

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 2017

Name	Category	15 Championship Races													Races Run	Total	Position			
		Prince of Wales 4m 1/1/17	Tonmawr 5m Hilly 7/5/17	Cwm Ogwr 5M - 14/5/17	P.T.Harriers Mile - 15/6/17	Ammanford 10k - 9/7/17	Brecon 10M - 6/8/17	PTH HALF MARATHON - 13/8/17	Swansea Bay 10K - 24/9/17	Cardiff Half - 1/10/17	RICHARD BURTON 10K - 5/11/17	GLYNNEATH 5 MILE - 26/12/17	Best Marathon time - 2017	Best Porthcawl Parkrun - 2017				Best Swansea 5K Park Run - 2017	Best Gnoil 5k - 2017	
Sarah Howard		29	28	28														3	85	1
A.Parsons	V	28	24	27														3	79	2
Tanya Guest	V	27	23	26														3	76	3
Cath Courts	V	26	21	24														3	71	4
Bethan Thomas	V	17	27	25														3	69	5
M. Morris	V		30	29														2	59	6
Linda Woodland	SV		29	30														2	59	7
Joanne Juliff	V	19	18	21														3	58	8
Carolyn Williams			25	23														2	48	9
Julia Jones	V	24		17														2	41	10
Rhian Powell	V	23		18														2	41	11





## Port Talbot Harriers Vet Women Championship Table 2017

Name	Category	15 Championship Races													Races Run	Total	Position			
		Prince of Wales 4m 1/1/17	Tonmawr 5m Hilly 7/5/17	Cwm Ogwr 5M - 14/5/17	P.T.Harriers Mile - 15/6/17	Ammanford 10k - 9/7/17	Brecon 10M - 6/8/17	PTH HALF MARATHON - 13/8/17	Swansea Bay 10K - 24/9/17	Cardiff Half - 1/10/17	RICHARD BURTON 10K - 5/11/17	GLYNNEATH 5 MILE - 26/12/17	Best Marathon time - 2017	Best Porthcawl Parkrun - 2017				Best Swansea 5K Park Run - 2017	Best Gnoil 5k - 2017	
A.Parsons	V	29	26	28														3	83	1
Tanya Guest	V	28	25	27														3	80	2
Cath Courts	V	27	24	25														3	76	3
Bethan Thomas	V	21	28	26														3	75	4
Joanne Juliff	V	23	22	23														3	68	5
M. Morris	V		30	29														2	59	6
Linda Woodland	SV		29	30														2	59	7
Carolyn Williams	V		27	24														2	51	8
Julia Jones	V	25		19														2	44	9
Caroline Foley	SV	22		21														2	43	10
Ann Thomas	SV		18	18														2	36	11
Carol Moseley	V	30																1	30	12

Wendy Jenkins	V	26																1	26	<b>13</b>	
Sharon Penhale	V		23																1	23	<b>14</b>
Lisa Pughsley	V			22															1	22	<b>15</b>
Leanne Morris	V		21																1	21	<b>16</b>
Michelle Lewis	V		20																1	20	<b>17</b>
Rhian Powell	V			20															1	20	<b>18</b>
Clair Williams	V	20																	1	20	<b>19</b>
Kathryn Lane	V	19																	1	19	<b>20</b>
Louise Hopkins	V		19																1	19	<b>21</b>
H Wheeler-Yarranton	V		17																1	17	<b>22</b>
Kelly-Ann James	V			17															1	17	<b>23</b>
Helen Jones	V																		0	0	<b>24</b>
Diane Hill	SV																		0	0	<b>25</b>
Angelina Lewis	V																		0	0	<b>26</b>
Paula Phillips	V																		0	0	<b>27</b>
Emma Davies	V																		0	0	<b>28</b>
Rhian Powell	V																		0	0	<b>29</b>
Sian Whitelock	V																		0	0	<b>30</b>
Jane Gregory-Hines	V																		0	0	<b>31</b>
Andrea Williams	V																		0	0	<b>32</b>
Sian Tossell	V																		0	0	<b>33</b>
Emma John	V																		0	0	<b>34</b>
Rhian Price-Evans	V																		0	0	<b>35</b>
Claire Jones	V																		0	0	<b>36</b>
Gaynor Kennedy	SV																		0	0	<b>37</b>
Laura Powell	V																		0	0	<b>38</b>

