

Mens Senior Winners

1. Dave Cornish
2. Chris Lewis
3. Gareth Ayres

Womens Senior Winners

1. Mandy Morris
2. Anna Parsons
3. Sarah Howard

Mens Vet Winners

1. Ian Swanson
2. Steve Jones
3. Mark Hiddlestone

Womens Vet Winners

1. Helen Jones
2. Pauline Williams
3. Linda Woodland

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

All races count towards championship

Port Talbot Harriers Women Cross Country Table 2016

Gwent League	West Glam	
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Name	Category											Races Run	Total	Position	
		Monmouth Showground - 13/2/16	Brecon Leisure Centre 5/3/16	Newbridge Fields - 16/10/16	Brecon Leisure Centre - 12/11/16	Blaise Castle, Bristol - 3/12/16	Tata - 10/1/16	Margam Park- 31/1/16	Aberavon - 20/3/16	Ilanmadoc - 25/9/16	Gnoll - 09/10/16				Kenfig Nature Reserve - 27/11/16
M. Morris	V	30	30	30	30		28	28	29	30	30	29	10	294	1
H. Jones	V						29	29	30	29	29	30	6	176	2
A .Parsons	V						25	25	26	26	26	26	6	154	3
P. Williams	SV	29	29				27	27	27				5	139	4
Linda Woodland	SV	28	28				26	26	28				5	136	5
Sarah Howard										27	28	27	3	82	6
Sharon Penhale	V								24	25		25	3	74	7
Jane Harwood							24	24	25				3	73	8
Clare Phillips	V						30	30					2	60	9
Jane Perkins				29	29								2	58	10
Michelle Grey										28		28	2	56	11
Jules Jones	V									26		22	2	48	12
Karys Hockin											27		1	27	13
Jody Francis												24	1	24	14
Joanne Juliff	V											23	1	23	15
Rhian Powell												21	1	21	16
A.Williams	V												0	0	17
C. Moseley	V												0	0	18

Port Talbot Harriers Vet Women Cross Country 2016

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		Monmouth Showground - 13/2/16	Brecon Leisure Centre 5/3/16	Newbridge Fields - 16/10/16	Brecon Leisure Centre - 12/11/16	Blaise Castle, Bristol - 3/12/16	Tata - 10/1/16	Margam Park- 31/1/16	Aberavon - 20/3/16	Ilanmadoc - 25/9/16	Gnoll - 09/10/16	Kenfig Nature Reserve - 27/11/16			
M. Morris	V	30	30	30	30		28	28	29	30	30	29	10	294	1
H. Jones	V						29	29	30	29	29	30	6	176	2
A.Parsons	V						25	25	26	28	28	28	6	160	3
P. Williams	SV	29	29				27	27	27				5	139	4
Linda Woodland	SV	28	28				26	26	28				5	136	5
Sharon Penhale	V								25	27		27	3	79	6
Clare Phillips	V						30	30					2	60	7
Jules Jones	V									26		25	2	51	8
Joanne Juliff	V											26	1	26	9
Emma John	V												0	0	10
Charlene Davies	V												0	0	11
Rhian P Evans	V												0	0	12
Mandy Downton	V												0	0	13

A. Williams	V													0	0	14
C. Moseley	V													0	0	15

Port Talbot Harriers Men - Cross Country 2016

Name	Category	Gwent League					West Glam					Races Run	Total	Position	
		Monmouth Showground - 13/2/16	Brecon Leisure Centre 5/3/16	Newbridge Fields - 16/10/16	Brecon Leisure Centre - 12/11/16	Blaise Castle, Bristol - 3/12/16	Tata - 10/1/16	Margam Park- 31/1/16	Aberavon - 20/3/16	Ilanmadoc - 25/9/16	Gnoll - 09/10/16				Kenfig Nature Reserve - 27/11/16
D. Cornish	V	28	28	30	29	29		22	19	23		23	9	231	1
I. Swanson	SV	26	26	28	27	28	2	17	9	17	17	18	11	215	2
Chris Lewis	V				30	30	25	26	27	27		27	7	192	4
G. Ayres							30		30	30	30	30	5	150	3
C. Walsh	V	30	30				28	29	29				5	146	5
Gareth Poston								30	28	29	29	29	5	145	6

