

West Glamorgan Cross Country League

LADIES RESULTS

Margam Park, Port Talbot 15th February 2015

- 1 Emma Baxter (Swansea University) 21.34
- 2 Jessica Hegarty (Cornelly Striders) 21.51 (U20)
- 3 Helen Marshall (Swansea Harriers) 22.07 (F35)
- 4 Rachel Evans (Run4All) 23.01 (F40)
- 5 Melisa Watson (TROTS) 23.04 (F50)
- 6 Amy Concannon (Neath Harriers) 23.09
- 7 Faye Wagenbrenner (Swansea University) 23.15
- 8 Bethan Everson (Swansea University) 23.20
- 9 Cassandra Miles (Run4All) 23.55
- 10 Helen-Marie Davies (Swansea Harriers) 24.04 (F35)
- 11 Helen Jones (Port Talbot Harriers) 24.23 (F45)
- 12 Nina Brocklebank (3M's Gorseinon R.R.) 24.24 (F40)
- 13 Caryl Williams-Ford (Sospan Road Runners) 24.27 (F35)
- 14 Julie Evans (Swansea Harriers) 24.33 (F40)
- 15 Rebecca Bennett (Swansea Harriers) 24.34
- 16 Lindy Eynon (TROTS) 24.38 (F50)
- 17 Charlotte Johns (Brackla Harriers) 24.45 (F45)
- 18 Sharon Ford (Porthcawl Runners) 24.47 (F45)
- 19 Emma Charles (Port Talbot Harriers) 24.50
- 20 Michelle Grey (3M's Gorseinon R.R.) 24.54
- 21 Vanessa Haragan (Swansea Harriers) 25.09 (F35)
- 22 Judith Oakley (Port Talbot Harriers) 25.13 (F50)
- 23 Mandy Morris (Port Talbot Harriers) 25.19 (F40)
- 24 Louise Miskell (3M's Gorseinon R.R.) 25.22 (F40)
- 25 Cara Farley (Run4All) 25.25 (U20)
- 26 Andrea Starritt (Brackla Harriers) 25.36 (F45)
- 27 Pauline Williams (Port Talbot Harriers) 25.51 (F55)
- 28 Jayne Arnold (Celtic Tri) 25.52 (F40)
- 29 Melanie Howard (Run4All) 25.54 (F40)
- 30 Rebecca Clatworthy (Celtic Tri) 26.10
- 31 Sian Phillips (Swansea Harriers) 26.15 (F50)
- 32 Angie Ridge (Run4All) 26.16 (F45)
- 33 Elizabeth Bretherton (Run4All) 26.41
- 34 Mandy Peace (Sospan Road Runners) 26.52 (F50)
- 35 Libby Lavis (Brackla Harriers) 27.07 (F55)
- 36 Liz Beech (Brackla Harriers) 27.10 (F50)
- 37 Viv Jones (Sospan Road Runners) 27.32 (F40)
- 38 Kelly Owen (Guest) 27.33 (F35)
- 39 Jennet James (Cornelly Striders) 27.47 (F45)
- 40 Joanne Edwards (Cornelly Striders) 27.48 (F40)

