

FINAL FIXTURE 2014/2015 SEASON

Sunday March 29th 2015 - 11am

Venue: Singleton Park, Swansea

Host Club - Swansea Harriers TNT's & Run4All(Neath)

Men (5.75 miles)

- 1 Ashleigh Harper (Swansea University) 31.55 M
- 2 Lewys Hobbs (Swansea Harriers TNT's) 32.00 M
- 3 James Dean (Swansea Harriers TNT's) 32.02 M
- 4 Adam Newton (Swansea Harriers TNT's) 32.06 M
- 5 Ian Harris (3M's Gorseinon R.R.) 32.18 M
- 6 Andrew Reynolds (Neath Black Tuesday) 32.21 M
- 7 Andrew Hodgson (Cornelly Striders) 32.42 (V40)
- 8 Gareth Ayres (Port Talbot Harriers) 32.48 M
- 9 Eamonn Kirk (Swansea Harriers TNT's) 32.50 (V40)
- 10 Matt Rees (Swansea Harriers TNT's) 33.26 M
- 11 Royston Whitehouse (Neath Black Tuesday) 33.53 (V50)
- 12 Gareth Davey (Neath Black Tuesday) 34.02 (V35)
- 13 Raul Reismann (Swansea Harriers TNT's) 34.04 (V40)
- 14 Christopher Jenkins (Porthcawl Runners) 34.12 (V35)
- 15 Alun Davies (3M's Gorseinon R.R.) 34.15 (V60)
- 16 Thomas Guest (Swansea Harriers) 34.30 (V50)
- 17 Daniel Tomlinson (Neath Jaguars) 34.50 (U20M)
- 18 Andrew Brain (Run4All) 34.58 (V40)
- 19 Paul Speyer (Brackla Harriers) 35.13 (V40)
- 20 Steve Smith (3M's Gorseinon R.R.) 35.18 (V50)
- 21 Chris Fulcher (Neath Black Tuesday) 35.31 (V45)
- 22 Terry Jones (Run4All) 35.35 (V35)
- 23 Peter Crane (Neath Black Tuesday) 36.07 (V50)
- 24 Alex Lewis (Neath Black Tuesday) 36.24 (V35)
- 25 Steve Thomas (3M's Gorseinon R.R.) 36.25 (V35)
- 26 Mark Robinson (Cornelly Striders) 36.29 (V35)
- 27 Alex Williams (Port Talbot Harriers) 36.42 (V45)
- 28 Jos Jones (Swansea Harriers TNT's) 37.00 (V35)
- 29 Geoff Robinson (Guest) 37.10 (V45)
- 30 Charles Walsh (Port Talbot Harriers) 37.16 (V35)
- 31 Daniel Greenwell (Run4All) 37.19 M
- 32 Andrew Baker (Celtic Tri) 37.25 (V35)
- 33 Nigel Barnes (Run4All) 37.33 (V45)
- 34 Steve Cable (3M's Gorseinon R.R.) 37.34 (V40)
- 35 Rob Falconer (Swansea Harriers TNT's) 37.35 (V55)
- 36 Jamey Taylor (Port Talbot Harriers) 38.11 M
- 37 Steven Jones (Port Talbot Harriers) 38.13 (V40)
- 38 Hugh Janney (Amman Valley Harriers) 38.26 (V40)
- 39 Steve Williams (Neath Black Tuesday) 38.33 (V55)
- 40 Mike Evans (Llanelli A.C) 38.40 (V35)
- 41 Steve Ouseley (Pembrokeshire Harriers) 38.41 (V40)
- 42 Stephen Richards (Swansea Harriers TNT's) 38.43 M
- 43 Mark Darch (Swansea University) 38.46 M
- 44 Ian Ogilvie (Brackla Harriers) 38.50 (V45)
- 45 Chris Lewis (Port Talbot Harriers) 38.57 (V40)
- 46 Richard Jones (Swansea Harriers TNT) 39.06 (V55)
- 47 Kevin Lewis (South Wales Police) 39.30 (V50)
- 48 Paul Arnold (Celtic Tri) 39.43 (V45)
- 49 Rob Sandles (3M's Gorseinon R.R.) 39.51 (V45)
- 50 Howard Carpenter (Neath Black Tuesday) 39.53 (V60)
- 51 David Crane (Neath Black Tuesday) 39.58 (V55)
- 52 Neil Horsley (Run 4 All) 40.02 (V60)
- 53 Neil Davies (Cornelly Striders) 40.08 (V55)

