

VENUE: Aberavon Beach

DATE: Sunday March 20th 2016

Mens Race

- 1 Marc Hobbs (Swansea Harriers TNT's) 25.31
- 2 Gareth Ayres (Port Talbot Harriers & A.C.) 25.44
- 3 Matt Harvey (Swansea Harriers TNT's) 25.50 (V35)
- 4 Ian Harris (3M's Gorseinon Road Runners) 26.03
- 5 Andrew Reynolds (Neath Harriers) 28.53
- 6 Alun Davies (Llanelli A.C.) 29.08 (V60)
- 7 Daniel Triggs (Neath Harriers) 29.11
- 8 Geraint Lewis (Porthcawl Runners) 29.17 (V35)
- 9 Eamonn Kirk (Swansea Harriers TNT's) 29.21 (V40)
- 10 Christopher Jenkins (Neath Harriers) 29.26 (V35)
- 11 Roy Whitehouse (Neath Black Tuesday) 29.32 (V50)
- 12 Mark Robinson (Cornelly Striders A.C.) 29.35 (V35)
- 13 Rob Tanner (Run4All) 29.49
- 14 Charles Walsh (Port Talbot Harriers & A.C.) 30.00 (V40)
- 15 Chris Fulcher (Neath Black Tuesday) 30.13 (V45)
- 16 Gareth Poston (Port Talbot Harriers & A.C.) 30.44
- 17 Jonathan Jarvis (Run4All) 30.58
- 18 Sean Lewis (Brackla Harriers) 31.05
- 19 Martin Cole (Run4All) 31.07 (V45)
- 20 Paul Flynn (Swansea Harriers Masters) 31.08 (V45)
- 21 Matthew Davies (Run4All) 31.17
- 22 Jeff Thomas (Porthcawl Runners) 31.41 (V50)
- 23 Hugh Janney (Amman Valley Harriers) 31.58 (V40)
- 24 Peter Crane (Neath Black Tuesday) 32.05 (V50)
- 25 Mark Gosney (3M's Gorseinon Road Runners) 32.16 (V35)
- 26 Mike Gleeson (Swansea Harriers TNT's) 32.28 (V40)
- 27 Steve Williams (Neath Black Tuesday) 32.31 (V55)
- 28 Chris Lewis (Port Talbot Harriers & A.C.) 32.38 (V40)
- 29 Will Edwards (Porthcawl Runners) 32.40 (V40)
- 30 Ian Ogilvie (Brackla Harriers) 32.43 (V45)
- 31 Steven Jones (Port Talbot Harriers & A.C.) 32.44 (V45)
- 32 Dave Bennett (Porthcawl Runners) 33.03 (V45)
- 33 Scott Williams (Port Talbot Harriers Wizards) 33.10 (V35)
- 34 Jos Jones (Swansea Harriers TNT's) 33.12 (V35)
- 35 Ian Hoskins (3M's Gorseinon Road Runners) 33.14 (V40)
- 36 Daniel Nicholas (Cornelly Striders A.C.) 33.20 (V35)
- 37 Neil Davies (Cornelly Striders A.C.) 33.21 (V55)
- 38 Mark Hiddlestone (Port Talbot Harriers & A.C.) 33.35 (V40)
- 39 John Marson (Llanelli A.C.) 33.41 (V40)
- 40 Mike Williams (Swansea Harriers Masters) 33.54 (V40)
- 41 Rob Bennett (Porthcawl Runners) 34.06 (V40)
- 42 Bill Leslie (Amman Valley Harriers) 34.14 (V40)
- 43 Iain Hendry (Neath Harriers) 34.23 (V40)
- 44 Cian Evans (Run4All) 34.24 (U20)
- 45 Andrew Evans (Run4All) 34.28 (V35)
- 46 Howard Carpenter (Neath Black Tuesday) 34.54 (V60)
- 47 Llyr Jones (Port Talbot Harriers & A.C.) 35.07 (V40)
- 48 Ross Gribble (3M's Gorseinon Road Runners) 35.13
- 49 Calvin Hold (Swansea Harriers TNT's) 35.19 (V40)
- 50 Steve Cable (3M's Gorseinon Road Runners) 35.21 (V40)
- 51 Simon Scurrrell (T.R.O.T.S) 35.23 (V35)
- 52 Darren Chapple (Run4All) 35.26 (V40)
- 53 Richard Beech (Brackla Harriers) 35.30 (V55)
- 54 Mark Terry (T.R.O.T.S) 35.34 (V55)
- 55 Neil Horsley (Neath Black Tuesday) 35.40 (V60)
- 56 Paul Lewis (Swansea Harriers Masters) 35.46 (V50)
- 57 Owen Davies (Swansea Harriers Masters) 35.49 (V40)
- 58 Martin Slucutt (Swansea Harriers Masters) 35.52 (V35)