- 41 Lorna Johnson (Guest) 27.52 (F40)
- 42 Katie Davies (Celtic Tri) 27.58
- 43 Amy Cooper (Swansea University) 28.03
- 44 Jen Aylward (Run4All) 28.06 (F45)
- 45 Penny Kennedy (Swansea Harriers) 28.13 (F45)
- 46 Anna Parsons (Port Talbot Harriers) 28.15 (F45)
- 47 Emmaline Hardy (Celtic Tri) 28.28 (F35)
- 48 Nicola Griffiths (Sospan Road Runners) 28.41 (F45)
- 49 Ann Powell (TROTTS) 28.55 (F55)
- 50 Del Ayre (3M's Gorseinon R.R.) 28.57 (F50)
- 51 Rhiannon Wallace (Swansea University) 29.00
- 52 Alexandra Thomas (Celtic Tri) 29.03 (U20)
- 53 Mary Beech (Brackla Harriers) 29.09 (F50)
- 54 Carolyn Williams (Run4All) 29.12 (F50)
- 55 Jan Williams (Run4All) 29.21 (F55)
- 56 Susan Widlake (Run4All) 29.33 (F45)
- 57 Elizabeth Tobin (Run4All) 29.47 (F40)
- 58 Sue Ramsden (Sospan Road Runners) 30.06 (F50)
- 59 Kim Holohan (3M's Gorseinon R.R.) 30.41 (F55)
- 60 Kate Phillips (Cornelly Striders) 30.42
- 61 Gemma Harris (Run4All) 30.43
- 62 Georgina Fraser (Cornelly Striders) 30.44 (F45)
- 63 Nikki Powell (Celtic Tri) 31.01 (F35)
- 64 Laura Chapple (Run4All) 31.09
- 65 Sian Edwards (Tata Steel Multisport) 31.21 (F40)
- 66 Vicky Jeffery (Cornelly Striders) 31.23
- 67 Clare Jones (Cornelly Striders) 31.23 (F45)
- 68 Tony Burt (Brackla Harriers) 31.25 (M70)
- 69 Laura Grey (Run4All) 31.29 (F40)
- 70 Sian Wadham (Run4All) 31.29 (F35)
- 71 Rebecca Hambrook (Porthcawl Runners) 31.46 (F60)
- 72 Alison Griffiths (Pembrokeshire Harriers) 31.51 (F45)
- 73 Susan Owen (Run4All) 32.16
- 74 Denise Warlow (Celtic Tri) 32.25 (F40)
- 75 Keith Treharne (Brackla Harriers) 32.30 (M70)
- 76 Claire George (Cornelly Striders) 32.35 (F40)
- 77 Joanne Hegarty (Cornelly Striders) 32.38 (F45)
- 78 Chris Williams (Celtic Tri) 32.47 (F45)
- 79 Christine Hurdidge (3M's Gorseinon R.R.) 33.01 (F60)
- 80 Jenna Horn (Run4All) 33.09
- 81 Kathryn Kearney (Run4All) 33.11 (F50)
- 82 Julie Samuel (Tata Steel Multisport) 33.15 (F50)
- 83 Victoria Holmes (3M's Gorseinon R.R.) 33.16 (U20)
- 84 Linda Waller (3M's Gorseinon R.R.) 33.16 (F55)
- 85 Kay Barnes (Run4All) 33.40 (F45)
- 86 Jan Harvey (Run4All) 33.46 (F55)
- 87 Pauline Thomas (TROTTS) 33.54 (F70)
- 88 Teresa Kirk (Guest) 33.55 (F35)
- 89 Barbara Thomas (Pembrokeshire Harriers) 34.17 (F70)
- 90 Joanna Evans (Celtic Tri) 34.23 (F35)

- 91 Fay Sharpe (3M's Gorseinon R.R.) 34.45 (F55)
- 92 Julia Morgan (Run4All) 34.53 (F50)
- 93 Adele Jones (Run4All) 34.59 (F35)
- 94 Stephanie Murray (Cornelly Striders) 34.59 (F45)
- 95 Helen Dyke (Cornelly Striders) 35.06 (F40)
- 96 Andrea-Lee Davies (Run4All) 35.28 (F35)
- 97 Sian Tossell (Brackla Harriers) 35.30 (F45)
- 98 Kathleen Evans (Brackla Harriers) 35.40 (F65)
- 99 Arthur Yarranton (Run4All) 35.44 (M70)
- 100 Linda Owens (3M's Gorseinon R.R.) 35.46 (F60)
- 101 Angela Walsh (Porthcawl Runners) 35.55
- 102 Deborah McCusker (Run4All) 36.06 (F40)
- 103 Julie Davies (3M's Gorseinon R.R.) 36.33 (F60)
- 104 Lynn Holmes (3M's Gorseinon R.R.) 37.49 (F50)
- 105 Rebecca Jones (Run4All) 38.59 (F40)
- 106 Sam Bowen (Run4All) 39.11
- 107 Sarah Makinson-Kelley (Celtic Tri) 39.17 (F35)
- 108 Alex Button (Run4All) 39.51
- 109 Andrea Jenkins (Run4All) 43.16 (F50)
- 110 Helen Jones (Run4All) 44.55 (F40)
- 111 Evie Forrester (Run4All) 45.55 (U20)
- 112 Jenny McDonnell (Run4All) 46.09 (F35)
- 113 Jules Jones (Run4All) 46.09 (F35)
- 114 Paula Stockley (3M's Gorseinon R.R.) 48.40

