire Jones	V				12												1	12	65
Jane Gregory-Hines	V												5		6		2	11	66
Leanne Morris													11				1	11	67
Tanya Vaughan					11												1	11	68
Paula Clark	V												9				1	9	69
Claire Williams													8				1	8	70
Laura Powell													3		4		2	7	71
Julia Jones	V												6				1	6	72
Bridget Ruggiero	V												4				1	4	73

Port Talbot Harriers Vet Women Championship Table 2016

15 Championship Races

Name	Category	Prince of Wales 4m 1/1/16	EA Automation 5m Hilly 1/5/16	Cwm Ogwr 5M - 15/5/16	SWANSEA HALF - 26/6/16	P.T.Harriers Mile - 14/7/16	PTH HALF MARATHON - 21/8/16	Cardiff 10K - 11/9/16	Cardiff Half - 2/10/16	Ponty Plod 11M MT 16/10/16	RICHARD BURTON 10K - 6/11/16	GLYNNEATH 5 MILE - 26/12/16	Best Swansea 5K Park Run - 2016	Best Porthcawl Parkrun - 2016	Best Gnoil 5k - 2016	Best Marathon time - 2016	Races Run	Total	Postion
M. Morris	V	29	30	30	30	30	28	30	30		30		30	30	30		12	240	1
Linda Woodland	SV	28	28	29		29						30	28	29	28		9	230	2
Cath Courts	V	27	27	27			25				26	29	25	28	26	29	10	219	3
Lisa Pughsley	V	23	24	26		26		29			25	27	23	25	23		10	205	4
Caroline Foley	SV	24			27	24			27		24	26	20	24	19		9	196	5
Joanne Juliff	V	25	23	24	28	25			26			25					7	176	6
Sharon Penhale	V		26			27	27				28	28			25		6	161	7
Ann Thomas	SV					23	25		25		23	23					5	119	8
Helen Jones	V						30						29		29	30	4	118	9
A.Parsons	V			28							29		26		27		4	110	10
Diane Hill	SV				24								19	23	18		4	84	11
Sharon Hanford	V				25								24	26			3	75	12
Rhian Powell	V			25					28						22		3	75	13
Angelina Lewis	V											24	21		20		3	65	14
Paula Phillips	V					22		25							17		3	64	15
Magdalena AP Robert	V				29	28											2	57	16
P. Williams	SV		29										27				2	56	17
Wendy Jenkins	V													27	24		2	51	18
Emma Davies	V				23									22			2	45	19
Rhian Powell	V												22	22			2	44	20

Sian Whitelock	V					20								21		2	41	21
Jane Gregory-Hines	V											16		15		2	31	22
Clare Phillips	V	30														1	30	23
Kirsten Tucker	V							29								1	29	24
Andrea Williams	V														28	1	28	25
Sian Tossell	V	26														1	26	26
Emma John	V				26											1	26	27
Rhian Price-Evans	V		25													1	25	28
Susan Perry	V			23												1	23	29
H Wheeler-Yarranton	V		22													1	22	30
Claire Jones	V				22											1	22	31
Arelne Cocking	V												21			1	21	32
Tanya Vaughan	V				21											1	21	33
Paula Clark	V											18				1	18	34
Julia Jones	V											17				1	17	35
Gaynor Kennedy	SV													16		1	16	36
Bridget Ruggiero	V											15				1	15	37
Laura Powell	V											14				1	14	38