Steven Jones	V					27	27	26	26	28		5	134	7
A.Williams	V	29					28		24	24	22	5	127	8
Mark Hiddlestone	V					26		24	25	27	25	5	127	9
Chris John						24	25	22		26	26	5	123	10
A. Furnell	SV		29			8	20	14	20	21		6	112	11
A. Roberts	V						21	16	21	20	21	5	99	12
J. Ayres	V					6	19	11	19	19	19	6	93	13
J.Davies	SV	27	27			3	16	10				5	83	14
M. Rabaiotti	V					12	23	18			20	4	73	15
John Young	V					21				25	24	3	70	16
A. Perkins	SV		27	28		1						3	56	17
P. Deacon	V					9	18	12			17	4	56	18
Scott Williams						23		25				2	48	19
G. Evans						1		8	18	18		4	45	20
Geraint Jenkins	V					20	24					2	44	21
Jamie Lewis						19		21				2	40	22
Darren Richards								17		23		2	40	23
Paul Roberts						14				22		2	36	24
Craig Baker						29						1	29	25
Geoff Lewis		29										1	29	26
Andrew Charles									28			1	28	27
Matthew Reynolds										28		1	28	28
Llyr Jones	V							23				1	23	29
P.Rees	V					22						1	22	31
Andrew Robinson						7		15				2	22	32
Anthony Rabaiotti									22			1	22	33
J. Hopkins	V							20				1	20	34
B. Henderson	SV					18						1	18	35
Matt Anderson						17						1	17	36
David Ayres						16						1	16	37
K. Mark Taylor						15						1	15	38
Ross Bamsey						13						1	13	39
Steven Williams	V							13				1	13	40
D.Vaughan						11						1	11	41
Michael James	V					10						1	10	42
Ray James	V					5						1	5	43

A.Holling	V						4						1	4	44
Jordan Lane							1						1	1	45
I.Williams	V												0	0	46
Mike Worlock	V												0	0	47
D.Parfitt	V												0	0	48
P. Jelley	V												0	0	49

Port Talbot Harriers Vet Men - Cross Country 2016

Gwent League	West Glam
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		Monmouth Showground - 13/2/16	Brecon Leisure Centre 5/3/16	Newbridge Fields - 16/10/16	Brecon Leisure Centre - 12/11/16	Blaise Castle, Bristol - 3/12/16	Tata - 10/1/16	Margam Park- 31/1/16	Aberavon - 20/3/16	Ilanmadoc - 25/9/16	Gnoll - 09/10/16	Kenfig Nature Reserve - 27/11/16			
I. Swanson	SV	26	27	28	27	28	12	19	16	22	23	22	11	250	1
D. Cornish	V	28	29	30	29	29		24	24	26		27	9	246	2
Chris Lewis	V				30	30	27	27	29	30		30	7	203	3
C. Walsh	V	30	30				30	30	30				5	150	4
Steven Jones	V						29	28	28	29	30		5	144	5
Mark Hiddlestone	V						28		27	28	29	29	5	141	6
A. Furnell	SV			29			17	22	21	24	26		6	139	7
A. Williams	V	29						29		27	27	26	5	138	8
J. Ayres	V						16	21	18	23	24	23	6	125	9
A. Roberts	V							23	22	25	25	25	5	120	10
J. Davies	SV	27	28				13	18	17				5	103	11
M. Rabaiotti	V						21	25	23			24	4	93	12
John Young	V						25				28	28	3	81	13
P. Deacon	SV						18	20	19			21	4	78	14
A. Perkins	SV			27	28		11						3	66	15
Geraint Jenkins	V						24	26					2	50	16
P. Rees	V						26						1	26	17
Llyr Jones	V								26				1	26	18
J. Hopkins	V								25				1	25	19
B. Henderson	SV						23						1	23	20
Paul Roberts	V						22						1	22	21

Darren Vaughan	V						20						1	20	22
S.Williams	V							20					1	20	23
Michael James	V						19						1	19	24
Ray James	V						15						1	15	25
A.Holling	V						14						1	14	26
C.Parker	V												0	0	27
I.Williams	V												0	0	28
Mike Worlock	V												0	0	29
N. Marvin	V												0	0	30
G. Jones	V												0	0	31
D.Parfitt	V												0	0	32
P. Jelley	V												0	0	33
D. Williams	V												0	0	34
D. Oak	V												0	0	35
P. Robbins	V												0	0	36

Port Talbot Harriers SuperVet Women & Men Cross Country Table 2016

Gwent League	West Glam
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Name	Category	Category											Races Run	Total	Position
		Monmouth Showground - 13/2/16	Brecon Leisure Centre 5/3/16	Newbridge Fields - 16/10/16	Brecon Leisure Centre - 12/11/16	Blaise Castle, Bristol - 3/12/16	Tata - 10/1/16	Margam Park- 31/1/16	Aberavon - 20/3/16	Ilanmadoc - 25/9/16	Gnoll - 09/10/16	Kenfig Nature Reserve - 27/11/16			
P. Williams	SV	30	30				30	30	29				5	149	1
Linda Woodland	SV	29	29				29	29	30				5	146	2
Ian Swanson	SV	29	29	29	29	30	24	26	25	27	27	28	11	303	1
Alan Furnell	SV			30			28	29	29	29	30		6	175	2
John Ayres	SV						27	28	27	28	28	29	6	167	3
Alan Roberts	SV							30	30	30	29	30	5	149	4
John Davies	SV	30	30				25	25	26				5	136	5
Peter Deacon	SV						29	27	28			27	4	111	6
Alan Perkins	SV			27	30		23						3	80	7
Bernard Henderson	SV						30						1	30	8
Anthony Holling	SV						26						1	26	9

Key: V starts at 40 years of age
SV starts at 55 years of age