

FIRST FIXTURE 2017/2018 SEASON

Date: 11am - Sunday 17th September 2017

Venue: Llanmadoc, North Gower

Host Club: 3M's Gorseinon Road Runners

MENS RESULT

1	ANDREW REYNOLDS	(Neath Harriers)	26.30 (V35)
2	IFAN LLOYD	(Swansea Harriers TNT)	27.11 (V55)
3	NATHAN FLEAR	(3M's Gorseinon Road Runners)	27.13
4	RAUL REISMANN	(Swansea Harriers TNT)	27.22 (V40)
5	DANIEL JAMES	(Run4All)	27.26 (V40)
6	WAYNE BOWEN	(Swansea Harriers Masters)	27.29 (V40)
7	GARETH DAVEY	(Neath Harriers)	27.49 (V40)
8	DAVID KEENAN	(Llanelli A.C.)	27.49
9	EAMONN KIRK	(Swansea Harriers TNT)	27.59 (V45)
10	CHARLES WALSH	(Swansea Harriers Masters)	28.07 (V40)
11	ALAN DAVIES	(Llanelli A.C.)	28.10 (V65)
12	ADAM JELF	(Swansea Vale Runners)	28.14 (V35)
13	CHRISTOPHER JENKINS	(Neath Harriers)	28.19 (V35)
14	THOMAS GUEST	(Swansea Harriers Masters)	28.20 (V50)
15	CRAIG JONES	(Swansea Harriers TNT)	28.23
16	NATHAN DANIEL	(Neath Harriers)	28.24
17	CHRISTOPHER JEYNES	(Brackla Harriers)	28.34 (V40)
18	HUGH JANNEY	(Amman Valley Harriers)	28.34 (V45)
19	MARTIN FLEAR	(Llanelli A.C.)	28.35
20	PETER CRANE	(Neath Black Tuesday)	28.44 (V55)
21	NATHAN PETRIE	(Run4All)	28.48
22	JASON PRICE	(Llanelli A.C.)	28.52 (V45)
23	ALED JONES DAVIES	(TROTTS)	28.56 (V35)
24	JONATHAN JARVIS	(Run4All)	28.58
25	HUGH PASCOE	(Wuss Tri)	28.58 (V35)
26	ROB DAVIES	(Amman Valley Harriers)	29.09
27	GERAINT LEWIS	(Porthcawl Runners)	29.22 (V40)
28	ASHLEY PASCOE	(3M's Gorseinon Road Runners)	29.25 (V45)
29	NIKI PULEIO	(Ogmore Phoenix Runners)	29.40 (V40)
30	STEVE WILLIAMS	(Llanelli A.C.)	29.44 (V40)
31	MIKE GLEESON	(Swansea Harriers Masters)	29.45 (V45)
32	TERRY JONES	(Run4All)	29.46 (V40)
33	MATTHEW DAVIES	(Run4All)	29.49
34	PETER OSBORNE	(Llanelli A.C.)	30.02 (V55)
35	MARTIN COLE	(Run4All)	30.14 (V50)
36	JEFF THOMAS	(Porthcawl Runners)	30.25 (V50)

