

WEST GLAMORGAN CROSS COUNTRY LEAGUE

FINAL FIXTURE - 27th March 2017

ABERAVON BEACH - PROVISIONAL RESULT - our thanks go to Port Talbot Harriers for providing a speedy service

- 1 Matthew Rees Swansea Harriers TNT's M 30:10
- 2 James Carpenter Neath Harriers Black Tuesday M 31:04
- 3 Oliver Kyriakides Swansea University M 31:14
- 4 Owen Stepney Swansea University M 32:20
- 5 Joshua Avenell Swansea University M 32:22
- 6 Adam Jelf Swansea Vale Runners M 32:40
- 7 Alan Davies Llanelli AC M 32:43
- 8 Dean Jonathan Neath Harriers Black Tuesday M 32:47
- 9 Charles Walsh Swansea Harriers TNT's M 33:01
- 10 Paul Flynn Swansea Harriers TNT's M 33:28
- 11 Sam Moors Cornelly Striders M 33:32
- 12 Thomas Guest Swansea Harriers Masters M 33:36
- 13 Jason Price Llanelli AC M 33:38
- 14 Royston Whitehouse Neath Harriers M 33:43
- 15 Gareth Poston Port Talbot Harriers M 38:46
- 16 Geraint Lewis Porthcawl Runners M 33:50
- 17 Gareth Davey Neath Harriers M 33:51
- 18 Daniel Nicholas Cornelly Striders M 34:25
- 19 Christopher Jenkins Neath Harriers M 34:38
- 20 Rob Tanner Run4All Neath M 34:46
- 21 Anthony Powell Neath Harriers Black Tuesday M 34:49
- 22 Martin Flear Llanelli AC M 34:56
- 23 Michael Bennis Run4All Neath M 35:07
- 24 Stuart Booker Swansea University M 35:10
- 25 Hugh Janney Amman Valley Harriers Harriers M 35:11
- 26 Martin Cole Run4All Neath M 35:15
- 27 Ashley Pascoe 3M's Gorseinon R.R. M 35:19
- 28 Jonathan Jarvis Run4All Neath M 35:27
- 29 Peter Osborne Llanelli AC M 35:28
- 30 Nino Gatti Port Talbot Harriers M 35:32
- 31 Peter Crane Neath Harriers Black Tuesday M 35:36
- 32 Chris Fulcher Neath Harriers Black Tuesday M 35:40
- 33 Simon Rees Llanelli AC M 35:42
- 34 Touos Watson Swansea University M 35:46
- 35 Chris Francis 3M's Gorseinon R.R. M 35:49
- 36 Stephen Davies Cwm Ogwr R.C. M 35:55
- 37 Llyr Jones Port Talbot Harriers M 36:05
- 38 Alex Lewis Neath Harriers M 36:07
- 39 Nathan Daniel Celtic Tri M 36:10
- 40 Cayo Arran 3M's Gorseinon R.R. M 36:34
- 41 Mike Evans Swansea Harriers M 36:40
- 42 Jos Jones Swansea Vets M 37:01
- 43 Adam Runacres Swansea University M 37:10
- 44 William Edwards Porthcawl Runners M 37:13
- 45 Helen Marshall Swansea Harriers F 37:13
- 46 John Lloyd Brackla Harriers M 37:24
- 47 David Hesketh Cornelly Striders M 37:25
- 48 Joshua Ferguson Swansea University M 37:28
- 49 Llinos Jones Amman Valley Harriers F 37:43
- 50 Neil Davies Cornelly Striders M 37:46
- 51 Stacey Farnell Swansea Vale Runners M 37:54
- 52 Steve Hogan Cornelly Striders M 37:56
- 53 Steve Williams Neath Harriers Black Tuesday M 37:58