59 Richard Dyke (Brackla Harriers) 35.57 (V45)
60 Kevin Lewis (Neath Black Tuesday) 36.04 (V55)
61 Chris John (Port Talbot Harriers Wizards) 36.08
62 Jamie Lewis (Port Talbot Harriers Wizards) 36.09
63 Matthew Bunce (Brackla Harriers) 36.10 (V40)
64 Peter Turner (Cornelly Striders A.C.) 36.12 (V65)
65 John Hopkins (Port Talbot Harriers Wizards) 36.22 (V50)
66 Ifan Thorne (Swansea Harriers Masters) 36.34 (V35)
67 Robert Scott (Porthcawl Runners) 36.37 (V35)
68 Dave Cornish (Port Talbot Harriers & A.C.) 36.40 (V45)
69 Simon Vaughan (3M's Gorseinon Road Runners) 36.45 (V40)
70 Nick Venables (Sospan Road Runners) 36.51 (V35)
71 David Hesketh (Cornelly Striders A.C.) 37.00 (V50)
72 Steve Hames (Neath Black Tuesday) 37.17 (V50)
73 Mario Rabaiotti (Port Talbot Harriers Wizards) 37.35 (V50)
74 Darren Richards (Port Talbot Harriers Wizards) 37.45
75 John Gardener (Pembrokeshire Harriers) 38.00 (V70)
76 John Camani (T.R.O.T.S) 38.02
77 Martin Furness (Porthcawl Runners) 38.09 (V50)
78 Anthony Rabaiotti (Port Talbot Harriers Wizards) 38.12
79 James Marks (Cornelly Striders A.C.) 38.22 (V55)
80 Iwan Dowie (Cornelly Striders A.C.) 38.44 (V40)
81 Wayne Frewen (Brackla Harriers) 38.59 (V55)
82 Andy Fisher (Brackla Harriers) 39.04 (V50)
83 Eric Davey (Llanelli A.C.) 39.07 (V65)
84 Chris Deere (Brackla Harriers) 39.49 (U20)
85 Stephen Godwin (Cornelly Striders A.C.) 40.08 (V40)
86 Terry Mills (Llanelli A.C.) 40.17 (V55)
87 Alan Roberts (Port Talbot Harriers Wizards) 40.27 (V60)
88 Elfed Joseph (3M's Gorseinon Road Runners) 40.30 (V55)
89 Chris Watkins (Run4All) 40.35 (V45)
90 Andrew Robinson (Port Talbot Harriers Wizards) 40.45
91 Brian Fox (Swansea Harriers Masters) 40.51 (V70)
92 Michael Davies (Porthcawl Runners) 40.52 (V55)
93 Alan Furnell (Port Talbot Harriers Wizards) 41.07 (V65)
94 Steve Williams (Port Talbot Harriers Wizards) 41.11 (V40)
95 Jeffrey Evans (Cornelly Striders A.C.) 41.17 (V45)
96 Peter Deacon (Port Talbot Harriers Wizards) 41.18 (V55)
97 Lee Adams (Run4All) 41.30 (V45)
98 Jonathan Jones (Llanelli A.C.) 42.00 (V35)
99 Leighton Jones (3M's Gorseinon Road Runners) 42.36 (V65)
100 Alun Jones (Run4All) 42.48
101 Martin Hillier (Run4All) 43.11 (V65)
102 Gerwyn Cox (Cornelly Striders A.C.) 43.26 (V35)
103 John Ayres (Port Talbot Harriers Wizards) 43.29 (V60)
104 Greg Allen (Cornelly Striders A.C.) 43.44 (V45)
105 Mark Bankhead (Cornelly Striders A.C.) 43.55
106 John Davies (Port Talbot Harriers Wizards) 44.33 (V65)
107 Steve Gibbins (Porthcawl Runners) 44.42 (V60)
108 Craig Lamont (Cornelly Striders A.C.) 45.46
109 Ian Swanson (Port Talbot Harriers Wizards) 45.57 (V65)
110 Andrew Lamont (Cornelly Striders A.C.) 45.58
111 Gareth Evans (Port Talbot Harriers Wizards) 47.21
112 Mike Halsall (Llanelli A.C.) 47.41 (V40)
113 Lee Kwok (Run4All) 47.49 (V40)
114 Bruce Morgan (Llanelli A.C.) 48.58 (V60)
115 Callum Curtis (Run4All) 50.38
116 Alan Smith (3M's Gorseinon Road Runners) 52.12 (V80)

