

SECOND FIXTURE 2016/2017 SEASON

Sunday October 9th 2016

Gnoll Estate, Neath

Host Club - Neath Harriers

MENS RACE

1	Marc Hobbs	(Swansea Harriers TNT's)	31.04	
2	Matthew Rees	(Swansea Harriers TNT's)	31.52	
3	Logan Smith	(Swansea University)	32.40	(U20)
4	Owen Stepney	(Swansea University)	32.49	
5	Andrew Reynolds	(Neath Harriers)	33.31	
6	Gareth Ayres	(Port Talbot Harriers & A.C.)	33.49	
7	Ashleigh Harper	(Swansea University)	34.05	
8	Christopher Jenkins	(Neath Harriers)	34.20	(V35)
9	James Dean	(Swansea Harriers TNT's)	34.25	
10	Gareth Poston	(Port Talbot Harriers & A.C.)	34.50	
11	Alex Price	(Swansea University)	34.54	(U20)
12	Thomas Guest	(Swansea Harriers Masters)	35.07	(V50)
13	Royston Whitehouse	(Neath Harriers)	35.10	(V50)
14	Alan Davies	(Llanelli A.C.)	35.16	(V60)
15	Adam Jelf	(Swansea Vale Runners)	35.20	
16	Sam Moore	(Cornelly Striders A.C.)	35.22	
17	Gareth Davey	(Neath Harriers)	35.24	(V40)
18	Joshua Avenell	(Swansea University)	35.47	(U20)
19	Geraint Lewis	(Porthcawl Runners)	35.48	(V35)
20	Wayne Bowen	(Swansea Harriers TNT's)	35.52	(V40)
21	Paul Flynn	(Swansea Harriers TNT's)	35.56	(V45)
22	Rob Tanner	(Run4All)	36.02	
23	Charles Walsh	(Swansea Harriers TNT's)	36.12	(V40)
24	Andrew Marc-Brain	(Run4All)	36.33	(V40)
25	Matthew Wells	(Amman Valley Harriers)	36.38	
26	Christopher Jeynes	(Brackla Harriers)	36.41	(V35)
27	Mike Evans	(Swansea Harriers TNT's)	36.42	(V40)
28	Raul Reismann	(Swansea Harriers TNT's)	36.56	(V40)
29	Matthew Davies	(Run4All)	37.01	
30	Hugh Janney	(Amman Valley Harriers)	37.03	(V45)
31	Chris Fulcher	(Neath Black Tuesday)	37.07	(V45)
32	Christopher Melbourne	(Neath Jaguars)	37.08	
33	James Graham	(Celtic Tri)	37.22	(V35)
34	Jonathan Carrick	(Celtic Tri)	37.23	(V35)
35	Cayo Arran	(3M's Gorseinon R.R.)	37.28	
36	Steven Williams	(Sospan Road Runners)	37.38	(V40)
37	Nicholas Sheehan	(Llanelli A.C.)	37.38	
38	Matt Yelland	(Amman Valley Harriers)	37.39	(V35)