Port Talbot Harriers Men Championship Table 2016

15 Championship Races

Name	Category															Races Run	Total	Postion	
		Prince of Wales 4m 1/1/16	EA Automation 5m Hilly 1/5/16	Cwm Ogwr 5M - 15/5/16	SWANSEA HALF - 26/6/16	P.T.Harriers Mile - 14/7/16	PTH HALF MARATHON - 21/8/16	Cardiff 10K - 11/9/16	Cardiff Half - 2/10/16	Ponty Plod 11M MT 16/10/16	RICHARD BURTON 10K - 6/11/16	GLYNNEATH 5 MILE - 26/12/16	Best Swansea 5K Park Run - 2016	Best Porthcawl Parkrun - 2016	Best Gnoil 5k - 2016				Best Marathon time - 2016
G. Ayres		30		30					30	30		30	30	30	30	8	240	1	
Gareth Poston				29		30	30			29		29	28	28	28	8	231	2	
Ben Phillips					30				29	28	28	27	27	29	29	8	227	3	
Mark Hiddlestone	V	25	29	27	28	30	27		22	29	27		25	26	25	12	223	4	
Chris Lewis	V	22	30			28	26	29	28		25	27	24	24	27	11	220	5	
Chris John		23	28	25	26	29			7	28	22	29	26	25	26	16	217	6	
Jamie Lewis		13		21	27	25	24	28	19		19	26	20	21	22	12	194	7	
John Young	V	18	26	23	24	23	23		21	27	18	24	19	19	19	15	191	8	
Mark Taylor		14	24	22	20		14	27	17	26	14	23	14	15	18	10	177	9	
Alex Williams	V	27			11		17			25		21	15		20	7	136	10	
Mike James	V		22	19			11		16		13	20	12	16	14	9	132	11	
P. Jelley	V	19			17	24	25						3	18		21	7	127	12
Cai Pughsley			21	14	14	26	9					17	9		12	8	122	13	
B. Henderson	SV	16		16		16	22						8	17	15	9	8	119	14
Darren Richards		11			22	21	16				8	19	22			7	119	15	
I.Williams	V	21										25	18	20	21	14	6	119	16
M. Rabaiotti	V		19	15	19	19	15				4		6	13	11	9	117	17	
P.Rees	V		27				20		23				11		4	22	6	107	18
D. Cornish	V	15	23			20	18				10			9	8	7	103	19	

Scott Williams		20		28									22	24		4	94	20
Steven Jones	V						28							23	26	3	77	21
Mike Tate	V						29				26				18	3	73	22
Alan Hall										15		13		20	23	4	71	23
David Kingsland	V							24	21						25	3	70	24
Jamey Taylor				26		27							16			3	69	25
Ian Bird									20		23	23				3	66	26
Richard Thomas					25			20	17							3	62	27
Neil Williams				20	23			18								3	61	28
Andrew Robinson				17	15							5	14	9		5	60	29
Andrew Charles					29			30								2	59	30
Matthew Reynolds											30		29			2	59	31
Andrew Courts	V	17		24										17		3	58	32
Llyyr Jones	V										21		17	19		3	57	33
David Parfitt	V							26				17			13	3	56	34
Brian Lewis						6	26	11		5		1		6		6	55	35
Paul Roberts	V					18	12			6	18					4	54	36
Gareth Evans				11	13	14			12			1		1		6	52	37
Anthony Rabaiotti				18						7		10	10	7		5	52	38
Chris Williams				18		8	25									3	51	39
Richard Davies									27						24	2	51	40
G. Jenkins	V					22								13	12	3	47	41
Ray James	V	2		12	12				10				7	1		6	44	42
Steve Williams	V				16	15	1			1		1		3	7	7	44	43
Dean Evans					21		7	15								3	43	44
R. Bamsey		12					10	14				7				4	43	45
Rob Murray	V								24	16				2		3	42	46
Carl Singleton							21			16						2	37	47
I. Swanson	SV	3				10				1	14	1	6	1		7	36	48
Richard Watts										12	22					2	34	49
John Williams	V	10	20													2	30	50
Nick Thomas						29										1	29	51
P. Morgan		29														1	29	52
C.Walsh	V	28														1	28	53
Mat Anderson	V												12	16		2	28	54
Andrew Charles												28				1	28	55

