

## FOURTH FIXTURE 2016/2017 SEASON

Sunday January 15th 2017

Venue: Margam Park, Port Talbot

Host Club - Run4All (Neath)

### RACE RESULT (Combined)

1	Matthew Rees	(Swansea Harriers TNT)	30.26
2	James Hockin	(Wuuss Tri)	31.30
3	James Carpenter	(Neath Black Tuesday)	31.38
4	Gareth Ayres	(Port Talbot Harriers & A.C.)	31.40
5	James Dean	(Swansea Harriers TNT)	31.52
6	Paul Lewis	(Wuuss Tri)	32.02 (V45)
7	Andrew Reynolds	(Neath Harriers)	32.11
8	Adam Newton	(Wuuss Tri)	32.15
9	Adam Jelf	(Swansea Vale Runners)	32.31 (V35)
10	Michael Bryant	(Swansea Harriers TNT)	32.33
11	Lee Sinclair	(Wuuss Tri)	33.08
12	Ashleigh Harper	(Swansea University)	33.09
13	Eamonn Kirk	(Swansea Harriers TNT)	33.16 (V45)
14	Thomas Guest	(Swansea Harriers Masters)	33.39 (V50)
15	Royston Whitehouse	(Neath Harriers)	33.46 (V50)
16	Alan Davies	(Llanelli A.C.)	34.09 (V60)
17	Raul Reismann	(Swansea Harriers TNT)	34.14 (V40)
18	Dean Johnston	(Neath Black Tuesday)	34.18 (V35)
19	Gareth Poston	(Port Talbot Harriers & A.C.)	34.19
20	Geraint Lewis	(Porthcawl Runners)	34.23 (V40)
21	Christopher Jenkins	(Neath Harriers)	34.28 (V35)
22	Rob Tanner	(Run4All)	34.34
23	Sam Moore	(Cornelly Striders A.C.)	34.35
24	Paul Flynn	(Swansea Harriers TNT)	34.36 (V45)
25	Martin Flear	(Llanelli A.C.)	34.39
26	Christopher Lewis	(Run4All)	34.55
27	Peter Osborne	(Llanelli A.C.)	35.00 (V55)
28	Jamie Stedman	(Llanelli A.C.)	35.07
29	Hugh Janney	(Amman Valley Harriers)	35.13 (V45)
30	Jason Price	(Llanelli A.C.)	35.15 (V45)
31	Alex Lewis	(Neath Harriers)	35.21 (V35)
32	Anthony Powell	(Neath Black Tuesday)	35.28 (V45)
33	Christopher Jeynes	(Brackla Harriers)	35.30 (V40)
34	Mike Gleeson	(Swansea Harriers)	35.34 (V40)

		Masters)	
35	Jonathan Jarvis	(Run4All)	35.38
36	Chris Francis	(3M's Gorseinon R.R.)	35.39
37	Cayo Arran	(3M's Gorseinon R.R.)	35.43
38	Will Munday	(Swansea Harriers TNT)	35.47
39	Gareth Davey	(Neath Harriers)	35.49 (V40)
40	Martin Cole	(Run4All)	35.53 (V50)
41	Steve Smith	(Swansea Harriers Masters)	36.04 (V50)
42	Chris John	(Port Talbot Harriers Wizards)	36.07
43	Chris Fulcher	(Neath Black Tuesday)	36.17 (V45)
44	Stephen Davies	(Cwm Ogwr R.C.)	36.19
45	Ashley Pascoe	(3M's Gorseinon R.R.)	36.24 (V40)
46	Daniel Nicholas	(Cornelly Striders A.C.)	36.29
47	Andrew Poston	(Port Talbot Harriers & A.C.)	36.32 (V35)
48	Christopher Melbourne	(Neath Jaguars)	36.34
49	Chris Lewis	(Port Talbot Harriers & A.C.)	36.37 (V40)
50	Wayne Lewis	(Amman Valley Harriers)	36.51 (V40)
51	James Graham	(Celtic Tri)	36.57 (V35)
52	Charles Walsh	(Swansea Harriers TNT)	36.59 (V40)
53	Ian Ogilvie	(Brackla Harriers)	37.02 (V50)
54	Matthew Hendery	(Swansea University)	37.05
55	Scott Ruse	(Neath Harriers)	37.05
56	Ian Bird	(Port Talbot Harriers & A.C.)	37.05
57	Steve Williams	(Sospan Road Runners)	37.11 (V40)
58	Michael Roderick	(Swansea Harriers TNT)	37.15
59	Tom Griffiths	(Swansea University)	37.17
60	Helen Marshall	(Swansea Harriers)	37.22 (F35)
61	Claire Cleathero	(TROTS)	37.28
62	Sion Slyman	(Wuuss Tri)	37.31
63	Steve Hogan	(Cornelly Striders A.C.)	37.32 (V35)
64	Sarah Worley	(Swansea Harriers)	37.38
65	Marc Barrow	(Swansea Vale Runners)	37.49 (V35)
66	Stacy Farnell	(Swansea Vale Runners)	37.51 (V35)
67	Llinos Jones	(Amman Valley Harriers)	37.54 (F35)
68	Mark Gosney	(3M's Gorseinon R.R.)	38.03 (V35)
69	Jeff Thomas	(Porthcawl Runners)	38.26 (V50)
70	John Lloyd	(Brackla Harriers)	38.29 (V50)
71	John Camani	(TROTS)	38.30
72	Geraint Jones	(Amman Valley Harriers)	38.33
73	Rebecca Bennett	(Swansea Harriers)	38.37
74	Helen-Marie Davies	(Swansea Harriers)	38.38 (F40)
75	Steve Daley	(Neath Harriers)	38.46 (V35)