MENS RESULTS

West Glamorgan Cross Country League

Margam Park, Port Talbot

15th February 2015

- 1 Daniel Rothwell (Swansea Harriers TNT) 32.59
- 2 James Hockin (Celtic Tri) 34.02
- 3 Ian Harris (3M's Gorseinon R.R.) 34.05
- 4 Eamonn Kirk (Swansea Harriers TNT) 34.11 (M40)
- 5 Owen Stepney (Swansea University) 34.12
- 6 James Dean (Swansea Harriers TNT) 34.18
- 7 Adam Newton (Swansea Harriers TNT) 34.23
- 8 Andrew Hodgson (Cornelly Striders) 34.34 (M40)
- 9 Ken Cavlkelt (A.C. Aberystwyth) 34.44
- 10 Christopher Melbourne (Neath Jaguars) 35.26
- 11 Christopher Jenkins (Porthcawl Runners) 35.31 (M35)
- 12 Daniel Triggs (Neath Harriers) 35.54
- 13 Alexander Vessey (Swansea University) 36.12 (U20)
- 14 Gareth Davey (Neath Black Tuesday) 36.13 (M35)
- 15 Alan Davies (3M's Gorseinon R.R.) 36.18 (M60)
- 16 Mike Evans (Llanelli AC) 36.21 (M35)
- 17 Chris Parker (Port Talbot Harriers) 36.22 (M45)
- 18 Peter Osborne (Llanelli AC) 36.28 (M50)
- 19 Royston Whitehouse (Neath Black Tuesday) 36.32 (M50)

- 20 Andrew Brain (Run4All) 36.41 (M40)
- 21 Steve Smith (3M's Gorseinon R.R.) 36.48 (M50)
- 22 Charles Walsh (Port Talbot Harriers) 36.55 (M40)
- 23 Gareth Ayres (Port Talbot Harriers) 37.03
- 24 Paul Speyer (Brackla Harriers) 37.06 (M40)
- 25 Raul Reismann (Swansea Harriers TNT) 37.10 (M40)
- 26 Paul Morgan (Port Talbot Harriers) 37.22
- 27 Chris Fulcher (Neath Black Tuesday) 37.24 (M45)
- 28 Mark Thomas (Sospan R R) 37.38
- 29 Mathew Rees (Guest) 37.55
- 30 Martin George (Llanelli AC) 38.05 (M35)
- 31 Zak Lewis (Llanelli AC) 38.09 (U20)
- 32 Mike Gleeson (Swansea Harriers TNT) 38.11 (M40)
- 33 Nicholas Sheehan (Llanelli AC) 38.21
- 34 Alex Williams (Port Talbot Harriers) 38.30 (M45)
- 35 Oliver Webb (Swansea University) 38.35
- 36 Martin Cole (Team Wecori) 38.37 (M45)
- 37 Jos Jones (Swansea Harriers TNT) 38.59 (M35)
- 38 Mathew Reynolds (Celtic Tri) 39.00
- 39 Steve Dinham (Port Talbot Harriers) 39.01 (M35)
- 40 Tim Williams (Celtic Tri) 39.08 (M35)
- 41 Terry Jones (Run4All) 39.18 (M35)
- 42 Paul Davies (Run4All) 39.20 (M50)
- 43 Geoff Robinson (Guest) 39.22 (M45)
- 44 Jonathan Williams (Llanelli AC) 39.22
- 45 Andrew Baker (Celtic Tri) 39.28 (M35)
- 46 Jonathan Jarvis (Run4All) 39.29
- 47 Andrew Jenkins (Tata Steel Multisport) 39.33 (M50)
- 48 Daniel Greenwell (Run4All) 39.36
- 49 Hugh Janney (Amman Valley Harriers) 39.45 (M40)
- 50 Steven Jones (Port Talbot Harriers) 39.58 (M40)
- 51 Simon Brewer (Swansea Harriers TNT) 40.04 (M40)
- 52 Rob Falconer (Swansea Harriers TNT) 40.05 (M55)
- 53 Stuart Booker (Swansea University) 40.12 (U20)
- 54 Mark Robinson (Cornelly Striders) 40.16 (M35)
- 55 Nigel Barnes (Run4All) 40.31 (M45)
- 56 Stephen Richards (Swansea Harriers TNT) 40.40
- 57 Kevin Raymond (Guest) 40.50 (M50)
- 58 Chris Lewis (Port Talbot Harriers) 40.55 (M40)
- 59 Steve Williams (Neath Black Tuesday) 41.02 (M55)
- 60 Neil Davies (Cornelly Striders) 41.09 (M55)
- 61 Kevin Lewis (South Wales Police) 41.33 (M50)
- 62 Darren Chapple (Run4All) 41.46 (M40)
- 63 Mike Jones (Amman Valley Harriers) 42.00
- 64 Bradley Ollivier (Swansea University) 42.09 (U20)
- 65 Nick Harris (Guest) 42.13
- 66 Graham Vyner (Run4All) 42.21 (M45)
- 67 Howard Carpenter (Neath Black Tuesday) 42.24 (M60)
- 68 Rob Murray (Celtic Tri) 42.33 (M35)
- 69 John Marson (Sospan R R) 42.38

