

WEST GLAMORGAN CROSS COUNTRY LEAGUE
FULL PROVISIONAL RESULTS
Gnoll Estate, Neath 26th October 2015

Senior Women & M70 Men

- 1 Jessica Hegarty (Cornelly Striders) 18.46
- 2 Helen Marshall (Swansea Harriers) 19.35 (F35)
- 3 Clare Phillips (Port Talbot Harriers) 20.03 (F45)
- 4 Melissa Watson (Trots) 20.14 (F50)
- 5 Clare Cleathero (Trots) 20.31 (F40)
- 6 Rebecca Miller (Swansea Uni) 20.43
- 7 Megan Turner (Swansea Uni) 20.47
- 8 Rhiannon Shepherd (Celtic Tri) 20.55
- 9 Paige Abbie Matthews (Swansea Uni) 20.55
- 10 Jenny Phillips (Llannelli) 20.58 (F45)
- 11 Helen Marie Davies (Swansea Harriers) 20.59 (F35)
- 12 Rachel Evans (Run4all) 21.06 (F40)
- 13 Colleen Bond (Guest) 21.20 (F55)
- 14 Diane Brownhill (Swansea Harriers) 21.26 (F40)
- 15 A.Lewis (Neath Harriers) 21.34 (F16)
- 16 Emily Buckwell (Brackla Harriers) 21.51 (F35)
- 17 Mandy Morris (Port Talbot Harriers) 21.56 (F40)
- 18 Louise Miskell (3Ms) 22.20 (F40)
- 19 Lyndy Eynon (Trots) 22.24 (F55)
- 20 Claire Cuddihy (Swansea Uni) 22.26
- 21 Pauline Williams (Port Talbot Harriers) 22.35 (F55)
- 22 Cara Leanne Farley (Run4all) 22.38 (U20)
- 23 Melanie Williams (Brackla Harriers) 22.41 (L40)
- 24 Cassandra Miles (Run4all) 22.58
- 25 Alyson Heard (3Ms) 23.07 (L50)
- 26 Andrea Starritt (Brackla Harriers) 23.11 (L45)
- 27 Cerys Morgan (Llanelli A.C.) 23.22
- 28 Linda Woodland (Port Talbot Harriers) 23.24 (L55)
- 29 Lynne Bain (Run4all) 23.44 (L50)
- 30 Anna Parsons (Port Talbot Harriers) 23.54 (L45)
- 31 Claire Williams (Guest) 23.55 (L35)
- 32 Jane Ogilvie (Brackla Harriers) 23.58 (L50)
- 33 Viv Jones (Sospan R.R.) 24.05 (L40)
- 34 Marianne Paterson (Cornelly Striders) 24.17 (L40)
- 35 Angie Ridge (Run4all) 24.28 (L45)
- 36 Ruth Deards (Celtic Tri) 24.30 (L45)
- 37 Lorna Silke (Swansea Bay Tri) 24.31 (L40)
- 38 Gwen Smith (3Ms) 24.32 (L50)
- 39 Helen Janney (Amman Valley A.C.) 24.35 (140)
- 40 Penny Kennedy (Swansea Harriers) 24.38 (L45)
- 41 Chris Webb (Swansea Harriers) 24.39 (L40)
- 42 Brian Fox (Swansea Vets) 24.51 (M70)
- 43 Nerys Jones (Run4all) 24.51 (L35)
- 44 Eryl James (Brackla Harriers) 24.56
- 45 Sophie Deere (Brackla Harriers) 24.58
- 46 Francesca Hayward (Swansea Uni) 25.00
- 47 Angela Delaney (Swansea Harriers) 25.00 (L45)
- 48 Cordecia Loughlin (3Ms) 25.11 (L50)
- 49 Mary Beech (Brackla Harriers) 25.12 (L50)
- 50 Angharad Thomas (Sospan R.R.) 25.14
- 51 Rhiannon Wallace (Swansea Uni) 25.20
- 52 Amy Cooper (Swansea Uni) 25.28
- 53 Vicky Jeffery (Cornelly Striders) 25.35 (L45)
- 54 Lisa Turner (Cornelly Striders) 25.42 (L35)