39	Mike Gleeson	(Swansea Harriers Masters)	37.43	(V40)
40	Tom Seabury	(Swansea University)	37.48	
41	Paul Speyek	(Brackla Harriers)	37.56	(V40)
42	Jason Price	(Llanelli A.C.)	37.59	(V45)
43	Peter Crane	(Neath Black Tuesday)	38.04	(V50)
44	Martin Flear	(Llanelli A.C.)	38.07	
45	Stephen Hughes	(Llanelli A.C.)	38.09	(U20)
46	Ashley Pascoe	(3M's Gorseinon R.R.)	38.13	(V40)
47	Peter Osborne	(Llanelli A.C.)	38.13	(V55)
48	Simon Rees	(Llanelli A.C.)	38.13	(V35)
49	Jeff Thomas	(Porthcawl Runners)	38.32	(V50)
50	Nathan Daniel	(Celtic Tri)	38.35	
51	Geoff Robinson	(Swansea Harriers Masters)	38.43	(V50)
52	Jonathan Jarvis	(Run4All)	39.00	
53	Tristan Hearsey	(Swansea University)	39.01	
54	Joseph Hutchesson	(Swansea University)	39.12	(U20)
55	Steven Hogan	(Cornelly Striders A.C.)	39.14	
56	Scott Ruse	(Neath Harriers)	39.25	
57	Jos Jones	(Swansea Harriers Masters)	39.35	(V35)
58	Steven Jones	(Port Talbot Harriers & A.C.)	39.35	(V45)
59	Matthew Giles	(Swansea Vale Runners)	39.39	(V35)
60	Adam Runacres	(Swansea University)	39.43	
61	Jamie Vanstone	(Cwm Ogwr R.C.)	39.49	(V35)
62	Aron Davies	(Llanelli A.C.)	39.55	(V35)
63	Wayne Lewis	(Amman Valley Harriers)	39.59	(V40)
64	Tom Lawson	(Darth Coastal Runners)	40.01	
65	Will Edwards	(Porthcawl Runners)	40.03	(V40)
66	Dave Lucas	(Swansea Harriers Masters)	40.10	(V35)
67	Tomos Watson	(Swansea University)	40.12	(U20)
68	Geraint Jones	(Amman Valley Harriers)	40.16	
69	Robert Bennett	(Porthcawl Runners)	40.18	(V40)
70	Wesley Bereza	(Llanelli A.C.)	40.20	
71	David Bennett	(Porthcawl Runners)	40.23	(V45)
72	Huw Greene	(Swansea University)	40.32	(U20)
73	Oli Kohler	(Swansea University)	40.34	
74	Mark Gosney	(3M's Gorseinon R.R.)	40.41	(V35)
75	John Morgan	(Guest)	40.42	(V50)
76	Nick Francis	(Swansea Vale Runners)	40.44	(V35)
77	Stacey Farnell	(Swansea Vale Runners)	40.49	(V35)
78	Neil Price	(Cwm Ogwr R.C.)	40.52	(V35)
79	Steven Wilkinson	(Celtic Tri)	40.56	(V50)
80	Steve Williams	(Neath Black Tuesday)	40.58	(V55)
81	Mark Mayers	(Run4All)	41.01	
82	Ross Gribble	(3M's Gorseinon R.R.)	41.04	
83	Mark Hiddlestone	(Port Talbot Harriers & A.C.)	41.08	(V40)
84	Vaughan O'Neill	(Sospan Road Runners)	41.12	