## Port Talbot Harriers Men Championship Table 2017

15 Championship Races

Name	Category															Races Run	Total	Position		
		Prince of Wales 4m 1/1/17	Tonmawr 5m Hilly 7/5/17	Cwm Ogwr 5M - 14/5/17	P.T.Harriers Mile - 15/6/17	Ammanford 10k - 9/7/17	Brecon 10M - 6/8/17	PTH HALF MARATHON - 13/8/17	Swansea Bay 10K - 24/9/17	Cardiff Half - 1/10/17	RICHARD BURTON 10K - 5/11/17	GLYNNEATH 5 MILE - 26/12/17	Best Marathon time - 2017	Best Porthcawl Parkrun - 2017	Best Swansea 5K Park Run - 2017				Best Gnoil 5k - 2017	
G. Ayres		30	27	29														3	86	1
Nino Gatti		22	25	26														3	73	2
Chris Lewis	V	24	21	25														3	70	3
Jamie Lewis		23	12	24														3	59	4
Matthew Reynolds		29		30														2	59	5
Gareth Poston		28	29															2	57	6
Andrew Poston		26	28															2	54	7
Mark Hiddlestone	V	25		28														2	53	8
Andrew Davies	V		23	27														2	50	9
Mark Taylor		21		23														2	44	10
Mike James	V	15	3	20														3	38	11
B. Henderson	SV	19		18														2	37	12
James Lawson		20	16															2	36	13
Craig Baker			30															1	30	14
John Young	V		7	22														2	29	15
Chris John		27																1	27	16
Cai Pughsley			5	21														2	26	17
Tim Evans	V		26															1	26	18
Andrew Wright	V		24															1	24	19

Gareth Evans		6	1	15													3	22	<b>20</b>
Peter Malough			22														1	22	<b>21</b>
Anthony Rabaiotti			1	19													2	20	<b>22</b>
David Parfitt	V		20														1	20	<b>23</b>
Rob Murray	V		19														1	19	<b>24</b>
Paul Roberts	V		1	17													2	18	<b>25</b>
Craig Wilyeo			18														1	18	<b>26</b>
Jamey Taylor		18															1	18	<b>27</b>
A.Holling	SV	3	1	13													3	17	<b>28</b>
Gary Owen	V		1	16													2	17	<b>29</b>
Paul Seppman	V		17														1	17	<b>30</b>
Richard Thomas		17															1	17	<b>31</b>
Alex Williams	V	16	1														2	17	<b>32</b>
Steve Howell	V		15														1	15	<b>33</b>
Ray James	SV			14													1	14	<b>34</b>
D. Cornish	V	14															1	14	<b>35</b>
I.Williams	V		14														1	14	<b>36</b>
R. Bamsey		10	4														2	14	<b>37</b>
Andy Davies			13														1	13	<b>38</b>
Martin Norris		13															1	13	<b>39</b>
A. Furnell	SV	12															1	12	<b>40</b>
Darren Richards		11															1	11	<b>41</b>
P.Rees	V		11														1	11	<b>42</b>
John Hopkins	V		10														1	10	<b>43</b>
Mark Morgan	V	9															1	9	<b>44</b>
Alan Roberts	SV	8	1														2	9	<b>45</b>
David Morgan	V		9														1	9	<b>46</b>
Jason Massey	V		8														1	8	<b>47</b>
J. Ayres	V	7															1	7	<b>48</b>
Matt Anderson			6														1	6	<b>49</b>
Vince Lewis	V	5															1	5	<b>50</b>
A. Perkins	SV	4															1	4	<b>51</b>
Gary Vaughan			2														1	2	<b>52</b>
Conrad John	V		1														1	1	<b>53</b>
Paul Davies	V		1														1	1	<b>54</b>
Chris Latham			1														1	1	<b>55</b>





## Port Talbot Harriers Vet Men - Championship Table 2017

Name	Category	15 Championship Races														Races Run	Total	Position		
		Prince of Wales 4m 1/1/17	Tonmawr 5m Hilly 7/5/17	Cwm Ogwr 5M - 14/5/17	P.T.Harriers Mile - 15/6/17	Ammanford 10k - 9/7/17	Brecon 10M - 6/8/17	PTH HALF MARATHON - 13/8/17	Swansea Bay 10K - 24/9/17	Cardiff Half - 1/10/17	RICHARD BURTON 10K - 5/11/17	GLYNNEATH 5 MILE - 26/12/17	Best Marathon time - 2017	Best Porthcawl Parkrun - 2017	Best Swansea 5K Park Run - 2017				Best Gnoll 5k - 2017	
Chris Lewis	V	29	27	28														3	84	1
Mike James	V	26	16	26														3	68	2
Mark Hiddlestone	V	30		30														2	60	3
Andrew Davies	V		28	29														2	57	4
B. Henderson	SV	28		25														2	53	5
John Hopkins	V		20	27														2	47	6
A.Holling	V	18	5	21														3	44	7
Alex Williams	V	27	12															2	39	8
Alan Roberts	SV	22	10															2	32	9
Gary Owen	V		8	23														2	31	10
Paul Roberts	V		7	24														2	31	11
Tim Evans	V		30															1	30	12
Andrew Wriight	V		29															1	29	13
Dave Parfitt	V		26															1	26	14
D. Cornish	V	25																1	25	15
Rob Murray	V		25															1	25	16