A.Holling	SV	5								1	15	1		1	5	6	28	57
A. Furnell	V	9	18													2	27	58
Craig Dummer	V														27	1	27	59
D.Murtagh		26														1	26	60
Gareth Parsons	V			10	10			6								3	26	61
J. Ayres	V	8				13	2			2						4	25	62
Paul Seppman			25													1	25	63
Andrew Davies	V							25								1	25	64
Darren Vaughan		7				17								1		3	25	65
Mike Worlock	V	24														1	24	66
Andrew Davies	V								23							1	23	67
Neil Marvin	V						13							10		2	23	68
Dennis Haines	V					12		9						1		3	22	69
A. Perkins	V	1		9		9				1		1		1		6	22	70
David Ayres							19									1	19	71
Mark Young							5		13							2	18	72
Gary Vaughan												2	11	5		3	18	73
Richard James Scott		4				11				1						3	16	74
Paul Brooks	V					9			5							2	14	75
Mark Davies	V			13												1	13	76
John Hopkins	V									11						1	11	77
Aaron McCalmon	V														11	1	11	78
Mark Young		1						9								2	10	79
Peter Deacon	SV											1	8	1		3	10	80
Jordan Lane	V							8						1		2	9	81
Alan Roberts	SV													1	8	2	9	82
Chris Willaims	V									1					6	2	7	83
J.Davies	SV	6												1		2	7	84
Dominic James												4		1		2	5	85
Neil Morgan	V						4									1	4	86
Martin Williams	V									3						1	3	87
Paul thomas	V						3									1	3	88
Evan Smith										1						1	1	89
Vince Lewis	V	1														1	1	90

Port Talbot Harriers Vet Men - Championship Table 2016

Name	Category	15 Championship Races													Races Run	Total	Postion	
		Prince of Wales 4m 1/1/16	EA Automation 5m Hilly 1/5/16	Cwm Ogwr 5M - 15/5/16	SWANSEA HALF - 26/6/16	P.T.Harriers Mile - 14/7/16	PTH HALF MARATHON - 21/8/16	Cardiff 10K - 11/9/16	Cardiff Half - 2/10/16	Ponty Plod 11M MT 16/10/16	RICHARD BURTON 10K - 6/11/16	GLYNNEATH 5 MILE - 26/12/16	Best Swansea 5K Park Run - 2016	Best Porthcawl Parkrun - 2016				Best Gnoll 5k - 2016
Mark Hiddlestone	V	28	29	30	30	30	28	25	30	30		30	30	29		12	239	1
Chris Lewis	V	26	30			29	27	30	30	28	30	29	29	30		11	237	2
John Young	V	23	27	28	29	27	25	24	29	24	28	27	27	26	22	14	221	3
Mike James	V		25	26			17	23		23	26	23	24	23		9	193	4
M. Rabaiotti	V		24	25	28	24	20			18		20	23	21		9	185	5
Alex Williams	V	29			23		21		28		27	24			26	7	178	6
P. Jelley	V	24			26	28	26					19	26		27	7	176	7
I.Williams	V	25									29	26	28	27	21	6	156	8
D. Cornish	V	20	26			25	22			21			22	19		7	155	9
P.Rees	V		28				23	26				22		17	28	6	144	10
Stephen Williams	V	19			25	20	13			14		17		16	15	8	139	11
B. Henderson	SV	21		27		21	24					21	25	24	17	8	139	12
Brian Lewis	V						15	28	21		19		18		18	6	119	13
R. James	V	12		23	24				20				20	12		6	111	14
I. Swanson	SV	13				17				15	22	14	19	8		7	108	15
A.Holling	V	14								12	23	13		14	13	6	89	16