54 Keith Powell Cornelly Striders M 38:00  
55 Gareth Richards Cwm Ogwr R.C. M 38:04  
56 Ian Hoskins 3M's Gorseinon R.R. M 38:05  
57 Steve Daley Neath Harriers Black Tuesday M 38:11  
58 Nick Francis Swansea Vale Runners M 38:12  
59 Simon Harrison Cwm Ogwr R.C. M 38:14  
60 Rob Falconer Swansea Harriers Masters M 38:16  
61 Cassandra Miles Run4All Neath F 38:19  
62 Chris Truman Cwm Ogwr R.C. M 38:24  
63 Chris Lewis Port Talbot Harriers M 38:27  
64 Dan Gilbert 3M's Gorseinon R.R. M 38:33  
65 Rhys Roberts Swansea University M 38:35  
66 Calvin Hold Swansea Harriers Masters M 38:41  
67 Howard Carpenter Neath Harriers Black Tuesday M 38:42  
68 Will Tyson Swansea University M 38:43  
69 Rob Sandles 3M's Gorseinon R.R. M 38:50  
70 Owen Davies Swansea Harriers Masters M 38:51  
71 George Videau Darth Coastal Runners M 38:52  
72 Mark Skippen Swansea Harriers Masters M 38:55  
73 Tom Griffiths Swansea University M 38:57  
74 Nick Fordham Swansea University F 38:59  
75 Steven Wilkinson Celtic Tri M 38:59  
76 Christopher Simons 3M's Gorseinon R.R. M 38:59  
77 Melissa Watson Trots F 39:02  
78 Mat Giles Swansea Vale Runners M 39:07  
79 James Graham Celtic Tri M 39:14  
80 Paul Butcher Clwb Rhedeg Pontardawe M 39:22  
81 Christian Thomas Cwm Ogwr R.C. M 39:27  
82 Neil Horsley Neath Harriers Black Tuesday M 39:32  
83 Matthew Bunce Brackla Harriers M 39:36  
84 Liam Allcock Swansea University M 39:37  
85 Nick Harris Cwm Ogwr R.C. M 39:38  
86 Gareth Jenkins Cwm Ogwr R.C. M 39:40  
87 Chris Pratt Cwm Ogwr R.C. M 39:46  
88 Marc Barrow Swansea Vale Runners M 40:04  
89 Mike Furness Porthcawl Runners M 40:07  
90 Clara Davies Amman Valley Harriers M 40:10  
91 Andrew Mundy Brackla Harriers M 40:14  
92 Martin Slucutt Swansea Harriers Masters M 40:19  
93 Melanie Wingar Cornelly Striders F 40:23  
94 Evan Phillips Cornelly Striders M 40:24  
95 Craig Wilyeo Port Talbot Harriers M 40:27  
96 David Cornish Port Talbot Harriers M 40:28  
97 Abigayle Goodrick-Latham Swansea University F 40:30  
98 Graham Hillman Cwm Ogwr R.C. M 40:44  
99 Cian Evans Run4All Neath M 40:45  
100 Stephen Bendle Swansea Harriers TNT's M 40:49  
101 Andrew Evans Run4All Neath M 40:54  
102 Claire Caddity Swansea University F 40:56  
103 Kevin Taylor Amman Valley Harriers M 40:59  
104 Steve Cable 3M's Gorseinon R.R. M 41:05  
105 Deb Goule Porthcawl Runners F 41:11  
106 Charlotte Johns Brackla Harriers F 41:15  
107 Mandy Morris Port Talbot Harriers F 41:26  
108 Ioan Evans Run4All Neath M 41:32  
109 Liz Jones Darth Coastal Runners F 41:42  
110 Sarah Howard Port Talbot Harriers F 41:49

111 Alex Williams Port Talbot Harriers M 41:51  
112 Mike James Port Talbot Harriers Wizards M 42:01  
113 Penny Kennedy Swansea Harriers F 42:04  
114 Peter Turner Cornelly Striders M 42:16  
115 Nick Venable Llanelli AC M 42:19  
116 Julie Deer Darth Coastal Runners F 42:23  
117 Michelle Grey Port Talbot Harriers F 42:37  
118 Geraint Jenkins Amman Valley Harriers M 42:41  
119 Helen Jones Port Talbot Harriers F 42:42  
120 Lee Llewellyn Run4All Neath M 42:45  
121 Chris Webb Swansea Harriers F 42:48  
122 Andrea Starritt Brackla Harriers F 42:52  
123 Steve Hames Neath Harriers Black Tuesday M 42:54  
124 Catherine Lee Swansea University F 43:02  
125 Lauren Blake Swansea University F 43:03  
126 Linoy Eqnan Trots F 43:04  
127 Lee Kwok Run4All Neath M 43:06  
128 Darren Harris Clwb Rhedeg Pontardawe M 43:10  
129 Chris Roberts Cwm Ogwr R.C. M 43:19  
130 Alan Furnell Port Talbot Harriers Wizards M 43:23  
131 Robert Munro Cornelly Striders M 43:25  
132 Callum Curtis Run4All Neath M 43:27  
133 Rhiannon Wallace Swansea University F 43:28  
134 Emma Bundle Swansea University F 43:39  
135 Martin Beard Cwm Ogwr R.C. M 43:42  
136 Graham Vyner Run4All Neath M 44:11  
137 Graham Colvin Clwb Rhedeg Pontardawe M 44:14  
138 June Avery Clwb Rhedeg Pontardawe F 44:28  
139 Mike Griffiths Team Deviant M 44:34  
140 Graham Evans M 44:37  
141 Joel Valcic Swansea University M 44:38  
142 Sian Phillips Swansea Harriers F 44:59  
143 Mary Beech Brackla Harriers F 45:08  
144 Jane Ogilvie Brackla Harriers F 45:10  
145 Mario Rabaiotti Port Talbot Harriers Wizards M 45:11  
146 Debra Clarice Run4All Neath F 45:17  
147 Neil Morgan Cwm Ogwr R.C. M 45:21  
148 Jennifer Aylward Run4All Neath F 45:32  
149 Michael Halsal Llanelli AC M 45:41  
150 Caroline Sandles 3M's Gorseinon R.R. F 45:54  
151 Peter Deacon Port Talbot Harriers Wizards M 45:56  
152 Nikki Dowie Cornelly Striders F 46:01  
153 Anna Parsons Port Talbot Harriers F 46:03  
154 Nicky Jones Celtic Tri F 46:04  
155 Paula Wilfort Cornelly Striders F 46:07  
156 Steve Burton 3M's Gorseinon R.R. M 46:11  
157 Betty Lee Cwm Ogwr R.C. F 46:13  
158 Charlie James 3M's Gorseinon R.R. F 46:15  
159 Richard Lowcock James Cwm Ogwr R.C. M 46:18  
160 Brian Saxby Run4All Neath M 46:25  
161 Christie Coleman Cwm Ogwr R.C. F 46:31  
162 Kelly Owen Cwm Ogwr R.C. F 46:34  
163 Alan Roberts Port Talbot Harriers Wizards M 46:35  
164 Uku Kumari Swansea Harriers M 46:36  
165 Stephen Bond Brackla Harriers M 46:39  
166 Natalie Warren Run4All Neath F 46:41  
167 Cara-Leanne Farley Run4All Neath F 47:01