55 Stephanie Murray (Cornelly Striders) 25.52 (L45)
56 Charlie James (3Ms) 26.02
57 Sian Thomas (Amann Valley A.C.) 26.03
58 Helen Scott (Porthcawl Runners) 26.05 (L35)
59 Sara Powell (Swansea Uni) 26.25
60 Iola Hobbs (Clwb Pontardawe) 26.29 (L35)
61 Carra Carter (Run4all) 26.32 (L35)
62 Jan Williams (Run4all) 26.37 (L55)
63 Ann Rowell (Trots) 26.42 (L60)
64 Kim Holohan (3Ms) 27.01 (L55)
65 Liz Tobin (Run4all) 27.06 (L40)
66 Karen Phillips (Porthcawl Runners) 27.08 (L45)
67 Rachel Thomson (Porthcawl Runners) 27.11
68 Sharon Trotman (3Ms) 27.12 (L45)
69 Nicola Powell (Swansea Bay Tri) 27.18 (L45)
70 Jo Mather (Run4all) 27.20 (L45)
71 Jenny Fifield (Sospan R.R.) 27.35 (155)
72 Alison Griffiths (Pembroke Harriers) 27.39 (L45)
73 Georgina Fraser (Cornelly Striders) 27.40
74 Llinos Davies (Run4all) 27.48 (L35)
75 Tara Roche (Cornelly Striders) 28.03 (L35)
76 Allison Lewis-Ivong (Run4all) 28.08 (L45)
77 Claire Jones (Cornelly Striders) 28.15 (L45)
78 Sarah Jones (Cornelly Striders) 28.17 (L50)
79 Carolyn Wimdos (Cornelly Striders) 28.22 (L50)
80 Louise Steer (Swansea Bay Tri) 28.23 (L35)
81 Brian Blandford (Neath Harriers) 28.51 (M75)
82 Jessica Marr (Run4all) 28.56 (L35)
83 Sian Mython (Guests) 28.57
84 Fay Sharpe (3Ms) 28.58 (L55)
85 Claire Jones (Cornelly Striders) 29.02 (L35)
86 Victoria Holmes (3Ms) 29.30 (U20)
87 Keith Treharne (Brackla Harriers) 29.31 (M70)
88 Christine Hurdige (3Ms) 29.35 (L60)
89 Laura Hall (3Ms) 29.54 (L50)
90 Aleks Rees (Run4all) 29.55
91 Laura Brunger (Run4all) 29.57
92 Cabbie Davies (Swansea Bay Tri) 30.30 (L40)
93 Angela Walsh (Porthcawl Runners) 30.41
94 Kathleen Evans (Brackla Harriers) 30.43 (L65)
95 Rachell Gabb (Run4all) 30.50 (L35)
96 Kay Barnes (Run4all) 30.51 (L45)
97 Barbara Thomas (Pembroke Harriers) 31.29 (L70)
98 Rebecca Richards (Run4all) 31.32 (L40)
99 Tracey Williams (Celtic Tri) 31.33 (L50)
100 Karen Morgan (Sospan R.R.) 31.35 (L40)
101 Allan Smith (Gorseinon) 31.48 (M80)
102 Megan Wilson (Unattached) 32.28
103 Kimberly Wilson (Unattached) 32.29
104 Julie Davies (3Ms) 32.43 (L60)
105 Janine Powell (Run4all) 32.47 (L40)
106 Teresa Hillier (Run4all) 33.12 (L50)
107 Lynn Holmes (3Ms) 34.11 (L50)
108 Debbie Bishop (Run4all) 35.43
109 Ela Wilson (Unattached) 37.58 (L45)
110 Mary Donnelly (Run4all) 38.48 (L50)
111 Marie Casey (Run4all) 39.17
112 Sian Tossell (Run4all) 39.18 (L45)