85	Richard Callaghan	(Llanelli A.C.)	41.12	(V35)
86	Ian Hoskins	(3M's Gorseinon R.R.)	41.12	(V40)
87	Tom Griffiths	(Swansea University)	41.14	
88	Chris John	(Port Talbot Harriers Wizards)	41.16	
89	Daniel Totterdale	(Sospan Road Runners)	41.28	
90	Christopher Gay	(Celtic Tri)	41.32	(V40)
91	Calvin Hold	(Swansea Harriers Masters)	41.37	(V40)
92	Andrew Baker	(Celtic Tri)	41.44	(V35)
93	Simon Harrison	(Cwm Ogwr R.C.)	41.45	(V50)
94	Neil Davies	(Cornelly Striders A.C.)	41.48	(V55)
95	Marc Barrow	(Swansea Vale Runners)	41.57	(V35)
96	Paul Arnold	(Celtic Tri)	41.57	(V45)
97	Andrew Evans	(Run4All)	42.03	(V35)
98	Michael Williams	(Swansea Harriers Masters)	42.09	(V40)
99	Byron Davies	(3M's Gorseinon R.R.)	42.15	(V40)
100	John Camani	(TROTS)	42.16	
101	Antony Phillips	(Porthcawl Runners)	42.20	(V50)
102	Adam Ridley	(Swansea University)	42.22	
103	Simon Vaughan	(3M's Gorseinon R.R.)	42.25	(V40)
104	Darren Chapple	(Run4All)	42.27	(V40)
105	Tudor Harries	(Neath Harriers)	42.31	(V55)
106	Andrew Mundy	(Brackla Harriers)	42.33	(V40)
107	Howard Carpenter	(Neath Black Tuesday)	42.36	(V60)
108	Ian Joslin	(Darth Coastal Runners)	42.55	(V40)
109	Chris Mackay	(Swansea Harriers Masters)	42.58	(V35)
110	John Young	(Port Talbot Harriers & A.C.)	42.59	(V45)
111	David Hesketh	(Cornelly Striders A.C.)	43.04	(V50)
112	Kyle Fulcher	(Neath Black Tuesday)	43.07	
113	Graham Hillman	(Cwm Ogwr R.C.)	43.07	(V35)
114	Matthew Bunce	(Brackla Harriers)	43.12	(V40)
115	Rhys Roberts	(Swansea University)	43.20	
116	Owen Davies	(Swansea Harriers Masters)	43.20	(V40)
117	Dan Gilbert	(3M's Gorseinon R.R.)	43.24	
118	Ian Cuthbert	(Brackla Harriers)	43.25	(V55)
119	Cian Evan	(Run4All)	43.31	(U20)
120	Steven Badger	(Celtic Tri)	43.34	(V45)
121	Martin Turton	(Celtic Tri)	43.35	(V50)
122	Alex Williams	(Port Talbot Harriers & A.C.)	43.42	(V45)
123	Lee Llewellyn	(Run4All)	43.46	(V35)
124	Steven Howell	(Celtic Tri)	43.54	(V40)
125	Paul Watts	(Llanelli A.C.)	43.54	(V50)
126	Gareth Jenkins	(Cwm Ogwr R.C.)	43.55	
127	Iain Hendry	(Neath Black Tuesday)	44.04	(V45)
128	Tudor Lloyd Miles	(Run4All)	44.07	(V55)
129	Luke Wakefield	(Swansea University)	44.08	

130	Jason Turner	(Swansea Harriers Masters)	44.09	(V45)
131	Nick Fordham	(Swansea University)	44.10	(U20)
132	Reece Farley	(Swansea University)	44.11	
133	Martin Slucutt	(Swansea Harriers Masters)	44.12	(V35)
134	Dan Morgan	(Swansea Harriers TNT's)	44.12	
135	Robert Slaughton	(Porthcawl Runners)	44.12	(V45)
136	Peter Walsh	(Cwm Ogwr R.C.)	44.14	
137	Neil Horsley	(Neath Black Tuesday)	44.16	(V60)
138	Paul Lewis	(Swansea Harriers Masters)	44.19	(V50)
139	Andrew Stoneman	(Guest)	44.21	(V35)
140	Alfie Robinson	(Guest)	44.22	(U20)
141	Ifan Thorne	(Swansea Harriers Masters)	44.23	(V35)
142	Andrew Thomas	(Sospan Road Runners)	44.24	(V50)
143	Grant Pearce	(Run4All)	44.26	
144	Kristopher Williams	(Sospan Road Runners)	44.28	(V35)
145	Peter Turner	(Cornelly Striders A.C.)	44.30	(V65)
146	Laurence Jones	(TROTTS)	44.33	
147	Lee Jenkins	(Run4All)	44.34	(V35)
148	Nigel Morse	(Celtic Tri)	44.38	(V45)
149	Danny Owen	(Swansea University)	44.43	
150	Jason Kingdom	(Guest)	44.50	(V35)
151	Geraint Jenkins	(Amman Valley Harriers)	45.18	(V45)
152	Lee Kwok	(Run4All)	45.22	(V40)
153	Richard Beech	(Brackla Harriers)	45.27	(V55)
154	Chris Roberts	(Cwm Ogwr R.C.)	45.31	(V50)
155	Darren Richards	(Port Talbot Harriers Wizards)	45.48	
156	Iwan Dowie	(Cornelly Striders A.C.)	45.54	(V40)
157	Steven Perks	(Run4All)	46.32	(V50)
158	Chris Thomas	(Cwm Ogwr R.C.)	46.35	(V40)
159	Graham Colvin	(Clwb Rhedeg Pontardawe)	46.39	(V50)
160	Allan Jones	(Brackla Harriers)	46.45	(V60)
161	Darren Harris	(Clwb Rhedeg Pontardawe)	46.48	(V45)
162	Antony Lewis	(Cwm Ogwr R.C.)	46.55	(V45)
163	Lee Morris	(3M's Gorseinon R.R.)	46.55	
164	Leigh Wallis	(Cornelly Striders A.C.)	47.01	(V35)
165	Paul Osborne	(Llanelli A.C.)	47.04	(V60)
166	Dan Davies	(Swansea Bay Tri)	47.25	(V40)
167	Mike Nash	(3M's Gorseinon R.R.)	47.35	(V55)
168	Paul Roberts	(Port Talbot Harriers Wizards)	47.41	(V40)
169	Geraint Smith	(Celtic Tri)	47.46	(V45)
170	Eric Davey	(Llanelli A.C.)	48.02	(V65)
171	James Davies	(3M's Gorseinon R.R.)	48.09	(V45)
172	Richard Bleaney	(Run4All)	48.14	(V35)
173	Andrew Thomas	(3M's Gorseinon R.R.)	48.16	(V50)