54 James Gwyther (Swansea Harriers) 40.28 (V35)
55 Stephen Attwood (Cornelly Striders) 40.40 M
56 Ian Williams (Port Talbot Harriers Wizards) 40.45 (V45)
57 Chris Lewis (Run4All) 40.45 M
58 Martin Slucutt (Swansea Harriers TNT's) 40.48 (V35)
59 Kevin Taylor (Amman Valley Harriers) 41.16 (V50)
60 Nigel Morse (Celtic Tri) 41.31 (V45)
61 Chris Gray (Celtic Tri) 41.33 (V40)
62 David Cornish (Port Talbot Harriers) 41.40 (V45)
63 Bradley Olivier (Swansea University) 41.41 (U20M)
64 Laurence Worth (Pembrokeshire Harriers) 41.49 (V50)
65 John Sinnott (Pembrokeshire Harriers) 41.53 (V55)
66 Will Edwards (Porthcawl Runners) 41.55 (V40)
67 Adrian Bennett (Celtic Tri) 41.56 (V40)
68 John Hopkins (Port Talbot Wizards) 41.56 (V50)
69 Calvin Hold (Swansea Harriers TNT's) 42.03 (V40)
70 Gary Allen (Celtic Tri) 42.10 (V45)
71 David Lamb (Swansea Harriers TNT's) 42.27 M
72 David Hesketh (Cornelly Striders) 42.37 (V50)
73 Wayne Frewen (Brackla Harriers) 42.39 (V55)
74 Ioan Evans (Run4All) 42.42 M
75 Philip Crane (Neath Black Tuesday) 42.49 (V50)
76 Peter Weldon (Guest) 42.52 (V45)
77 Richard Beech (Brackla Harriers) 43.11 (V55)
78 Andrew Mundy (Brackla Harriers) 43.22 (V40)
79 Tudor Miles (Run 4 All) 43.31 (V55)
80 Ross Poyner (3M's Gorseinon R.R.) 43.32 (V40)
81 Dave Breen (Porthcawl Runners) 43.34 (V60)
82 Steve Bendle (Swansea Harriers TNT) 44.01 (V50)
83 Peter Savidge (Swansea University) 44.11 M
84 Andrew Thomas (3M's Gorseinon R.R.) 44.14 (F45)
85 Martin Turton (Team Deviant) 44.15 (V45)
86 Darren Chapple (Run4All) 44.24 (V40)
87 Steve Perks (Run4All) 44.44 (V50)
88 Graham Evans (Cornelly Striders) 45.00 (V60)
89 Ian Wile (Brackla Harriers) 45.18 (V50)
90 Mike Nash (3M's Gorseinon R.R.) 45.21 (V50)
91 Ross Bamsey (Port Talbot Harriers Wizards) 45.25 M
92 Uku Kumari (Swansea Harriers TNT's) 45.33 (V60)
93 Kevin Windsor (Run4All) 45.42 (V40)
94 Jonathan Jones (Llanelli A.C.) 46.02 M
95 Dave Griffiths (Pembrokeshire Harriers) 46.08 (V50)
96 Brian Fox (Swansea Harriers) 46.55 (V65)
97 Jonathan Copp (Celtic Tri) 46.56 (U20M)
98 Nick Jenkins (Run4All) 46.59 (V50)
99 Darren Hawkins-Jones (Run 4 All) 47.08 (V35)
100 Eric Davey (Llanelli A.C.) 47.17 (V65)
101 Paul Roberts (Port Talbot Harriers Wizards) 47.19 (V40)
102 Lee Kwok (Run4All) 47.21 (V40)
103 Stephen Williams (Port Talbot Wizards) 47.30 (V40)
104 Simon Carter (Brackla Harriers) 47.34 (V40)
105 Tom Sneddon (Celtic Tri) 47.37 (V45)
106 Cyril Walters (TROTS) 48.29 (V65)
107 Joe Hawkins (Celtic Tri) 48.36 M
108 Alan Perkins (Port Talbot Wizards) 49.18 (V60)
109 James Davies (3M's Gorseinon R.R.) 49.28 (V45)
110 Lee Adams (Run4All) 49.29 (V45)
111 Chris Kent (Run4All) 49.30 (V40)
112 Alan Roberts (Port Talbot Harriers Wizards) 49.39 (V55)
113 John Ayres (Port Talbot Harriers Wizards) 50.13 (V55)
114 Tony Holling (Run 4 All) 51.35 (V55)
115 Neil Wheeler (Run 4 All) 51.35 (V45)
116 Peter Rogers (Run4All) 52.33 (V50)
117 Steven Howell (Celtic Tri) 53.49 (V40)
118 John Davies (Port Talbot Harriers Wizards) 55.24 (V65)
119 Ralph Allemanno (Swansea Harriers TNT) 55.38 (V65)
120 Gary Owen (Run4All) 57.47 (V45)