70 Daneil Murtagh (Port Talbot Harriers) 42.38 (M35)
71 Paul Arnold (Celtic Tri) 42.47 (M45)
72 John Carroll (Port Talbot Harriers Wizards) 42.56 (M55)
73 Neil Horsley (Run4All) 43.00 (M60)
74 Grant Pearce (Run4All) 43.05
75 Kevin Taylor (Amman Valley Harriers) 43.13 (M50)
76 David Hesketh (Cornelly Striders) 43.17 (M50)
77 Martin Slucutt (Swansea Harriers TNT) 43.41 (M35)
78 Chris John (Port Talbot Harriers Wizards) 43.42
79 Paul Kingdon (Sospan R R) 43.43 (M40)
80 Ian Williams (Port Talbot Harriers) 43.48 (M45)
81 Andrew Mundy (Brackla Harriers) 43.53 (M40)
82 Nigel Morse (Celtic Tri) 43.58 (M45)
83 Simon Scurrrell (TROTTS) 44.00
84 Chris Gray (Celtic Tri) 44.11 (M40)
85 Richard Dyke (Brackla Harriers) 44.26 (M45)
86 Nick Venables (Sospan R R) 44.27
87 Rhys Roberts (Swansea University) 44.30
88 Carl Singleton (Celtic Tri) 44.34 (M35)
89 David Morgan (Celtic Tri) 44.37 (M35)
90 Tom Seabury (Swansea University) 44.40
91 Chris Lewis (Run4All) 44.43
92 Aron Jones (3M's Gorseinon R.R.) 44.52
93 Mark Anderson (Port Talbot Harriers) 44.56 (M35)
94 Dave Cornish (Port Talbot Harriers) 45.06 (M45)
95 Calvin Hold (Swansea Harriers TNT) 45.24 (M40)
96 Dean Evans (Guest) 45.48 (M35)
97 Iain Hendry (Guest) 45.49 (M40)
98 Andrew Thomas (3M's Gorseinon R.R.) 45.56 (M45)
99 Richard James (Guest) 45.58 (M35)
100 Ioan Evans (Run4All) 46.01 (U20)
101 Will Edwards (Porthcawl Runners) 46.08 (M40)
102 Steven Perks (Run4All) 46.12 (M50)
103 Richard Beech (Brackla Harriers) 46.23 (M50)
104 Dave Breen (Porthcawl Runners) 46.25 (M60)
105 Gareth Jenkins (Guest) 46.43
106 Tudor Miles (Run4All) 46.48 (M55)
107 Graham Evans (Celtic Tri) 46.49 (M60)
108 Uku Kumari (Swansea Harriers TNT) 47.02 (M60)
109 Stuart Griffiths (Sospan R R) 47.29 (M40)
110 Mat Giles (Run4All) 47.35 (M35)
111 Mike Nash (3M's Gorseinon R.R.) 47.38 (M50)
112 Chris Watkins (Run4All) 47.56 (M45)
113 Peter Savidge (Swansea University) 48.10
114 Lee Jenkins (Run4All) 48.14 (M35)
115 Darren Hawkins-Jones (Run4All) 48.29 (M35)
116 Eric Davey (Llanelli AC) 48.32 (M65)
117 Nicholas Jenkins (Run4All) 49.16 (M50)
118 Stephen Williams (Port Talbot Harriers Wizards) 49.17 (M40)
119 Ross Poiner (3M's Gorseinon R.R.) 49.33 (M40)

- 120 Ian Wile (Brackla Harriers) 49.37 (M50)
- 121 Ross Bamsey (Port Talbot Harriers Wizards) 50.09
- 122 Lee Adams (Run4All) 50.11 (M45)
- 123 John Ayres (Port Talbot Harriers Wizards) 50.38 (M55)
- 124 Simon Grigg-Williams (Celtic Tri) 51.06 (M40)
- 125 Tom Sneddon (Celtic Tri) 51.07 (M45)
- 126 Paul Roberts (Port Talbot Harriers Wizards) 51.39 (M40)
- 127 Ian Hutchinson (Run4All) 51.43 (M45)
- 128 Chris Kent (Run4All) 51.43
- 129 S Gibbins (Porthcawl Runners) 52.22 (M60)
- 130 Ian Stratton (Brackla Harriers) 52.45 (M45)
- 131 Malcolm Jones (Brackla Harriers) 53.19 (M60)
- 132 Ian Swanson (Port Talbot Harriers Wizards) 53.30 (M60)
- 133 Simon Hudd (Guest) 53.44 (M45)
- 134 Peter Rogers (Run4All) 55.14 (M50)
- 135 Richard Donne (3M's Gorseinon R.R.) 57.02 (M50)
- 136 Gareth Thomas (Run4All) 57.04 (M45)
- 137 John Davies (Port Talbot Harriers Wizards) 59.51 (M65)
- 138 Darren Forrester (Run4All) 61.56 (M45)
- 139 Kevin Windsor (Run4All) 61.57 (M40)
- 140 Lyn Evans (Run4All) 68.34 (M45)