Alan Furnell	SV	24																1	24	17	
Paul Seppman	V		24																1	24	18
Mark Morgan	V	23																	1	23	19
Steve Howell	V		23																1	23	20
I. Williams	V		22																1	22	21
Ray James	SV			22															1	22	22
J. Ayres	V	21																	1	21	23
P. Rees	V		21																1	21	24
Vince Lewis	V	20																	1	20	25
A. Perkins	SV	19																	1	19	26
David Morgan	V		19																1	19	27
Jason Massey	V		18																1	18	28
John Young	V		17																1	17	29
Conrad John	V		15																1	15	30
Tim Allen	V		14																1	14	31
Paul Davies	V		13																1	13	33
Paul Thomas	SV		11																1	11	34
Darren Vaughan	V		9																1	9	35
Jason Jones	V		6																1	6	37
I. Swanson	SV		4																1	4	38
M. Rabaiotti	V																		0	0	39
P. Jelley	V																		0	0	40
Stephen Williams	V																		0	0	41
																			0	0	42
Steven Jones	V																		0	0	43
Dave Kingsland	V																		0	0	44
Andrew Courts	V																		0	0	45
Llyyr Jones	V																		0	0	46
Chris Williams	V																		0	0	47
Paul Brooks	V																		0	0	48
Mike Worlock	V																		0	0	49
Aaron McCalmon	V																		0	0	50

**Port Talbot Harriers Super Vet Men & Women Championship Table 2017**

Name	Category	15 Championship Races												Races Run	Total	Postion			
		Prince of Wales 4m 1/1/17	Tonmawr 5m Hilly 7/5/17	Cwm Ogwr 5M - 14/5/17	P.T.Harriers Mile - 15/6/17	Ammanford 10k - 9/7/17	Brecon 10M - 6/8/17	PTH HALF MARATHON - 13/8/17	Swansea Bay 10K - 24/9/17	Cardiff Half - 1/10/17	RICHARD BURTON 10K - 5/11/17	GLYNNEATH 5 MILE - 26/12/17	Best Marathon time - 2017				Best Porthcawl Parkrun - 2017	Best Swansea 5K Park Run - 2017	Best Gnoil 5k - 2017
Linda Woodland	SV		30	30													2	60	1
Caroline Foley	SV	30		29													2	59	2
Ann Thomas	SV		29	28													2	57	3
Diane Hill	SV																0	0	5
	SV																0	0	6
Gaynor Kennedy	SV																0	0	7
Anthony Holling	SV	25	28	28													3	81	1
Bernard Henderson	SV	30		30													2	60	2
Alan Roberts	SV	28	29														2	57	3
Paul Thomas	SV		30														1	30	4
Alan Furnell	SV	29															1	29	5
Ray James	SV			29													1	29	6
John Ayres	SV	27															1	27	7
Ian Swanson	SV		27														1	27	8
Alan Perkins	SV	26															1	26	9
Dennis Haines	SV																0	0	9

Best Marathon Times
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Name	Marathon	Date	Time	Pos
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Men

Senior    Vet    SV

Ben Phillips		London	23 April	3.00.14	1
Rob Warlow		London	23 April	3.07.32	2
Mark Hiddlestone	V	Llanelli	7 May	3.11.23	3
Andrew Davies	V	Manchester	2 April	3.12.16	4
Paul Jelley	V	London	23 April	3.25.01	5
Chris John		London	23 April	3.36.05	6
James Lawsom		Manchester	2 April	3.48.04	7
B. Henderson	SV	London	23 April	4.30.05	8
Robert Jones		London	23 April	5.56.06	9
Gareth Ayres					10
Stephen Jones	V				11
Dave Kingsland	V				12
Richard Davies					13
Alan Hall					14
Paul Rees	V				15
Alex Williams	V				16
Llyyr Jones	V				17
Andrew Courts	V				18
John Young	V				19
Ian Williams	V				20
Dave Parfitt	V				21
Geraint Jenkins	V				22
Aaron McCalmon	V				23
Mark Taylor					24
Alan Roberts	SV				25
Tony Holling	V				26