174	Gareth Sullivan	(Swansea Harriers Masters)	48.33	(V35)
175	Chris Watkins	(Run4All)	48.35	(V45)
176	Grant Broome	(Run4All)	48.38	(V40)
177	Alan Furnell	(Port Talbot Harriers Wizards)	48.43	(V65)
178	Paul Williams	(Guest)	48.47	(V35)
179	Chris Kent	(Run4All)	49.34	(V40)
180	Maximilian Leason	(Swansea University)	49.47	
181	Nigel Watts	(Llanelli A.C.)	50.07	(V55)
182	Phil Witney	(Celtic Tri)	50.08	(V40)
183	David Sheard	(Cwm Ogwr R.C.)	50.11	(V50)
184	Christopher Anagnostopoulos	(Swansea University)	50.35	
185	Callum Curtis	(Run4All)	50.44	
186	Nick Owen	(Swansea Vale Runners)	50.48	(V55)
187	Richard Lowcock James	(Cwm Ogwr R.C.)	51.07	(V35)
188	Robert Sandles	(3M's Gorseinon R.R.)	51.11	(V50)
189	Alan Roberts	(Port Talbot Harriers Wizards)	51.22	(V60)
190	Jonathan Evans	(Run4All)	51.27	
191	Steve Burton	(3M's Gorseinon R.R.)	51.44	(V40)
192	Leighton Jones	(3M's Gorseinon R.R.)	51.49	(V65)
193	Matt Bailey	(Darth Coastal Runners)	51.54	(V40)
194	Tom Snoddon	(Celtic Tri)	52.02	(V45)
195	Joel Valcic	(Swansea University)	52.06	
196	Steve Riddler	(Cwm Ogwr R.C.)	52.42	(V55)
197	Charlie Hatfield	(Swansea University)	53.55	(U20)
198	Ryan Buxton	(Swansea University)	53.55	
199	John Ayres	(Port Talbot Harriers Wizards)	55.14	(V60)
200	Christie Coleman	(Cwm Ogwr R.C.)	55.56	(V45)
201	Anthony Sweetlam	(Sospan Road Runners)	56.24	(V50)
202	Richard Donne	(3M's Gorseinon R.R.)	56.46	(V50)
203	Gareth Evans	(Port Talbot Harriers Wizards)	58.03	
204	Nigel Leighton Jones	(Llanelli Strollers)	58.52	(V60)
205	Andy Wilkins	(Brackla Harriers)	59.40	(V60)
206	Brett Bonell	(Cwm Ogwr R.C.)	59.59	(V35)
207	Ian Swanson	(Port Talbot Harriers Wizards)	60.23	(V65)
208	Ralph Allemanno	(Swansea Harriers Masters)	61.52	(V65)
209	Emyr Evans	(Llanelli A.C.)	64.23	(V35)