Mens Match Result

1 Swansea Harriers TNT's 512
2 Port Talbot Harriers & A.C. 494
3 Run4All 471
4 Neath Black Tuesday 462
5 Porthcawl Runners 453
6 3M's Gorseinon Road Runners 423

- 7 Neath Harriers 403
- 8 Cornelly Striders A.C. 365
- 9 Swansea Harriers Masters 354
- 10 Brackla Harriers 334
- 11 Port Talbot Harriers Wizards 291
- 12 Llanelli A.C. 273
- 13 Amman Valley Harriers 169
- 14 TROTS 104
- 15 Sospan Road Runners 47
- 16 Pembrokeshire Harriers 42

Womens Race

- 1 Jessica Hegarty (Cornelly Striders A.C.) 32.22
- 2 Helen Marshall (Swansea Harriers) 33.17 (F35)
- 3 Helen-Marie Davies (Swansea Harriers) 34.00 (F40)
- 4 Melissa Watson (T.R.O.T.S) 34.27 (F50)
- 5 Helen Jones (Port Talbot Harriers) 35.29 (V45)
- 6 Rachel Evans (Run4All) 35.56 (F40)
- 7 Mandy Morris (Port Talbot Harriers) 36.13 (F40)
- 8 Charolette Johns (Brackla Harriers) 37.21 (F45)
- 9 Linda Woodland (Port Talbot Harriers) 37.27 (F55)
- 10 Michelle Grey (3M's Gorseinon Road Runners) 37.34 (F35)
- 11 Cara-Leanne Farley (Run4All) 37.43 (U20)
- 12 Pauline Williams (Port Talbot Harriers) 37.45 (F55)
- 13 Anna Parsons (Port Talbot Harriers) 38.22 (F45)
- 14 Debra Clark (Run4All) 38.22 (V45)
- 15 Angie Ridge (Run4All) 38.38 (F45)
- 16 Lisa Williams (3M's Gorseinon Road Runners) 38.49 (F35)
- 17 Andrea Starritt (Brackla Harriers) 39.23 (F45)
- 18 Jane Ogilvie (Brackla Harriers) 39.30 (F50)
- 19 Lesley Mainwaring (Run4All) 39.57 (F45)
- 20 Libby Lavis (Brackla Harriers) 39.57 (F55)
- 21 Samantha Bowen (Run4All) 40.03
- 22 Angharad Thomas (Sospan Road Runners) 40.09
- 23 Marianne Paterson (Cornelly Striders A.C.) 40.16 (F40)
- 24 Gwen Smith (3M's Gorseinon Road Runners) 40.23 (F50)
- 25 Sophie Deere (Brackla Harriers) 40.39
- 26 Angela Delaney (Swansea Harriers) 40.42 (V45)
- 27 Rebecca Bland (Brackla Harriers) 40.47 (F35)
- 28 Vanessa Harragan (Swansea Harriers) 40.53 (F35)
- 29 Penny Kennedy (Swansea Harriers) 40.53 (F45)
- 30 Jane Harwood (Port Talbot Harriers) 41.19
- 31 Helen Packman (Cornelly Striders A.C.) 41.21
- 32 Liz Beech (Brackla Harriers) 41.27 (F55)
- 33 Mary Beech (Brackla Harriers) 41.45 (F50)
- 34 Helen Janney (Amman Valley Harriers) 41.50 (F40)
- 35 Lorna Johnson (Celtic Tri) 42.25 (F40)
- 36 Dianna Tudor (Run4All) 42.29 (F40)
- 37 Alison Allen (Cornelly Striders A.C.) 42.46 (F35)
- 38 Charlie James (3M's Gorseinon Road Runners) 43.17
- 39 Amy Hesketh (Cornelly Striders A.C.) 43.31
- 40 Viv Jones (Sospan Road Runners) 43.48 (F40)
- 41 Sue Ramsden (Sospan Road Runners) 43.48 (F50)
- 42 Georgina Fraser (Cornelly Striders A.C.) 43.53 (F45)
- 43 Janet Williams (Run4All) 44.05 (F55)
- 44 Sharon Penhale (Port Talbot Harriers) 44.05 (V40)
- 45 Kate Ashton (Cornelly Striders A.C.) 44.17
- 46 Alice Sullivan (3M's Gorseinon Road Runners) 44.33 (V35)
- 47 Llinos Davies (Run4All) 44.37 (F35)
- 48 Helen Scott (Porthcawl Runners) 44.44 (F35)
- 49 Ceri Thomas (Porthcawl Runners) 44.55 (F50)
- 50 Karen Phillips (Porthcawl Runners) 44.58 (F45)
- 51 Ann Rowell (T.R.O.T.S) 45.31 (F60)
- 52 Caroline Llindos (Cornelly Striders A.C.) 45.58 (F55)