Steven Jones	V					29								28	30	3	87	17
Paul Roberts	V				23	18				20	25					4	86	18
Mike Tate	V					30				29					24	3	83	19
Dave Kingsland	V							27		25					29	3	81	20
Dave Parfitt	V							29				25			20	3	74	21
Andrew Courts	V	22		29											23	3	74	22
J. Ayres	V	17				19	14			16				7		5	73	23
Chris Williams	V				27		16	29								3	72	24
G. Jenkins	V					26								22	19	3	67	25
Rob Murray	V									27	24			15		3	66	26
A. Perkins	SV	11		21		16						15				4	63	27
Gareth Parsons	V			22	22					18						3	62	28
Llyyr Jones	V											28			25	2	53	29
Peter Deacon	SV											16	21	11		3	48	30
D. Haines	V					18			19					10		3	47	31
Alan Furnell	SV	18	23													2	41	33
Chris Williams	V									13				13	14	3	40	34
Neil Marvin	V						19							20		2	39	35
Paul Brooks	V				21				17							2	38	37
Darren Vaughan	V	16				22										2	38	38
C.Walsh	V	30														1	30	39
Andrew Davies	V								28							1	28	40
Mike Worlock	V	27														1	27	41
Andrew Davies	V									26						1	26	42
Alan Roberts	SV													9	16	2	25	43
Mark Davies	V			24												1	24	44
John Hopkins	V									22						1	22	45
Mark Young	V								22							1	22	46
Aaron McCalmon	V														18	1	18	47
Martin Williams	V									17						1	17	48
J. Davies	SV	15														1	15	49
Vince Lewis	V	10														1	10	50

Port Talbot Harriers Super Vet Men & Women Championship Table 2016

Name	Category	15 Championship Races														Races Run	Total	Postion
		Prince of Wales 4m 1/1/16	EA Automation 5m Hilly 1/5/16	Cwm Ogwr 5M - 15/5/16	SWANSEA HALF - 26/6/16	P.T.Harriers Mile - 14/7/16	PTH HALF MARATHON - 21/8/16	Cardiff 10K - 11/9/16	Cardiff Half - 2/10/16	Ponty Plod 11M MT 16/10/16	RICHARD BURTON 10K - 6/11/16	GLYNNEATH 5 MILE - 26/12/16	Best Swansea 5K Park Run - 2016	Best Porthcawl Parkrun - 2016	Best Gnoil 5k - 2016			
Linda Woodland	SV	30	29	30		30	30				30	30	30	30		9	240	1
Caroline Foley	SV	29			30	29			30	30	29	28	29	29		9	235	2
Ann Thomas	SV					28	29		29	29	28					5	143	3
Diane Hill	SV				29								28	28		3	85	5
P. Williams	SV		30									27				2	57	6
Gaynor Kennedy	SV											26		27		2	53	7
Bernard Henderson	SV	30		30		30	30					30	30	30	30	8	240	1
Ian Swanson	SV	25				27				29	29	28	28	25		7	191	2
Anthony Holling	SV	26								28	30	27		29	28	6	168	3
Alan Perkins	SV	24		29		26						29		24		5	132	4
John Ayres	SV	28				29	29			30						4	116	5
Dennis Haines	SV					28			30					27		3	85	6
Alan Furnell	SV	29	30													2	59	7
Peter Deacon	SV												29	28		2	57	8
Alan Roberts	SV													26	29	2	55	9
John Davies	SV	27														1	27	9

Best Marathon Times

Name	Marathon	Date	Time	Pos
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Men