WOMENS RACE

1	Helen Marshall	(Swansea Harriers)	20.00	(F35)
2	Ffion Lewis	(Run4All)	20.26	

3	Rachel Davies	(Amman Valley Harriers)	20.56	
4	Llinos Jones	(Amman Valley Harriers)	20.57	(F35)
5	Rebecca Bennett	(Swansea Harriers)	21.04	
6	Melissa Watson	(TROTTS)	21.20	(F50)
7	Thia Rennie	(Darth Coastal Runners)	21.23	(F40)
8	Felicity Elliott	(Swansea Harriers)	21.40	
9	Lucy Tothill	(Swansea University)	21.43	(U20)
10	Cara-Leanne Farley	(Run4All)	21.49	(U20)
11	Deb Goule	(Porthcawl Runners)	22.04	(F40)
12	Mandy Morris	(Port Talbot Harriers & A.C.)	22.05	(F40)
13	Claire Cuddihy	(Swansea University)	22.09	
14	Charlotte Johns	(Brackla Harriers)	22.21	(F50)
15	Joanna Callan	(Celtic Tri)	22.31	
16	Liz Jones	(Darth Coastal Runners)	22.44	(F40)
17	Helen Jones	(Port Talbot Harriers & A.C.)	23.01	(F45)
18	Awen Lewis	(Neath Harriers)	23.04	(U20)
19	Louise Rees James	(Guest)	23.05	(F35)
20	Julie Deer	(Darth Coastal Runners)	23.11	(F35)
21	Catherine Lee	(Swansea University)	23.12	
22	Rachel Evans	(Run4All)	23.13	(F40)
23	Margo Heurman	(Swansea University)	23.16	
24	Louise Miskell	(3M's Gorseinon R.R.)	23.17	(F45)
25	Penny Kennedy	(Swansea Harriers)	23.18	(F50)
26	Eve Carless	(Swansea University)	23.20	
27	Chris Webb	(Swansea Harriers)	23.26	(F40)
28	Rosie May Thompson	(Swansea University)	23.28	(U20)
29	Lindy Eynon	(TROTTS)	23.30	(F55)
30	Sarah Howard	(Port Talbot Harriers & A.C.)	23.35	
31	Karyss Hockin	(Port Talbot Harriers & A.C.)	23.36	
32	Andrea Starritt	(Brackla Harriers)	23.39	(F45)
33	Nina Brocklebank	(3M's Gorseinon R.R.)	23.47	(F45)
34	Joanne Edwards	(Cornelly Striders A.C.)	23.49	(F45)
35	Emily Buckwell	(Brackla Harriers)	23.52	(F35)
36	Caroline Sandles	(3M's Gorseinon R.R.)	23.59	(F45)
37	Megan Poulson	(Guest)	24.11	
38	Lauren Blake	(Swansea University)	24.21	(U20)
39	Cassandra Miles	(Run4All)	24.23	
40	Amy McNeill	(Swansea University)	24.24	(U20)
41	Natalie Warren	(Run4All)	24.25	
42	Helen Janney	(Amman Valley Harriers)	24.30	(F45)
43	Jayne Arnold	(Celtic Tri)	24.32	(F40)
44	Charlie James	(3M's Gorseinon R.R.)	24.43	
45	Viv Jones	(Sospan Road Runners)	25.02	(F40)
46	Sian Phillips	(Swansea Harriers)	25.04	(F55)
47	Laura Sharpe	(3M's Gorseinon R.R.)	25.05	
48	Rhiannon Wallace	(Swansea University)	25.06	