53 Andrea Lee Davies (Run4All) 46.03 (F35)
54 Sian Mytton (Run4All) 46.14
55 Jan Harvey (Run4All) 47.39 (F55)
56 Sian Barlow (Brackla Harriers) 47.46
57 Nerys Jones (Run4All) 47.49 (F35)
58 Jo Mather (Run4All) 47.49 (F45)
59 Lucy Dickson (Brackla Harriers) 48.13
60 Christine Hurdidge (3M's Gorseinon Road Runners) 48.21 (F60)
61 Julie Hobby (Cornelly Striders A.C.) 48.26 (F55)
62 Sue Wilkins (Brackla Harriers) 48.37 (F55)
63 Victoria Holmes (3M's Gorseinon Road Runners) 48.42 (U20)
64 Helen Dyke (Cornelly Striders A.C.) 48.46 (F45)
65 Jo Hegarty (Cornelly Striders A.C.) 48.51 (F45)
66 Susan Ralph (Brackla Harriers) 49.38 (F50)
67 Louise Hogan (Cornelly Striders A.C.) 50.02
68 Jenna Horn (Run4All) 50.39 (F35)
69 Fay Sharpe (3M's Gorseinon Road Runners) 51.00 (F55)
70 Linda Waller (3M's Gorseinon Road Runners) 51.02 (F60)
71 Kathleen Evans (Brackla Harriers) 51.32 (V65)
72 Jackie Lewis (Guest) 55.11 (F60)
73 Linda Owens (3M's Gorseinon Road Runners) 55.29 (F65)
74 Lynn Holmes (3M's Gorseinon Road Runners) 55.29 (F50)
75 Sian Tossell (Run4All) 55.50 (F50)
76 Julie Davies (3M's Gorseinon Road Runners) 57.24 (F60)
77 Leanne Hanbury (Port Talbot Harriers) 57.42
78 Delia Domachowski (Cornelly Striders A.C.) 57.48 (F45)
79 Natalie Griffiths (Guest) 57.51 (F35)
80 Marie Casey (Run4All) 63.42

Men & Women Combined

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3 Matt Harvey (Swansea Harriers TNT's) 25.50
4 Ian Harris (3M's Gorseinon Road Runners) 26.03
5 Andrew Reynolds (Neath Harriers) 28.53
6 Alun Davies (Llanelli A.C.) 29.08 (V60)
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12 Mark Robinson (Cornelly Striders A.C.) 29.35 (V35)
13 Rob Tanner (Run4All) 29.49
14 Charles Walsh (Port Talbot Harriers) 30.00 (V40)
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18 Sean Lewis (Brackla Harriers) 31.05
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34 Scott Williams (Port Talbot Harriers Wizards) 33.10
35 Jos Jones (Swansea Harriers TNT's) 33.12 (V35)