37	JAMIE STEDMAN	(Llanelli A.C.)	30.27
38	CALVIN HOLD	(Swansea Harriers Masters)	31.02 (V40)
39	STEVE HOGAN	(Cornelly Striders A.C.)	31.13 (V35)
40	GARETH PARRY	(3M's Gorseinon Road Runners)	31.18 (V35)
41	LEE MORRIS	(3M's Gorseinon Road Runners)	31.18 (V35)
42	ADAM RUNACRES	(Swansea University)	31.30
43	LEE SANDHAM	(Neath Black Tuesday)	31.33 (V45)
44	STACEY FARNELL	(Swansea Vale Runners)	31.36 (V35)
45	SI VAUGHAN	(3M's Gorseinon Road Runners)	31.44 (V40)
46	MARK ROBINSON	(Cornelly Striders A.C.)	31.46 (V35)
47	WILL EDWARDS	(Porthcawl Runners)	31.49 (V45)
48	WILL MUNDAY	(Swansea Harriers TNT)	31.59
49	MARK GOSNEY	(3M's Gorseinon Road Runners)	32.01 (V35)
50	IAN OGILVIE	(Brackla Harriers)	32.03 (V50)
51	MIKE FURNESS	(Porthcawl Runners)	32.07 (V45)
52	STEPHEN ARNOLD	(Paul Popham Running Club)	32.10 (V40)
53	CALLUM BEARE	(Llanelli A.C.)	32.13
54	MICHAEL BOHAN	(Celtic Tri)	32.16
55	GARI JOHN	(Swansea Vale Runners)	32.21
56	KEITH POWELL	(Cornelly Striders A.C.)	32.23 (V65)
57	KEVIN RAYMOND	(Run4All)	32.31 (V55)
58	JAMIE LEWIS	(Port Talbot Harriers & A.C.)	32.38
59	STEPHEN RICHARDS	(Swansea Harriers TNT)	32.42
60	ROB SANDLES	(3M's Gorseinon Road Runners)	32.44 (V50)
61	GARETH RICHARDS	(Ogmore Phoenix Runners)	32.52 (V45)
62	HEATH BRETT	(Swansea Harriers Masters)	32.54 (V45)
63	DEAN SUMMERS	(Llanelli Masters)	33.01 (V35)
64	STEVE WILLIAMS	(Neath Black Tuesday)	33.04 (V55)
65	HOWARD CARPENTER	(Neath Black Tuesday)	33.13 (V60)
66	CHRIS LEWIS	(Run4All)	33.24
67	JOSH SANDLES	(3M's Gorseinon Road Runners)	33.28
68	TONY SPILLER	(Paul Popham Running Club)	33.36 (V45)
69	ANDY FARRELL	(Swansea Harriers Masters)	33.42 (V35)
70	IAN HENDRY	(Run4All)	33.48 (V45)
71	STEPHEN LISK	(3M's Gorseinon Road Runners)	33.49 (V45)
72	DAI JAMES	(Ogmore Phoenix Runners)	33.52
73	ROBERT CAMPION	(Llanelli Masters)	34.01 (V40)
74	RICHARD WEBSTER	(3M's Gorseinon Road Runners)	34.17 (V60)
75	MIKE WARNER	(Run4All)	34.20 (V50)
76	BILL LESLIE	(Amman Valley Harriers)	34.28 (V45)
77	NICK FRANCIS	(Swansea Vale Runners)	34.31 (V35)
78	MATTHEW BUNCE	(Brackla Harriers)	34.34 (V40)
79	IAN HUTCHINSON	(Run4All)	34.42 (V45)
80	ANTHONY HEALD	(Llanelli Masters)	34.51 (V45)
81	NEIL HORSLEY	(Neath Black Tuesday)	34.58 (V60)
82	RICHARD SULLIVAN	(Paul Popham Running Club)	35.02 (V40)