- 121 Michael Hodges (Royal Navy Tri) 58.32 (V60)
- 122 Darren Forester (Run4All) 59.32 (V45)
- 123 Gareth Thomas (Run4All) 59.32 (V45)
- 124 Lee Jenkins (Run4All) 69.54 (V35)

Ladies (3.25 miles)

- 1 Emma Baxter (Swansea University) 24.48 F
- 2 Helen Marshall (Swansea Harriers) 25.45 (F35)
- 3 Clare Phillips (Port Talbot Harriers) 26.10 (F45)
- 4 Rebecca Bennett (Swansea Harriers) 26.42 F
- 5 Claire Cleatharo (Tata Steel Multisport) 27.01 (F40)
- 6 Melissa Watson (TROTTS) 27.36 (F50)
- 7 Helen-Marie Davies (Swansea Harriers) 27.42 (F35)
- 8 Rachel Evans (Run4All) 27.58 (F40)
- 9 Cassandra Miles (Run4All) 28.50 F
- 10 Helen Jones (Port Talbot Harriers) 29.03 (F45)
- 11 Caryl Williams-Ford (Sospan Road Runners) 29.13 (F35)
- 12 Charolette Jones (Brackla Harriers) 29.24 (F45)
- 13 Michelle Grey (3M's Gorseinon R.R.) 29.27 F
- 14 Nina Brocklebank (3M's Gorseinon R.R.) 29.36 (F40)
- 15 Mandy Morris (Port Talbot Harriers) 29.49 (F40)
- 16 Emma Charles (Port Talbot Harriers) 29.53 F
- 17 Katie Morris (Sospan Road Runners) 29.56 F
- 18 Jayne Arnold (Celtic Tri) 30.00 (F40)
- 19 Julie Evans (Swansea Harriers) 30.01 (F40)
- 20 Cara Farley (Run4All) 30.02 (U20F)
- 21 Gillian Phillips (Sospan Road Runners) 30.09 (F55)
- 22 Pauline Williams (Port Talbot Harriers) 30.29 (F55)
- 23 Judith Oakley (Port Talbot Harriers) 30.34 (F50)
- 24 Caroline Jones (TROTTS) 30.36 (F55)
- 25 Louise Miskell (3M's Gorseinon R.R.) 30.38 (F40)
- 26 Caroline Sandles (3M's Gorseinon R.R.) 30.40 (F45)
- 27 Megan Clark-Reid (Run4All) 30.43 F
- 28 Andrea Starritt (Brackla Harriers) 31.02 (F45)
- 29 Vanessa Harragan (Swansea Harriers) 31.15 (F35)
- 30 Angela Davies (Celtic Tri) 32.01 (F35)
- 31 Mandy Pearce (Sospan Road Runners) 32.04 (F50)
- 32 Liz Beech (Brackla Harriers) 32.29 (F50)
- 33 Jane Ogilvie (Brackla Harriers) 32.31 (F50)
- 34 Anna Parsons (Port Talbot Harriers) 32.41 (F45)
- 35 Jen Aylward (Run4All) 32.52 (F45)
- 36 Viv Jones (Sospan Road Runners) 33.24 (F40)
- 37 Angie Ridge (Run4All) 33.25 (F45)
- 38 Gwen Smith (3M's Gorseinon R.R.) 33.27 (F45)
- 39 Jeanette James (Cornelly Striders) 33.40 (F45)
- 40 Alex Thomas (Celtic Tri) 33.47 (U20F)
- 41 Marianne Patterson (Cornelly Striders) 33.49 (F40)
- 42 Mary Beech (Brackla Harriers) 33.50 (F50)
- 43 Anne Rowell (TROTTS) 33.57 (F55)
- 44 Emmaline Hardy (Celtic Tri) 34.02 (F35)
- 45 Nicky Powell (Celtic Tri) 34.04 (F35)
- 46 Debra Clark (Run4All) 34.10 (F45)
- 47 Lesley Mainwaring (Run4All) 34.19 (F45)
- 48 Elizabeth Bretherton (Run4All) 34.26 F
- 49 Joanne Edwards (Cornelly Striders) 35.17 (F40)
- 50 Del Ayre (3M's Gorseinon R.R.) 35.34 (F50)
- 51 Gemma Harris (Run4All) 35.58 F
- 52 Kim Holohan (3M's Gorseinon R.R.) 36.17 (F55)
- 53 Carolyn Williams (Run4All) 36.19 (F50)
- 54 Liz Tobin (Run4All) 36.26 (F40)
- 55 Sian Wadham (Run4All) 36.32 (F35)
- 56 Louise Attwood (Cornelly Striders) 36.50 F
- 57 Sharon Trotman (3M's Gorseinon R.R.) 36.54 (F45)
- 58 Georgina Fraiser (Cornelly Striders) 36.57 (F45)