Gareth Ayres	London	April	2.43.32	1
Ben Phillips	Manchester	April	2.47.27	2
Gareth Poston	Tenby	July	2.59.37	3
Craig Dummer	Tenby	July	3.03.04	4
Stephen Jones	V London	April	3.06.12	5
Dave Kingsland	V London	April	3.08.49	6
Richard Davies	Manchester	April	3.11.02	7
Alan Hall	Manchester	April	3.11.13	8
Paul Rees	V Llanelli	March	3.13.38	9
Paul Jelley	V London	April	3.16.32	10
Alex Williams	V Worcester	May	3.28.40	11
Llyyr Jones	V Snowdonia	Oct	3.30.56	12
Mike Tate	V Snowdonia	Oct	3.35.58	13
Andrew Courts	V Loch Ness	Sept	3.38.08	14
Chris John	Loch Ness	Sept	3.40.34	15
John Young	V Manchester	April	3.41.16	16
Ian Williams	V Snowdonia	Oct	3.47.13	17
Dave Parfitt	V Snowdonia	Oct	3.47.34	18
Geraint Jenkins	V Manchester	April	3.54.21	19
Aaron McCalmon	V Manchester	April	3.55.19	20
Mark Taylor	Llanelli	March	3.59.57	21
B. Henderson	SV London	April	4.02.46	22
Alan Roberts	SV Snowdonia	Oct	4.39.21	23
Steve Williams	V Dublin	Oct	4.47.00	24
Chris Williams	V Dublin	Oct	4.48.51	25
Tony Holling	V London	April	5.20.47	26

Senior Vet SV

30		
29		
28		
27		
26	30	
25	29	
24		
23		
22	28	
21	27	
20	26	
19	25	
18	24	
17	23	
16		
15	22	
14	21	
13	20	
12	19	
11	18	
10		
9	17	30
8	16	29
7	15	
6	14	
5	13	

Ladies

Helen Jones	V	London	April	3.19.54	1
Cath Courts	V	Loch Ness	Sept	4.24.33	2
Andrea Williams	V	Snowdonia	Oct	4.48.51	3
Claire Thomas		London	April	5.08.35	4

30	30
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Best Porthcawl Park 5k Times

Name	Date	Time	Pos
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Men

Senior Vet SV

Gareth Ayres		29 Oct	17.30	1
Matthew Reynolds		3 Dec	17.46	2
Gareth Poston		6 Aug	18.00	3
Ben Phillips		6 Aug	18.04	4
Mark Hiddlestone	V	29 Oct	18.42	5
Chris John		6 Aug	18.48	6
Chris Lewis	V	15 Oct	18.57	7
Ian Bird		15 Oct	19.26	8
Scott Williams		7 May	20.21	9
Jamie Lewis		6 Aug	20.46	10
Ian Williams	V	8 Oct	20.49	11
John Young	V	22 Oct	20.54	12
Paul Jelley	V	3 Sept	21.22	13
Benie Henderson	SV	3 Sept	21.24	14
Mike James	V	26 Nov	21.25	15
Mark Taylor		6 Aug	22.28	16
Andrew Robinson		7 May	22.39	17
Mario Rabaiotti	V	16 Jan	22.44	18
Matt Anderson		30 July	22.45	19
Gary Vaughan		30 July	23.10	20
Anthony Rabaiotti		9 April	23.51	21
Dave Cornish	V	30 July	24.01	22

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Peter Deacon	SV	27 Feb	24.35	23
Ray James	V	13 Feb	27.52	24
Ian Swanson	SV	28 May	31.26	25

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Ladies

Mandy Morris	V	22 Oct	21.03	1
Linda Woodland	SV	13 Aug	22.06	2
Sarah Howard		15 Oct	22.06	3
Jane Harwood		8 Oct	24.07	4
Tanya Guest		5 Nov	24.54	5
Cath Courts	V	12 Nov	25.58	6
Wendy Jenkins	V	5 March	26.53	7
Sharon Hanford	V	19 March	28.09	8
Lisa Pughsley	V	19 Nov	29.39	9
Carolyn Foley	SV	12 Nov	30.22	10
Diane Hill	SV	19 March	32.19	11
Jules Jones		2 April	32.25	12
Rhian Powell	V	2 April	32.25	13
Arlene Cocking	V	2 April	34.02	14

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Best Swansea Parkrun

Name	Date	Time	Pos
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Men

Gareth ayres	22 Oct	16.25	1
Gareth Poston	22 Oct	17.26	2
Andrew Charles	10 Sep	17.55	3