83	CIAN EVANS	(Run4All)	35.09 (U20)
84	NICK HARRIS	(Ogmore Phoenix Runners)	35.11
85	ANTHONY WILKINSON	(Cornelly Striders A.C.)	35.14 (V45)
86	PAUL BUNYAN	(Llanelli Masters)	35.23 (V35)
87	STEVEN JONES	(Port Talbot Harriers & A.C.)	35.26 (V45)
88	LAURENCE JONES	(TROTS)	35.35
89	IFAN THORNE	(Swansea Harriers Masters)	35.35 (V35)
90	TUDOR MILES	(Run4All)	35.45 (V55)
91	DAVE CORNISH	(Port Talbot Harriers & A.C.)	35.53 (V50)
92	RICHARD BLEANEY	(Run4All)	36.01 (V35)
93	RICHARD STEELE	(Brackla Harriers)	36.04 (V35)
94	CHRIS PRATT	(Ogmore Phoenix Runners)	36.08 (V45)
95	LEE JENKINS	(Run4All)	36.09 (V35)
96	PAUL OSBORNE	(Llanelli Masters)	36.25 (V60)
97	LEE LLEWELYN	(Run4All)	36.51 (V35)
98	RICHARD HESKETH	(Cornelly Striders A.C.)	37.10 (V45)
99	MIKE NASH	(3M's Gorseinon Road Runners)	37.41 (V55)
100	PAUL ROBERTS	(Port Talbot Harriers & A.C.)	37.44 (V40)
101	STEVE HAMES	(Neath Black Tuesday)	37.55 (V55)
102	JOHNATHON JONES	(Llanelli Masters)	37.56 (V35)
103	CHRISTOPHER WILLIAMS	(Sospan Road Runners)	37.59 (V35)
104	PAUL JOHNSON	(Ogmore Phoenix Runners)	38.23 (V55)
105	DAVID LAMB	(Swansea Harriers)	38.24 (V35)
106	KEVIN RIDGWAY	(Paul Popham Running Club)	38.37 (V35)
107	NICK OWEN	(Swansea Vale Runners)	39.02 (V55)
108	MICHAEL HALSALL	(Llanelli Masters)	39.11 (V40)
109	RICHARD LOWCOCK JAMES	(Ogmore Phoenix Runners)	39.16 (V40)
110	RHYS ROBERTS	(Swansea University)	39.17
111	LEE ADAMS	(Run4All)	39.21 (V45)
112	IAN WELSH	(Paul Popham Running Club)	39.23 (V35)
113	PETE DEACON	(Port Talbot Harriers & A.C.)	39.27 (V60)
114	DAVID DOHERTY	(3M's Gorseinon Road Runners)	39.28 (V60)
115	LEE KWOK	(Run4All)	39.37 (V40)
116	PAUL SMITH	(Paul Popham Running Club)	39.39 (V35)
117	ERIC DAVEY	(Llanelli Masters)	39.41 (V65)
118	CHRIS WATKINS	(Run4All)	40.09 (V45)
119	MARK DAVIES	(Paul Popham Running Club)	40.12 (V50)
120	DAVID SHEARD	(Ogmore Phoenix Runners)	40.36 (V50)
121	RHYS JONES	(Llanelli Strollers)	40.47
122	LUIGI BONIFACIO	(Llanelli Masters)	40.51 (V35)
123	DAVE BREEN	(Porthcawl Runners)	40.57 (V60)
124	STEVE PICTON	(Porthcawl Runners)	41.02 (V45)
125	ROSS POINER	(3M's Gorseinon Road Runners)	41.03 (V40)
126	UKU KUMARI	(Swansea Harriers Masters)	41.06 (V65)

127	MARTIN HILLIER	(Run4All)	41.07 (V65)
128	JOHN MARSON	(Llanelli Masters)	41.22 (V40)
129	IWAN DOWIE	(Cornelly Striders A.C.)	42.52 (V45)
130	GABI SZABO	(Guest)	42.56
131	BRUCE MORGAN	(Llanelli Masters)	43.02 (V60)
132	CHARLIE HATFIELD	(Swansea University)	43.24 (U20)
133	ALUN WYLDE	(Ogmore Phoenix Runners)	43.38 (V45)
134	STEPHEN GIBBINS	(Porthcawl Runners)	43.39 (V65)
135	DON BEARE	(Llanelli Masters)	44.41 (V40)
136	CHRIS PHILLIPS	(Clwb Rhedeg Pontardawe Running Club)	45.59 (V40)
137	MARK WORRALL	(Ogmore Phoenix Runners)	48.00 (V55)
138	ANDREW WILKINS	(Brackla Harriers)	48.41 (V60)
139	IAN SWANSON	(Port Talbot Harriers Wizards)	49.31 (V65)
140	NIGEL JONES	(Llanelli Strollers)	49.56 (V60)
141	EMYR EVANS	(Llanelli Masters)	57.46 (V35)
142	VINCENT LAWLOR	(Cornelly Striders A.C.)	59.10 (V50)