49	Kelly Gipson	(Swansea Harriers)	25.06	(F45)
50	Victoria Jeffery	(Cornelly Striders A.C.)	25.10	(F45)
51	Francesca Lata	(Swansea University)	25.11	(U20)
52	Sian Thomas	(Amman Valley Harriers)	25.13	
53	Abigayle Goodrick-Latham	(Swansea University)	25.25	(U20)
54	Alice Sullivan	(3M's Gorseinon R.R.)	25.26	(F35)
55	Andrea Lee-Davies	(Run4All)	25.28	(F40)
56	Lorna Johnson	(Celtic Tri)	25.28	(F40)
57	Charlotte Barlow	(Brackla Harriers)	25.32	
58	Anna Parsons	(Port Talbot Harriers & A.C.)	25.34	(F45)
59	Mary Beech	(Brackla Harriers)	25.36	(F50)
60	Jane Ogilvie	(Brackla Harriers)	25.37	(F50)
61	Ana Guri	(Swansea University)	25.38	(U20)
62	Annabel Pink	(Swansea University)	25.49	(U20)
63	Debra Clarke	(Run4All)	25.51	(F45)
64	Gwen Smith	(3M's Gorseinon R.R.)	25.53	(F50)
65	Sarah Barham	(3M's Gorseinon R.R.)	25.54	(F50)
66	Lesley Mainwaring	(Run4All)	25.55	(F45)
67	Dianna Tudor	(Cornelly Striders A.C.)	25.57	(F40)
68	Cathryn Jenkins	(Run4All)	25.57	(F40)
69	Victoria Hillman	(Cwm Ogwr R.C.)	25.58	
70	Gemma Harris	(Run4All)	26.04	
71	Liz Beech	(Brackla Harriers)	26.05	(F55)
72	Alison Allan	(Cornelly Striders A.C.)	26.06	(F35)
73	Jen Aylward	(Run4All)	26.08	(F45)
74	Denise Bradley	(Cwm Ogwr R.C.)	26.08	(F50)
75	Jessica Jones	(Brackla Harriers)	26.09	
76	Claire Northey	(Run4All)	26.16	
77	Claire Ludlow	(Run4All)	26.20	(F40)
78	Jennet James	(Cornelly Striders A.C.)	26.24	(F45)
79	Mandy Richards-Williams	(Sospan Road Runners)	26.25	(F45)
80	Nikki Dowie	(Cornelly Striders A.C.)	26.29	(F45)
81	Claire Godfrey	(Porthcawl Runners)	26.42	(F40)
82	Gemma Nesbitt	(Run4All)	26.50	
83	Stephanie Murray	(Cornelly Striders A.C.)	27.07	(F45)
84	Brian Fox	(Swansea Harriers Masters)	27.20	(MV70)
85	Nicola Prior	(Cwm Ogwr R.C.)	27.22	(F45)
86	Jo Mather	(Run4All)	27.23	(F45)
87	Jenna Davies	(Run4All)	27.23	
88	Debbie Garner	(Sospan Road Runners)	27.29	(F40)
89	Marlene Lac	(Swansea University)	27.36	
90	Kim Holohan	(3M's Gorseinon R.R.)	27.40	(F55)
91	Sue Ramsden	(Sospan Road Runners)	27.48	(F50)
92	Sharon Trotman	(3M's Gorseinon R.R.)	27.50	(F45)