Senior Vet SV
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Ben Phillips		10 Sep	17.57	4	27		
Chris John		26 Nov	18.15	5	26		
Mark Hiddlestone	V	26 Nov	18.22	6	25	30	
Chris Lewis	V	29 Oct	18.38	7	24	29	
Ian Bird		10 Sep	18.48	8	23		
Scott williams		16 April	18.52	9	22		
Llyr Jones	V	6 Aug	19.30	10	21	28	
Jamie Lewis		3 Dec	19.52	11	20		
John Young	V	29 Oct	20.28	12	19	27	
Ian Williams	V	5 Nov	20.45	13	18	26	
Dave Parfitt	V	23 July	20.49	14	17	25	
Jamey Taylor		30 Jan	20.55	15	16		
Alex Williams	V	7 May	21.07	16	15	24	
Mark Taylor		19 Nov	21.08	17	14		
Alan Hall		13 Aug	21.12	18	13		
Mike James	V	29 Oct	21.12	19	12	23	
Paul Rees	V	13 Aug	21.20	20	11	22	
Anthony Rabaiotti		23 April	21.53	21	10		
Cai Pughsley		21 May	22.00	22	9		
Bernard Henderson	SV	15 Oct	22.13	23	8	21	30
Ross Bamsey		22 Oct	22.20	24	7		
Mario Rabaiotti	V	27 Aug	22.34	25	6	20	
Andrew Robinson		2 April	22.52	26	5		
Dominic James		5 Nov	22.54	27	4		
Paul Jelley	V	5 Nov	22.55	28	3	19	
Gary Vaughan		13 Aug	23.00	29	2		
Brian Lewis	V	3 Dec	23.37	30	1	18	
Steven Williams	V	21 May	24.29	31	1	17	
Peter Deacon	V	23 Jan	24.35	32	1	16	
Gareth Evans		30 Jan	25.17	33	1		
Richard Scott		23 April	25.43	34	1		
Alan Perkins	SV	30 July	27.33	35	1	15	29
Ian Swanson	SV	25 June	29.02	36	1	14	28
Tony Holling	SV	8 Oct	30.11	37	1	13	27

Ladies

Mandy Morris	V	29 Oct	20.38	1
Helen Jones	V	3 Dec	21.04	2
Sarah Howard		26 Nov	21.14	3
Linda Woodland	SV	23 July	21.37	4
Pauline Williams	SV	2 Jan	22.27	5
Anna Parsons	V	23 Jan	22.43	6
Jane Harwood		22 Oct	23.13	7
Cath Courts	V	21 May	25.18	8
Tanya Guest		27 Aug	26.19	9
Jayne Perkins		6 Aug	26.24	10
Jules Jones	V	21 May	27.23	11
Sharon Hanford	V	5 March	27.39	12
Claire Sim		16 April	28.04	13
Lisa Pughsley	V	16 April	28.06	14
Rhian Powell	V	11 June	29.38	15
Angelina Lewis	V	16 April	30.06	16
Leanne Hanbury		2 April	30.20	17
Carolyn Foley	SV	19 Nov	30.46	18
Vicky Mahony		19 Nov	31.05	19
Leanne Morris		29 Oct	31.15	20
Diane Hill	SV	5 March	32.42	21
Paula Clark	V	10 Sep	33.05	22
Claire Williams		3 Dec	35.25	23
Gaynor Kennedy	SV	23 Jan	36.19	24
Julia Jones	V	2 Jan	38.15	25
Jane Gregory-Hines	V	19 March	42.02	26
Bridget Ruggiero	V	19 March	44.18	27
Laura Powell	V	19 March	46.03	28