76	Ian Hoskins	(3M's Gorseinon R.R.)	38.50 (V40)
77	Simon Rees	(Llanelli A.C.)	38.53 (V35)
78	William Edwards	(Porthcawl Runners)	38.54 (V40)
79	Neil Davies	(Cornelly Striders A.C.)	38.55 (V55)
80	Rob Bennett	(Porthcawl Runners)	39.01 (V40)
81	Carl Singleton	(Port Talbot Harriers Wizards)	39.02 (V35)
82	Cian Evans	(Run4All)	39.03 (U20)
83	Clara Davies	(Amman Valley Harriers)	39.06
84	Simon Vaughan	(3M's Gorseinon R.R.)	39.23 (V40)
85	Nick Francis	(Swansea Vale Runners)	39.25 (V35)
86	Chris Pratt	(Cwm Ogwr R.C.)	39.28 (V45)
87	David Hesketh	(Cornelly Striders A.C.)	39.38 (V50)
88	Mat Giles	(Swansea Vale Runners)	39.39 (V35)
89	Simon Harrison	(Cwm Ogwr R.C.)	39.43 (V50)
90	Hannah Johnston	(Swansea Harriers)	39.50
91	Adam Runacres	(Swansea University)	39.52
92	Andrew Evans	(Run4All)	40.02 (V35)
93	Helen Jones	(Port Talbot Harriers & A.C.)	40.04 (F45)
94	James Lawson	(Port Talbot Harriers & A.C.)	40.16 (V35)
95	Julian Maine	(Porthcawl Runners)	40.19 (V55)
96	Melissa Watson	(TROTTS)	40.26 (F50)
97	Owen Davies	(Swansea Harriers Masters)	40.35 (V40)
98	Steven Wilkinson	(Celtic Tri)	40.37 (V50)
99	Martin Slucutt	(Swansea Harriers Masters)	40.41 (V40)
100	Rhys Roberts	(Swansea University)	40.44
101	Steve Williams	(Neath Black Tuesday)	40.46 (V55)
102	Colin McQueen	(Brackla Harriers)	40.48 (V50)
103	Julie Deer	(Darth Coastal Runners)	40.51 (F35)
104	Ross Gribble	(3M's Gorseinon R.R.)	40.53
105	Richard Phillips	(TROTTS)	40.55 (V40)
106	Dan Gilbert	(3M's Gorseinon R.R.)	40.58
107	Calvin Hold	(Swansea Harriers TNT)	40.59 (V40)
108	Kevin Taylor	(Amman Valley Harriers)	41.04 (V55)
109	Kevin Raymond	(Cwm Ogwr R.C.)	41.11 (V55)
110	Charlotte Johns	(Brackla Harriers)	41.11 (F50)
111	Andrew Mundy	(Brackla Harriers)	41.29 (V40)
112	Neil Horsley	(Neath Black Tuesday)	41.31 (V60)
113	Richard Davies	(Amman Valley Harriers)	41.43 (V35)
114	Graham Hillman	(Cwm Ogwr R.C.)	41.43 (V35)
115	Darren Chapple	(Run4All)	41.45 (V40)
116	Mark Pedler	(Cornelly Striders A.C.)	41.52 (V35)
117	Gareth Jenkins	(Cwm Ogwr R.C.)	41.53