Ladies

Angela James		Manchester	2 April	4.35.39	1
Emma Weaver	V	Manchester	2 April	4.35.40	2
Rhian Powell	V	Blackpool	23 April	5.06.53	3
Andrea Williams	V				4

**Best Porthcawl Park 5k Times**

Name		Date	Time	Pos
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Men

Senior

Vet

SV

Craig Baker		7 Jan	18.55	1
Jamie Lewis		18 Feb	19.44	2
James Lawson		21 Jan	20.45	3
Bernie Henderson	SV	May 13	22.51	4
Chris Williams	V	21 Jan	25.11	5
Andrew Robinson		May 13	26.39	6
Paul Roberts	V	15 Apr	26.50	7
Alan Perkins	SV	15 Apr	27.39	8
Jason Jones	V	29 April	28.50	9
Matthew Reynolds				10
Gareth Poston				11
Ben Phillips				12
Chris John				13
Chris Lewis	V			14
Ian Bird				15
John Young	V			16
Paul Jelley	V			17
Mike James	V			18
Mark Taylor				19
Mario Rabaiotti	V			20
Gary Vaughan				21
Dave Cornish	V			22

Peter Deacon	SV			23
Ray James	V			24
Ian Swanson	SV			25

Ladies

Linda Woodland	SV	22 Apr	22.12	1
Anna Parsons	V	22 Apr	23.54	2
Tanya Guest	V	7 Jan	25.03	3
Leanne Morris		15 Apr	26.50	4
Jayne Perkins	V	25 March	27.09	5
Wendy Jenkins	V	4 Feb	27.33	6
Jules Jones		28 Jan	31.04	7
Rhian Powell	V	28 Jan	31.09	8
Kath Cunningham	V	14 Jan	32.16	9
Angelian Lewis	V	25 March	32.37	10
Julia Jones		4 March	34.13	11
Gaynor Kennedy	SV	25 March	35.30	12
Rachel Quick	V	14 Jan	40.40	13
Mandy Morris	V			14

**Best Swansea Parkrun**

Name	Date	Time	Pos
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Men

Senior    Vet    SV

Matthew Reynolds		22 Apr	17.54	1
Andrew Davies	V	22 Apr	18.26	2
Chris John		28 Jan	18.31	3

Ben Phillips		29 April	18.36	4
Nino Gatti		22 Apr	18.37	5
Ian Bird		21 Jan	18.53	6
Llyr Jones	V	8 Apr	19.14	7
Rob Warlow		21 Jan	19.42	8
Jamie Lewis		25 Mar	19.43	9
Nigel Butterfields		25 Mar	20.05	10
Paul Rees	V	22 Apr	20.32	11
Rob Murray		4 Feb	20.47	12
Steve Jones	V	29 April	20.52	13
Andrew Courts	V	18 Feb	20.54	14
Mike James	V	22 Apr	21.06	15
Bernard Henderson	SV	4 Feb	22.11	16
Cai Pughsley		18 Mar	22.27	17
Paul Roberts	V	20 May	22.30	18
Brian Lewis	V	20 May	23.25	19
Ian Williams	V	4 Feb	24.04	20
Adam Williams		25 Mar	24.04	21
Ross Bamsey		4 Feb	24.43	22
Dominic James		13 May	24.43	23
Darren Vaughan		4 Feb	25.18	24
John Ayres		4 Feb	25.35	25
Gary Wyn Owen	V	20 May	25.36	26
Cameron Davies		11 Feb	25.37	27
Paul Jelley	V	20 May	25.41	28
Jordan Lane		29 April	26.08	29
Jason Jones	V	20 May	26.41	30
Gareth Evans		29 April	27.05	31
Neil Wheeler		4 Feb	28.11	32
Steven Williams	V	25 Feb	28.36	33
Richard Pugh			28.40	34
Anthony Holling	SV	29 April	29.19	35
Ian Swanson	SV	4 Feb	29.46	36
Mark Hiddlestone	V	4 Feb	38.22	37
Alan Perkins	SV			38