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Best Gnoll Park Run

Men

Senior Vet SV

Gareth Ayres		7 May	17.25	1
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Ben Phillips		17 Sept	18.31	2	29		
Gareth Poston		2 July	19.11	3	28		
Chris Lewis	V	8 Oct	19.19	4	27	30	
Chris John		3 Dec	19.23	5	26		
Mark Hiddlestone	V	19 Nov	19.34	6	25	29	
Scott Williams		30 April	19.44	7	24		
Steven Jones	V	2 Jan	20.29	8	23	28	
Jamie Lewis		8 Oct	21.20	9	22		
Ian Williams	V	2 Jan	21.24	10	21	27	
Alan Hall		12 Nov	21.30	11	20		
John Young	V	16 July	21.34	12	19	26	
Mark Taylor		23 July	21.44	13	18		
Llyr Jones	V	19 March	21.49	15	17	25	
Matt Anderson		22 Oct	22.00	16	16		
Bernie Henderson	SV	9 Jan	22.02	17	15	24	30
Mike James	V	27 Aug	22.13	18	14	23	
Geraint Jenkins	V	9 Jan	22.21	19	13	22	
Cai Pughsley		14 May	23.21	20	12		
Mario Rabaiotti	V	2 July	23.22	21	11	21	
Neil Marvin	V	10 Sep	23.26	22	10	20	
Andrew Robinson		14 May	23.33	23	9		
Dave Cornish	V	6 Aug	23.41	24	8	19	
Anthony Rabaiotti		12 Nov	24.04	25	7		
Brian Lewis	V	8 Oct	24.2	26	6	18	
Gary Vaughan		23 July	24.30	27	5		
Paul Rees	V	9 Jan	24.34	28	4	17	
Steve Williams	V	28 May	25.07	29	3	16	
Rob Murray	V	12 Nov	25.57	30	2	15	
Darren Vaughan		16 Jan	26.31	31	1		
Tony Holling	SV	16 Jan	26.50	32	1	14	29
Chris Williams	V	9 Jan	26.52	33	1	13	
Dominic James		2 July	26.55	34	1		
Ray James	V	27 March	27.31	35	1	12	
Peter Deacon	SV	9 Jan	27.40	36	1	11	28
Dennis Haines	SV	9 Jan	28.26	37	1	10	27
Alan Roberts	SV	9 Jan	28.51	38	1	9	26

Jordan Lane		29 Oct	29.46	39
Ian Swanson	SV	11 June	31.21	40
Gareth Evans		9 Jan	31.40	41
Alan Perkins	SV	9 Jan	31.42	42

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Ladies

Mandy Morris	V	6 Aug	21.55	1
Helen Jones	V	2 Jan	22.01	2
Linda Woodland	SV	16 July	22.28	3
Sarah Howard		3 Dec	22.36	4
Anna Parsons	V	29 Oct	24.36	5
Jane Harwood		12 Nov	25.53	6
Cath Courts	V	7 May	26.01	7
Sharon Penhale		19 Nov	26.41	8
Wendy Jenkins	V	12 March	28.00	9
Lisa Pughsley	V	23 July	28.12	10
Sharon Hanford		12 March	28.16	11
Julia Wright		9 Jan	29.32	12
Claire Thomas		21 May	31.42	13
Rhian Powell	V	12 Nov	31.43	14
Sian Whitlock	V	12 Nov	31.43	15
Angelina Lewis	V	16 Jan	32.15	16
Jodi Francis		9 Jan	32.18	17
Vicky Mahoney		23 April	32.27	18
Carolyn Foley	SV	3 Dec	32.56	19
Diane Hill	SV	12 March	34.24	20
Paula Phillips	V	2 July	34.34	21
Calire Sim		16 Jan	35.05	22
Jules Jones	V	9 Jan	36.17	23
Gaynor Kennedy	SV	9 Jan	49.01	24
Jane Gregory-Hines	V	9 Jan	49.51	25
Amy Winters		9 Jan	50.00	26
Laura Powell		9 Jan	50.08	27

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