WOMENS RESULT

1	HELEN MARSHALL	(Swansea Harriers)	30.45 (F35)
2	HANNAH MUNDAY	(Swansea Harriers)	32.14
3	CASSANDRA MILES	(Run4All)	32.42
4	MELISSA WATSON	(TROTS)	32.47 (F50)
5	SAMANTHA HEALY	(Darth Coastal Runners)	32.50 (F40)
6	CLARA DAVIES	(Amman Valley Harriers)	33.00 (F35)
7	DIANE BROWNHILL	(Swansea Harriers)	33.07 (F45)
8	DEB GOULE	(Porthcawl Runners)	33.56 (F45)
9	ABIGAYLE GOODRICK	(Swansea University)	34.08 (U20)
10	MEGAN WITHERS	(Pembrokeshire Harriers)	34.20
11	EMILY MARCHANT	(Swansea Harriers)	34.52
12	HELEN JONES	(Port Talbot Harriers & A.C.)	35.27 (F45)
13	TANYA WIGLEY	(Paul Popham Running Club)	35.28
14	LINDA WOODLAND	(Port Talbot Harriers & A.C.)	35.34 (F55)
15	MANDY MORRIS	(Port Talbot Harriers & A.C.)	35.52 (F40)
16	CHRIS WEBB	(Swansea Harriers)	36.14 (F40)
17	STEPH LOWE	(Guest)	36.19
18	CARA FARLEY	(Run4All)	36.20 (U20)
19	PENNY KENNEDY	(Swansea Harriers)	36.29 (F50)
20	LAURA THOMAS	(Sospan Road Runners)	36.44
21	ANNA PARSONS	(Port Talbot Harriers & A.C.)	36.55 (F45)
22	JENNET JAMES	(Cornelly Striders A.C.)	37.09 (F50)
23	GILLIAN PHILLIPS	(Sospan Road Runners)	37.29 (F55)

24	LORNA JOHNSON	(Celtic Tri)	37.37 (F45)
25	SIAN PHILLIPS	(Swansea Harriers)	37.38 (F55)
26	LOUISE MISKELL	(3M's Gorseinon Road Runners)	37.50 (F45)
27	VIV JONES	(Sospan Road Runners)	37.53 (F40)
28	HELEN JANNEY	(Amman Valley Harriers)	38.00 (F45)
29	JANE OGILVIE	(Brackla Harriers)	38.08 (F50)
30	CHERYL TANNER	(Run4All)	38.10 (F35)
31	FFION DAVIES	(Port Talbot Harriers & A.C.)	38.15
32	HALEY LAWTON	(Paul Popham Running Club)	38.17
33	VISTORIA WILLIAMS	(Swansea Harriers)	38.32 (F35)
34	SIMONA EVANS	(Paul Popham Running Club)	38.33 (F45)
35	JEN AYLWARD	(Run4All)	38.43 (F45)
36	NICOLA THOMAS	(Porthcawl Runners)	38.47 (F50)
37	NIKKI DOWIE	(Cornelly Striders A.C.)	38.49 (F45)
38	PAULA WILFORT	(Cornelly Striders A.C.)	39.04 (F45)
39	MELANIE HOWARD	(Run4All)	39.05 (F40)
40	PAULINE WILLIAMS	(Port Talbot Harriers & A.C.)	39.22 (F55)
41	AMY CARTER	(Llanelli A.C.)	39.33 (U20)
42	ANGIE RIDGE	(Run4All)	39.36 (F50)
43	KELLY GIPSON	(Swansea Harriers)	39.46 (F45)
44	CAROLINE SANDLES	(3M's Gorseinon Road Runners)	40.20 (F50)
45	ANDREA LEE DAVIES	(Run4All)	40.26 (F40)
46	CLAIRE NORTHEY	(Run4All)	40.38 (F35)
47	CHARLIE JAMES	(3M's Gorseinon Road Runners)	40.44
48	NATALIE JONES	(Guest)	40.46
49	ANGELA DELANEY	(Swansea Harriers)	41.00 (F45)
50	LAURA SHARPE	(3M's Gorseinon Road Runners)	41.10
51	SHARON TROTMAN	(3M's Gorseinon Road Runners)	41.20 (F45)
52	ANNE JONES	(Llanelli A.C.)	41.21 (F35)
53	SARAH BARHAM	(3M's Gorseinon Road Runners)	41.26 (F50)
54	ELINOR KING	(Paul Popham Running Club)	41.55
55	SHARON PENHALE	(Port Talbot Harriers & A.C.)	42.01 (F45)
56	LUCY JONES	(Paul Popham Running Club)	42.29
57	CLAIRE MORGAN	(Sospan Road Runners)	42.30 (F40)
58	DEBBIE GARNER	(Sospan Road Runners)	42.35 (F40)
59	SHEREEN LISK	(3M's Gorseinon Road Runners)	42.48 (F40)
60	CHARLOTTE BEARE	(Llanelli A.C.)	43.11 (F40)
61	GWEN SMITH	(3M's Gorseinon Road Runners)	43.21 (F50)
62	CERI THOMAS	(Porthcawl Runners)	43.28 (F50)
63	LISA ARNOLD	(Paul Popham Running Club)	43.36 (F40)