59 Linda Rees (3M's Gorseinon R.R.) 37.30 (F50)
60 Tony Burt (Brackla Harriers) 37.50 (V70)
61 Laura Back (Cornelly Striders) 37.57 F
62 Rebecca Hambrook (Porthcawl Runners) 38.46 (F60)
63 Linda Waller (3M's Gorseinon R.R.) 39.02 (F55)
64 Laura Chapple (Run4All) 39.25 F
65 Sam Bowen (Run4All) 39.44 F
66 Christine Williams (Celtic Tri) 39.45 (F45)
67 Keith Treharne (Brackla Harriers) 40.01 (V70)
68 Hazel Wheeler (Run4All) 40.16 (F40)
69 Andrea Lee-Davies (Run4All) 40.18 (F35)
70 Sally Hall (Cornelly Striders) 40.35 (F45)
71 Victoria Holmes (3M's Gorseinon R.R.) 40.42 (U20F)
72 Laura Hall (3M's Gorseinon R.R.) 40.43 (F50)
73 Kathryn Kearney (Run4All) 41.46 (F50)
74 Kay Barnes (Run4All) 41.46 (F45)
75 Joanne Evans (Celtic Tri) 42.01 (F35)
76 Deborah McCusker (Run4All) 43.20 (F40)
77 Angela Walsh (Porthcawl Runners) 44.44 F
78 Linda Owens (3M's Gorseinon R.R.) 45.00 (F60)
79 Julie Davies (3M's Gorseinon R.R.) 45.39 (F60)
80 Sian Tossell (Brackla Harriers) 45.55 (F45)
81 Alex Button (Run4All) 50.40 F
82 Rachel Waltham (3M's Gorseinon R.R.) 53.10 F
83 Evie Forester (Run4All) 55.27 (U20F)
84 Helen Jones (Run4All) 57.31 (F40)