Senior Men

- 1 Marc Hobbs (Swansea Harriers TNT) 30.54
- 2 Matthew Harvey (Swansea Harriers TNT) 30,57 (M35)
- 3 Huw Evans (Guest) 32.15 (M40)
- 4 Ian Harris (3Ms) 32.45
- 5 Owen Stepney (Swansea Uni) 33.12
- 6 Graig Baker (Port Talbot Harriers 33.13
- 7 Gareth Ayres (Port Talbot) 33.34
- 8 James Dean (Swansea Harrers TNT) 33.57
- 9 Daniel Triggs (Neath Harriers) 34.00
- 10 Ifan Lloyd (Swansea Masters) 34.23 (M55)
- 11 Dan Tomlinson (Jaguars) 34.41 (U20)
- 12 Geraint Lewis (Porthcawl Runners 34.51 (M35)
- 13 Alec Vessey (Swansea Uni) 34.58
- 14 Stuart Evans (Llanelli AC) 35.02 (M35)
- 15 Peter Osbourne (Llanelli AC) 35.09 (M55)
- 16 Rob Tanner (Run4all) 35.14
- 17 Christopher Jenkins (Neath Harriers) 35.26 (M35)
- 18 Gareth Davey (Neath Harriers) 35.55 (M35)
- 19 Chris Parker (Port Talbot Harriers) 36.05 (M50)
- 20 Mark Robinsion (Cornelly Striders) 36.09 (M35)
- 21 Ashley Pascoe (3Ms) 36.28 (M40)
- 22 Dylan Davies (Swansea Uni) 36.39
- 23 Andrew Jenkins (Tata Steel) 36.45 (M50)
- 24 Karl James (Black Tuesday) 36.48 (M50)
- 25 Callum Beare (Llanelli AC) 36.50 (U20)
- 26 Andrew Charles (Port Talbot Harriers) 36.51
- 27 Stuart Booker (Swansea Uni) 36.58
- 28 Shaun Lewis (Brackla Harriers) 37.10
- 29 Martin Flear (Llanelli AC) 37.12
- 30 Martin Cole (Run4all) 37.13 (M45)
- 31 Alec Williams (Pembroke Harriers) 37.15 (M45)
- 32 Alex Lewis (Neath Harriers) 37.18 (M350)
- 33 Rolland Hobbs (Bracla Harriers) 37.22
- 34 Jonathon Jarvis (Run4all) 37.40
- 35 Mark Gosney (3Ms) 37.41(M35)
- 36 Geoff Robinson (Unattached) 37.42
- 37 Matthew Davies (Run4all) 37.47
- 38 John Morgan (Cornelly Striders) 37.48 (M50)
- 39 Simon Rees (Llanelli AC) 37.52 (M35)
- 40 Chris Fulcher (Black Tuesday) 37.58 (M45)
- 41 Steve Williams (Black Tuesday) 38.10 (M55)
- 42 Jos Jones (Swansea TNT) 38.19 (M35)
- 43 Hugh Janney (Amman Valley) 38.26 (M40)
- 44 Tristan Hearsey (Swansea Uni) 38.34
- 45 Mike Gleeson (Swansea TNT) 38.47 (M40)
- 46 Stephen Hughes (Llanelli AC) 38 51 (U20)
- 47 Chris Lloyd (Run4all) 38.52
- 48 Jeremy Davies (Neath Vets) 38.56 (M50)
- 49 Llyr Jones (Port Talbot Harriers) 39.07 (M40)
- 50 Tom Seaburg (Swansea Uni) 39.22
- 51 Gareth Phillips (Tata Steel) 39.23
- 52 Will Edwards (Porthcawl Runners) 39.24 (M40)
- 53 Daniel Nicholas (Cornelly Striders) 39.25
- 54 Tomos Walters (Swansea Harriers TNT) 39.32
- 55 Lee Sandham (Black Tuesday) 39.34 (M45)
- 56 Leigh Fennsal (Swansea Harriers TNT) 39.35 (M40)
- 57 Mike Worlock (Port Talbot Harriers) 39.39 (M50)
- 58 Nick Merrony (Trots) 39.46 (M.55)
- 59 Samuel Tucker (Run4all) 39.47