168 Sarah Barrat 3M's Gorseinon R.R. F 47:09  
169 Jennet Jamos Cornelly Striders F 47:12  
170 Jeffrey Evans Cornelly Striders M 47:23  
171 Christopher Anayhostopaolos Swansea University M 47:29  
172 Laura Sharpe 3M's Gorseinon R.R. F 47:30  
173 Tim Allen Port Talbot Harriers M 47:31  
174 Samuel Evetedo Swansea University M 47:33  
175 John Ayres Port Talbot Harriers M 47:37  
176 Martin Hillier Run4All Neath M 47:41  
177 Victoria Jeffery Cornelly Striders F 47:42  
178 Victoria Hillman Cwm Ogwr R.C. F 47:43  
179 Kelly Gipson Swansea Harriers F 48:00  
180 Bethan Thomas Port Talbot Harriers F 48:05  
181 Aimee Hesketh Cornelly Striders F 48:07  
182 Gwen Smith 3M's Gorseinon R.R. F 48:10  
183 Karen Phillips Porthcawl Runners F 48:13  
184 Cathryn Jenkins Run4All Neath F 48:21  
185 Sharon Trotman 3M's Gorseinon R.R. F 49:04  
186 Katie Craythorne Swansea University F 49:05  
187 Dianna Tudor Cornelly Striders F 49:30  
188 Del Eyre 3M's Gorseinon R.R. F 49:46  
189 Denise Bradley Cwm Ogwr R.C. F 50:07  
190 Andrea-Lee Davies Run4All Neath F 50:28  
191 Jack Ayoub Brynna Runaway M 50:56  
192 Gary Owen Port Talbot Harriers M 51:12  
193 Laura Kennedy Port Talbot Harriers F 51:18  
194 Stephanie Murray Cornelly Striders F 51:35  
195 Brian Morgan Llanelli AC M 52:08  
196 Daniel McCann Cwm Ogwr R.C. M 52:16  
197 Charlotte Harries Cornelly Striders F 52:31  
198 Jayne Perkins Port Talbot Harriers F 52:35  
199 Bethan Cross Cwm Ogwr R.C. F 53:02  
200 Ian Lewis Cwm Ogwr R.C. M 53:10  
201 Andrew Wilkins Brackla Harriers M 53:32  
202 Anne Lewis Clwb Rhedeg Pontardawe F 53:46  
203 Richard Donne 3M's Gorseinon R.R. M 53:48  
204 Jody Francis Port Talbot Harriers F 53:55  
205 Jan. Harvey Run4All Neath F 54:12  
206 David Barham 3M's Gorseinon R.R. M 54:28  
207 Tracey Williams Celtic Tri F 54:38  
208 Carolyn Windos Cornelly Striders F 54:41  
209 Matt Murray Cwm Ogwr R.C. M 54:55  
210 Louise Hogan Cornelly Striders F 54:56  
211 Johanne Hughes-Dowdle 3M's Gorseinon R.R. F 56:35  
212 Ralph Allemanno Swansea Harriers M 58:24  
213 Fay Sharpe 3M's Gorseinon R.R. F 59:01  
214 Laura Hall 3M's Gorseinon R.R. F 59:01  
215 Linda Waller 3M's Gorseinon R.R. F 59:01  
216 Ian Swanson Port Talbot Harriers Wizards M 59:22  
217 Sophie Wallis Cornelly Striders F 59:35  
218 Mair Eleri Club Rhedeg Pontardawe F 59:50  
219 Angela Parry Cwm Ogwr R.C. F 60:44  
220 Allan Smith 3M's Gorseinon R.R. M 60:58  
221 Ann Thomas Port Talbot Harriers F 61:32  
222 Barbie Ahearn Run4All Neath F 61:56  
223 Emyr Evans Llanelli AC M 62:56  
224 Karen Birdshall Celtic Tri F 63:24

225 Pauline Thomas Trots F 65:03  
226 Pat Stanley Cwm Ogwr R.C. F 66:41  
227 Darran Rees Run4All Neath M 69:02  
228 Marie Casey Run4All Neath F 69:43  
229 Vince Lawlor Cornelly Striders M 72:20  
230 Pippa Clark Cwm Ogwr R.C. F 82:54