36 Ian Hoskins (3M's Gorseinon Road Runners) 33.14 (V40)
37 Helen Marshall (Swansea Harriers) 33.17 (F35)
38 Daniel Nicholas (Cornelly Striders A.C.) 33.20 (V35)
39 Neil Davies (Cornelly Striders A.C.) 33.21 (V55)
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41 John Marson (Llanelli A.C.) 33.41 (V40)
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46 Iain Hendry (Neath Harriers) 34.23 (V40)
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72 John Hopkins (Port Talbot Harriers Wizards) 36.22 (V50)
73 Ifan Thorne (Swansea Harriers Masters) 36.34 (V35)
74 Robert Scott (Porthcawl Runners) 36.37 (V35)
75 Dave Cornish (Port Talbot Harriers) 36.40 V45
76 Simon Vaughan (3M's Gorseinon Road Runners) 36.45
77 Nick Venables (Sospan Road Runners) 36.51 (V35)
78 David Hesketh (Cornelly Striders A.C.) 37.00 (V50)
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103 Lesley Mainwaring (Run4All) 39.57 (F45)
104 Libby Lavis (Brackla Harriers) 39.57 (F55)
105 Samantha Bowen (Run4All) 40.03
106 Stephen Godwin (Cornelly Striders A.C.) 40.08 (V40)
107 Angharad Thomas (Sospan Road Runners) 40.09
108 Marianne Paterson (Cornelly Striders A.C.) 40.16
109 Terry Mills (Llanelli A.C.) 40.17 (V55)
110 Gwen Smith (3M's Gorseinon Road Runners) 40.23 (F50)
111 Alan Roberts (Port Talbot Harriers Wizards) 40.27 (V60)
112 Elfed Joseph (3M's Gorseinon Road Runners) 40.30 (V55)
113 Chris Watkins (Run4All) 40.35 (V45)
114 Sophie Deere (Brackla Harriers) 40.39
115 Angela Delaney (Swansea Harriers) 40.42 (V45)
116 Andrew Robinson (Port Talbot Harriers) 40.45
117 Rebecca Bland (Brackla Harriers) 40.47 (F35)
118 Brian Fox (Swansea Harriers Masters) 40.51 (V70)
119 Michael Davies (Porthcawl Runners) 40.52 (V55)
120 Vanessa Harragan (Swansea Harriers) 40.53 (F35)
121 Penny Kennedy (Swansea Harriers) 40.53 (F45)
122 Alan Furnell (Port Talbot Harriers Wizards) 41.07 (V65)
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124 Jeffrey Evans (Cornelly Striders A.C.) 41.17 (V45)
125 Peter Deacon (Port Talbot Harriers Wizards) 41.18 (V55)
126 Jane Harwood (Port Talbot Harriers) 41.19
127 Helen Packman (Cornelly Striders A.C.) 41.21
128 Liz Beech (Brackla Harriers) 41.27 (F55)
129 Lee Adams (Run4All) 41.30 (V45)
130 Mary Beech (Brackla Harriers) 41.45 (F50)
131 Helen Janney (Amman Valley Harriers) 41.50
132 Jonathan Jones (Llanelli A.C.) 42.00 (V35)
133 Lorna Johnson (Celtic Tri) 42.25 (F40)
134 Dianna Tudor (Run4All) 42.29 (F40)
135 Leighton Jones (3M's Gorseinon Road Runners) 42.36 (V65)
136 Alison Allen (Cornelly Striders A.C.) 42.46 (F35)
137 Alun Jones (Run4All) 42.48
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140 Gerwyn Cox (Cornelly Striders A.C.) 43.26 (V35)
141 John Ayres (Port Talbot Harriers Wizards) 43.29 (V60)
142 Amy Hesketh (Cornelly Striders A.C.) 43.31
143 Greg Allen (Cornelly Striders A.C.) 43.44 (V45)
144 Viv Jones (Sospan Road Runners) 43.48 (F40)
145 Sue Ramsden (Sospan Road Runners) 43.48
146 Georgina Fraser (Cornelly Striders A.C.) 43.53 (F45)
147 Mark Bankhead (Cornelly Striders A.C.) 43.55
148 Janet Williams (Run4All) 44.05 (F55)
149 Sharon Penhale (Port Talbot Harriers) 44.05 (V40)
150 Kate Ashton (Cornelly Striders A.C.) 44.17
151 Alice Sullivan (3M's Gorseinon Road Runners) 44.33 (V35)
152 John Davies (Port Talbot Harriers Wizards) 44.33 (V65)
153 Llinos Davies (Run4All) 44.37 (F35)
154 Steve Gibbins (Porthcawl Runners) 44.42 (V60)
155 Helen Scott (Porthcawl Runners) 44.44 (F35)
156 Ceri Thomas (Porthcawl Runners) 44.55 (F50)
157 Karen Phillips (Porthcawl Runners) 44.58 (F45)
158 Ann Rowell (T.R.O.T.S) 45.31 (F60)
159 Craig Lamont (Cornelly Striders A.C.) 45.46
160 Ian Swanson (Port Talbot Harriers Wizards) 45.57 (V65)
161 Andrew Lamont (Cornelly Striders A.C.) 45.58
162 Caroline Lindos (Cornelly Striders A.C.) 45.58 (F55)
163 Andrea Lee Davies (Run4All) 46.03 (F35)
164 Sian Mytton (Run4All) 46.14
165 Gareth Evans (Port Talbot Harriers Wizards) 47.21
166 Jan Harvey (Run4All) 47.39 (F55)
167 Mike Halsall (Llanelli A.C.) 47.41 (V40)
168 Sian Barlow (Brackla Harriers) 47.46
169 Lee Kwok (Run4All) 47.49 (V40)