60 Adam Ridley (Swansea Uni) 40.01
61 Neil Davies (Cornelly Striders) 40.03 (M55)
62 Richard Price (Celtic Tri) 40.05 (M45)
63 Michael Williams (Swansea Masters) 40.07 (M40)
64 Edwardo Thomas (Swansea Uni) 40.10
65 Hywel Wyn Jones (Unattached) 40.12 (M50)
66 Ian Hoskins (3Ms) 40.21 (M40)
67 Tom Griffiths (Swansea Uni) 40.22 (U20)
68 Michael Bohan (Celtic Tri) 40.25
69 Owain Williams (Run4all) 40.28
70 Andrew Mundy (Brackla Harriers) 40.33 (M40)
71 Huw Mathias (Tata Steel) 40.34 (M45)
72 Oliver Williams (Port Talbot Harriers) 40.35
73 Howard Carpenter (Black Tuesday) 40.48 (M60)
74 Tudor Harries (Neath Harriers Vets) 40.52 (M45)
75 Rory Seamonds (Celtic Tri) 40.55 (M35)
76 Richard Callaghan (Llanelli AC) 40.56 (M35)
77 Martin Hines (Run4all) 40.58 (M40)
78 Mark Taylor (Port Talbot Harriers Wizards) 41.00 (M35)
79 Calvin Hold (Swansea Harriers TNT) 41.04 (M40)
80 Marcus Fitchett (Tata Steel) 41.10 (M35)
81 Robert Scot (Porthcawl Runners) 41.11 (M35)
82 Josh Powell (Cornelly Striders) 41.21
83 David Bennett (Porthcawl Runners) 41.22 (M45)
84 Mike Jones (Amman Valley) 41.24
85 Owen Davies (Swansea Vets) 41.27 (M40)
86 Martin Jones (Swansea Vets) 41.35 (M45)
87 Ian Williams (Port Talbot Harriers) 41.42 (M45)
88 Robert Bennett (Porthcawl Runners) 42.00 (M40)
89 Mark Bamford (3Ms) 42.30 (M40)
90 Carl Singleton (Celtic Tri) 42.33 (M35)
91 Andrew Evans (Run4all) 42.37
92 John Sinnett (Pembroke Harriers) 42.40 (M55)
93 Neil Horsley (Black Tuesday) 42.42 (M60)
94 Dusty Kennedy (Swansea Vets) 42.53 (M45)
95 Rhys Roberts (Swansea Uni) 43.07
96 Iain Hendry (Neath Harriers) 43.11 (M40)
97 Derek Langan (Run4all) 43.13 (M35)
98 Dave Cornish (Port Talbot Harriers) 43.14 (M45)
99 Nick Venables (Sospa R.R.) 43.24 (M35)
100 Stephen Bendle (Swansea Vets) 43.32 (M50)
101 David Williams (Guest) 43.33 (M45)
102 Kris Penholm (Brackla Harriers) 43.34 (M55)
103 Andrew Thomas (3Ms) 43.41 (M50)
104 Shaun Thomas (Celtic Tri) 43.42 (M35)
105 Ifan Thorne (Swansea Harriers Vets) 43.44 (M35)
106 Daniel Morgan (Swansea Harriers Vets) 43.46
107 Tudor Miles (Run4all) 43.52 (M55)
108 Grant Pearce (Run4all) 43.56
109 Martin Slucutt (Swansea Vets) 44.00 (M35)
110 Simon Vaughan (3Ms) 44.01 (M40)
111 Nicholas Evans (Swansea Uni) 44.02 (U20)
112 Mark Evans (Brackla Harriers) 44.03 (M50)
113 John Gardener (Pembroke Harriers) 44.14 (M75)
114 Matthew Bunce (Brackla Harriers) 44.45 (M40)
115 Luke Denholm (Guest) 44.53
116 Ross Bamsey (Port Talbot Wizards) 44.55
117 Ian Cuthbert (Brackla Harriers) 45.11 (M55)
118 Richard Jones (Cornelly Striders) 45.16 (M40)
119 James Marks (Cornelly Striders) 45.24 (M55)

120 Mark Thomas (Run4all) 45.41
121 Paul Osbourne (Llanelli A.C.) 45.45 (M55)
122 Petit Clement (Swansea Uni) 46.09
123 Ross Poiner (3Ms) 46.19 (M40)
124 Jon Scott (Run4all) 46.28 (M35)
125 John Duggan (Unattached) 46.57 (M60)
126 Peter Walsh (Unattached) 47.00
127 Paul Rabaiotti (Port Talbot Harriers) 47.02 (M40)
128 Nick Jenkins (Run4all) 47.04 (M50)
129 Christie Coleman (Cwm Ogwr) 47.25 (M45)
130 Alan Furnell (Port Talbot Wizards) 47.28 (M65)
131 Uku Kumari (Swansea Vets) 47.37 (M60)
132 Chris Watkins (Run4all) 47.45 (M45)
133 John Sanderson (3Ms) 48.16 (M55)
134 Alan Perkins (Port Talbot Wizards) 49.11 (M60)
135 Mike Hayden (Swansea Bay Tri) 49.35 (M50)
136 Elfed Joseph (3Ms) 49.52 (M55)
137 Tony Spiller (Run4all) 49.55 (M40)
138 Dave Griffiths (Pembroke Harriers) 50.00 (M50)
139 Steve Goodwin (Cornelly Striders) 50.19 (M40)
140 David Hesketh (Cornelly Striders) 50.20 (M50)
141 John Ayres (Port Talbot Wizards) 51.19 (M60)
142 Mark Jones (Sospan R.R.) 52.59 (M40)
143 Gethin Frances (Sospan R.R.) 53.00 (M35)
144 Ian Swanson (Port Talbot Wizards) 53.40 (M65)
145 Derek Wilson (Unattached) 54.36 (M50)
146 John Davies (Port Talbot Wizards) 54.55 (M65)
147 Richard Donne (3Ms) 55.13 (M50)
148 Darren Heath (Celtic Tri) 55.41 (M40)
149 Peter Rogers (Run4all) 56.00 (M50)
150 Martin Hillier (Run4all) 57.10 (M65)
151 Bruce Morgan (Llanelli A.C.) 57.51 (M60)
152 Paul Edwards (Run4all) 58.02
153 Gareth Evans (Port Talbot Wizards) 58.22
154 Aled Davies (Run4all) 61.36 (M35)