64	CHERYL GIBBONS	(Cornelly Striders A.C.)	43.39 (F55)
65	JOANNE COYNE	(Sospan Road Runners)	44.01 (F40)
66	CAROLYN WINDOS	(Cornelly Striders A.C.)	44.02 (F55)
67	DENISE BRADLEY	(Ogmore Phoenix Runners)	44.03 (F50)
68	ANA GURI	(Swansea University)	44.18 (U20)
69	JULIE-ANN VIDER	(Paul Popham Running Club)	44.19
70	KAREN PHILLIPS	(Porthcawl Runners)	44.23 (F50)
71	BEVERLEY SHEARD	(Ogmore Phoenix Runners)	44.40 (F50)
72	BETHAN EVANS	(Llanelli A.C.)	44.57 (F40)
73	MARIE HANCOCK	(Paul Popham Running Club)	45.04 (F40)
74	SUZANNE OWENS	(Llanelli A.C.)	45.06 (F35)
75	NICOLA DAVIES	(Paul Popham Running Club)	45.10 (F45)
76	JULIA GROOM	(Paul Popham Running Club)	45.14 (F35)
77	JACKIE MARTIN	(Sospan Road Runners)	45.16 (F50)
78	GINA GLAVE	(Guest)	45.17 (F45)
79	JO HUGHES DOWDLE	(3M's Gorseinon Road Runners)	47.31 (F45)
80	MEINIR JONES	(3M's Gorseinon Road Runners)	47.39 (F60)
81	ALISON GRIFFITHS	(Pembrokeshire Harriers)	47.59 (F45)
82	CATHERINE LUSZCZKI	(Paul Popham Running Club)	49.01
83	JO ROBBINS	(Paul Popham Running Club)	49.28 (F35)
84	AMBER BRUNDLE	(Paul Popham Running Club)	49.42 (F40)
85	KATHRYN RUSE	(Paul Popham Running Club)	49.48 (F50)
86	EMMA DAVIES	(Sospan Road Runners)	49.55
87	SUSAN WILKINS	(Brackla Harriers)	50.06 (F60)
88	ALISON BALLANTINE	(Sospan Road Runners)	50.38 (F45)
89	SEV MARI PINCOTT	(Paul Popham Running Club)	50.44 (F40)
90	JILL COLMAN	(Pembrokeshire Harriers)	50.49 (F50)
91	SHARON GRIFFITHS	(Sospan Road Runners)	51.51 (F45)
92	BARBARA THOMAS	(Pembrokeshire Harriers)	53.42 (F70)
93	JANET BELL	(Pembrokeshire Harriers)	53.43 (F70)
94	ZOE MARSHALL	(Swansea University)	54.59
95	MAIR DAVIES	(Port Talbot Harriers & A.C.)	56.54
96	ALYS GOLDING	(Port Talbot Harriers & A.C.)	66.26
97	PIPPA CLARK	(Ogmore Phoenix Runners)	78.07 (F35)