170 Nerys Jones (Run4All) 47.49 (F35)
171 Jo Mather (Run4All) 47.49 (F45)
172 Lucy Dickson (Brackla Harriers) 48.13
173 Christine Hurdidge (3M's Gorseinon Road Runners) 48.21 (F60)
174 Julie Hobby (Cornelly Striders A.C.) 48.26 (F55)
175 Sue Wilkins (Brackla Harriers) 48.37 (F55)
176 Victoria Holmes (3M's Gorseinon Road Runners) 48.42 (U20)
177 Helen Dyke (Cornelly Striders A.C.) 48.46 (F45)
178 Jo Hegarty (Cornelly Striders A.C.) 48.51 (F45)
179 Bruce Morgan (Llanelli A.C.) 48.58 (V60)
180 Susan Ralph (Brackla Harriers) 49.38 (F50)
181 Louise Hogan (Cornelly Striders A.C.) 50.02
182 Callum Curtis (Run4All) 50.38
183 Jenna Horn (Run4All) 50.39 (F35)
184 Fay Sharpe (3M's Gorseinon Road Runners) 51.00 (F55)
185 Linda Waller (3M's Gorseinon Road Runners) 51.02 (F60)
186 Kath Evan (Brackla Harriers) 51.32 (V65)
187 Alan Smith (3M's Gorseinon Road Runners) 52.12 (V80)
188 Jackie Lewis (Guest) 55.11 (F60)
189 Linda Owens (3M's Gorseinon Road Runners) 55.29 (F65)
190 Lynn Holmes (3M's Gorseinon Road Runners) 55.29 (F50)
191 Sian Tossell (Run4All) 55.50 (F50)
192 Julie Davies (3M's Gorseinon Road Runners) 57.24 (F60)
193 Leanne Hanbury (Port Talbot Harriers) 57.42
194 Delia Domachowski (Cornelly Striders A.C.) 57.48 (F45)
195 Natalie Griffiths (Guest) 57.51 (F35)
196 Marie Casey (Run4All) 63.42

Womens Match Result

1 Port Talbot Harriers 349
2 Run4All 330
3 Swansea Harriers 307
4 Brackla Harriers 307
5 Cornelly Striders A.C. 264
6 3M's Gorseinon R.R. 261
7 Sospan R.R. 134
8 TROTS 103
9 Porthcawl Runners 90
10 Amman Valley Harriers 45
11 Celtic Tri 44