## Ladies

Deb Chick	SV	22 Apr	20.46	1
Helen Jones	V	21 Jan	21.13	2
Sarah Howard		1 Apr	21.29	3
Linda Woodland	SV	20 May	21.46	4
Michelle Grey		18 Mar	23.36	5
Tanya Guest	V	28 Jan	24.02	6
Bethan Thomas	V	22 Apr	24.41	7
Leanne Morris		20 May	25.45	8
Cath Courts	V	18 Feb	25.55	9
Alison Lloyd-Jones		13 May	26.32	10
Sian Wadham	V	4 Feb	27.04	11
Claire Sim		4 Feb	27.39	12
Cerys Mills		4 Feb	27.53	13
Caryn Furlow	V	25 Feb	28.39	14
Rebecca Jelley		21 Jan	29.03	15
Kathryn Lane	V	22 Apr	29.26	16
Claire Williams	V	11 Feb	30.19	17
Angaharad Lawrence		21 Jan	30.48	18
Hazel Wheeler-Yarrington	V	22 Apr	30.48	19
Nicola Davies	V	13 May	31.26	20
Rhian Powell	V	4 Feb	32.48	21
Jules Jones	V	4 Feb	33.02	22
Fran Proietti	V	6 May	33.24	23
Nicola Bailey		20 May	33.53	24
Lisa Pughsley	V	18 Mar	34.53	25
Julia Jones	V	21 Jan	34.55	26
Paula Phillips	V	4 Feb	35.04	27
Gaynor Kennedy	SV	4 Feb	36.14	28
Rosie Courts		4 Feb	36.15	29
Magdalena AP roberts		4 Feb	36.16	30
Denine Davies	V	4 Feb	37.47	31
Chloe Guest		4 Feb	37.47	32
Catherine Thomas		22 Apr	38.17	33
Rachel Quick	V	4 Feb	38.38	34



Ann Williams	21 Jan	39.54	35
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<b>Best Gnoll Park Run</b>
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Men

Senior

Vet

SV

Gareth Poston		18 Feb	18.31	1
Andrew Poston		20 May	18.39	2
Matthew Reynolds		7 Jan	18.41	3
Nino Gatti		15 Apr	19.01	4
Chris John		7 Jan	19.41	5
Mark Hiddlestone	V	7 Jan	20.08	6
Chris Lewis	V	21 Jan	20.11	7
Steve Jones	V	6 May	20.37	8
Cai Pughsley		20 May	21.31	9
Ian Williams	V	21 Jan	21.33	10
Bernie Henderson	SV	7 Jan	22.04	11
John Young	V	8 Apr	22.13	12
Richard Watts		25 Feb	22.27	13
Mark Taylor		11 Mar	22.31	15
Ian Bird		15 Apr	22.49	16
Dave Cornish	V	7 Jan	23.50	17
Mario Rabaiotti	V	8 Apr	23.56	18
Paul Roberts	V	6 May	24.22	19
Jordan Lane		8 Apr	24.49	20
Neil Marvin	V	22 Apr	25.50	21
Gary Wyn Owen	V	7 Jan	27.13	22
John Ayres	SV	11 Feb	27.23	23
Tony Holling	SV	6 May	31.53	24
Llyr Jones	V			25
Mike James	V			26
Geraint Jenkins	V			27
Andrew Robinson				28
Brian Lewis	V			29
Paul Rees	V			30

Steve Williams	V			31
Rob Murray	V			32
Darren Vaughan				33
Chris Williams	V			34
Dominic James				35
Ray James	V			36
Peter Deacon	SV			37
Dennis Haines	SV			38
Alan Roberts	SV			39
Ian Swanson	SV			40
Gareth Evans				41
Alan Perkins	SV			42

Ladies

Helen Jones	V	6 May	22.06	1
Sarah Howard		7 Jan	22.17	2
Linda Woodland	SV	8 Apr	22.26	3
Mandy Morris	V	8 Apr	22.52	4
Deb Chick	SV	4 Mar	23.11	5
Anna Parsons	V	20 May	24.43	6
Betahn Thomas	V	15 Apr	25.52	7
Maria Nicholas		22 Apr	27.09	8
Wendy Jenkins	V	4 Mar	28.22	9
Jules Jones	V	21 Jan	28.43	10
Sian Wadham		7 Jan	29.28	11
Leanne Morris		21 Mar	31.00	12
Lisa Pughsley	V	21 Jan	31.04	13
Kathryn Lane	V	8 Apr	31.16	14
Claire Williams		15 Apr	31.54	15
Angharad Lawrence		8 Apr	32.19	16
Caryn Furlow	V	15 Apr	32.28	17
Hazel Wheeler-Yarrington	V	6 May	32.49	18
Rhian Powell	V	7 Jan	32.56	19
Angelina Lewis	V	6 May	34.33	20
Kathryn Thomas		25 Mar	37.51	21

Carolyn Foley	SV		22
Paula Phillips	V		23
Calire Sim			24
Gaynor Kennedy	SV		25
Jane Gregory-Hines	V		26
Laura Powell			27