93	Sarah Jones	(Cornelly Striders A.C.)	27.56	(F50)
94	Georgina Jones	(Cornelly Striders A.C.)	27.56	(F45)
95	Teleri Williams	(Guest)	28.00	(F45)
96	Jody Francis	(Port Talbot Harriers & A.C.)	28.15	(F35)
97	Eirwen Lewis	(TROTTS)	28.24	(F35)
98	Alison Griffiths	(Pembrokeshire Harriers)	28.26	(F45)
99	Adele Francis	(Celtic Tri)	28.30	(F45)
100	Isobel Love	(Swansea University)	28.30	(U20)
101	Carolyn Windos	(Cornelly Striders A.C.)	28.36	(F55)
102	Bethan Cross	(Cwm Ogwr R.C.)	28.40	
103	Victoria Holmes	(3M's Gorseinon R.R.)	28.43	
104	Ceri Thomas	(Porthcawl Runners)	28.44	(F50)
105	Karen Phillips	(Porthcawl Runners)	28.49	(F50)
106	Daniela Jones	(Porthcawl Runners)	28.49	(F40)
107	Laura Williams	(Swansea University)	28.52	(U20)
108	Helen Kirkham	(Celtic Tri)	29.11	(F40)
109	Louise Hogan	(Cornelly Striders A.C.)	29.15	
110	Nathalie Thomas	(Darth Coastal Runners)	29.33	(F45)
111	Katie Rowland	(Run4All)	29.39	(F35)
112	Linda Waller	(3M's Gorseinon R.R.)	29.43	(F60)
113	June Parry	(Cwm Ogwr R.C.)	29.46	(F55)
114	Dawn Hopkins	(Cwm Ogwr R.C.)	29.51	(F35)
115	Fay Sharpe	(3M's Gorseinon R.R.)	29.53	(F55)
116	Charlotte Spreadbury	(Swansea University)	29.54	(U20)
117	Sue Wilkins	(Brackla Harriers)	30.00	(F60)
118	Elena Page	(Run4All)	30.04	
119	Lilian Martin	(Celtic Tri)	30.13	(F35)
120	Sian Mahoney	(Celtic Tri)	30.20	(F40)
121	Mandy Downton	(Celtic Tri)	30.20	(F35)
122	Beverley Sheard	(Cwm Ogwr R.C.)	30.21	(F45)
123	Telasco Led	(Swansea University)	30.38	
124	Andrea Griffiths	(Celtic Tri)	30.47	(F50)
125	Gillian Handscomb	(Sospan Road Runners)	30.48	(F40)
126	Catherine Perkinson	(Sospan Road Runners)	31.08	(F40)
127	Denise Phillips	(Sospan Road Runners)	31.22	(F40)
128	Megan Larkin	(Swansea University)	31.32	(U20)
129	Laura Hall	(3M's Gorseinon R.R.)	31.38	(F50)
130	Tracey Williams	(Celtic Tri)	31.41	(F50)
131	Sue Roberts	(Run4All)	31.51	(F50)
132	Sally Killian	(Celtic Tri)	32.06	(F45)
133	Arthur Yarranton	(Run4All)	32.12	(MV70)
134	Kimberley Davies	(Cwm Ogwr R.C.)	32.17	
135	Ros Street	(Run4All)	32.22	(F45)
136	Katherine Broome	(Run4All)	32.23	(F45)
137	Gail O'Gorman	(Cornelly Striders A.C.)	32.32	(F45)
138	Allan Smith	(3M's Gorseinon R.R.)	33.12	(VM83)

139	Linda Owens	(3M's Gorseinon R.R.)	33.39	(F65)
140	Karen Birdsall	(Celtic Tri)	33.50	(F45)
141	Barbara Thomas	(Pembrokeshire Harriers)	33.59	(F70)
142	Christie Williams	(Celtic Tri)	34.13	(F50)
143	Barbie Ahearn	(Run4All)	34.19	(F40)
144	Barbara Thomas	(TLOTS)	35.09	(F70)
145	Nicola Julian	(3M's Gorseinon R.R.)	35.14	(F50)
146	Sophie Peacock	(Swansea University)	36.15	
147	Bethany Price	(Run4All)	36.24	(F45)
148	Chaela Carrell	(Guest)	36.37	(F40)
149	Marie Casey	(Run4All)	37.14	(F35)
150	Janet Bell	(Pembrokeshire Harriers)	37.26	(F70)
151	Sian Llewellyn-Goring	(Cwm Ogwr R.C.)	37.30	(F35)
152	Rhiannon Buckley	(Cwm Ogwr R.C.)	37.30	
153	Nicola Parsons	(Cwm Ogwr R.C.)	37.48	(F45)
154	Rhian Peacock	(Cwm Ogwr R.C.)	37.59	(F35)
155	Nicola Haxton	(Cwm Ogwr R.C.)	46.18	(F35)
156	Claire Taylor	(Cwm Ogwr R.C.)	48.55	(F40)
157	Pippa Clark	(Cwm Ogwr R.C.)	49.09	