118	Liam Rowlands	(Pembrokeshire Harriers)	41.56 (U20)
119	Felicity Elliott	(Swansea Harriers)	41.58
120	Mary Bowen Rees	(TROTTS)	41.59 (F50)
121	Matthew Bunce	(Brackla Harriers)	42.02 (V40)
122	Ceri Isaal	(3M's Gorseinon R.R.)	42.02
123	Robert Munro	(Cornelly Striders A.C.)	42.03 (V35)
124	Michelle Grey	(Port Talbot Harriers & A.C.)	42.04 (F35)
125	Abigayle Goodrick-Latham	(Swansea University)	42.13 (U20)
126	Richard Beech	(Brackla Harriers)	42.19 (V55)
127	Cassandra Miles	(Run4All)	42.21
128	Paul Arnold	(Celtic Tri)	42.22 (V45)
129	Huw Edwards	(Run4All)	42.23 (V40)
130	Anthony Phillips	(Porthcawl Runners)	42.24 (F50)
131	Stephen Hughes	(Llanelli A.C.)	42.25 (U20)
132	Deborah Goule	(Porthcawl Runners)	42.27 (F40)
133	Nick Harris	(Cwm Ogwr R.C.)	42.28
134	Laurence Jones	(TROTTS)	42.29
135	Chris Simons	(3M's Gorseinon R.R.)	42.31
136	Geraint Jenkins	(Amman Valley Harriers)	42.42 (V45)
137	Naomi Williams	(Amman Valley Harriers)	42.44 (F35)
138	Dave Cornish	(Port Talbot Harriers & A.C.)	42.46 (V50)
139	Lindy Eynon	(TROTTS)	42.53 (F55)
140	Tudor Miles	(Run4All)	42.59 (V55)
141	Lee Jenkins	(Run4All)	43.02 (V35)
142	Ifan Thorne	(Swansea Harriers Masters)	43.11 (V35)
143	Cara-Leanne Farley	(Run4All)	43.17 (U20)
144	Graham Foster	(Brackla Harriers)	43.24 (V53)
145	Margo Heurman	(Swansea University)	43.26
146	Lee Llewellyn	(Run4All)	43.28 (V35)
147	Linda Woodland	(Port Talbot Harriers & A.C.)	43.29 (F55)
148	Owen Davies	(Swansea Harriers TNT)	43.33
149	Steve Hames	(Neath Black Tuesday)	43.39 (V50)
150	Sarah Howard	(Port Talbot Harriers & A.C.)	43.40
151	Damien Coulsie	(Port Talbot Harriers & A.C.)	43.49 (V35)
152	Chris Roberts	(Cwm Ogwr R.C.)	43.52 (V50)
153	Graham Colvin	(Clwb Rhedeg Pontardawe)	43.53 (V50)
154	Iwan Dowie	(Cornelly Striders A.C.)	43.55 (V45)
155	Robert Sandles	(3M's Gorseinon R.R.)	43.56

156	Andrea Starritt	(Brackla Harriers)	44.00 (F45)
157	Paul Colman	(Pembrokeshire Harriers)	44.02 (V55)
158	Mark Evans	(Brackla Harriers)	44.03 (V50)
159	Joanne Edwards	(Cornelly Striders A.C.)	44.09 (F45)
160	Jayne Arnold	(Celtic Tri)	44.14 (F45)
161	Paul Bayona	(Cornelly Striders A.C.)	44.19 (V35)
162	Alan Furnell	(Port Talbot Harriers Wizards)	44.21 (V65)
163	Chris Webb	(Swansea Harriers)	44.26 (F40)
164	Steven Perks	(Run4All)	44.37 (V55)
165	Lee Kwok	(Run4All)	44.40 (V40)
166	Keith Powell	(TROTTS)	44.45 (V60)
167	Mike Nash	(3M's Gorseinon R.R.)	44.48 (V55)
168	Amy Carter	(Llanelli A.C.)	44.53 (U20)
169	Christopher Jones	(3M's Gorseinon R.R.)	45.02 (V45)
170	Ian Cuthbert	(Brackla Harriers)	45.06 (V55)
171	Jane Ogilvie	(Brackla Harriers)	45.09 (F50)
172	Rupert Thurston	(Porthcawl Runners)	45.13
173	Kris Denholm	(Cwm Ogwr R.C.)	45.15 (V50)
174	Gillian Phillips	(Sospan Road Runners)	45.24 (F55)
175	Sian Phillips	(Swansea Harriers)	45.30 (F55)
176	Angela Delaney	(Swansea Harriers)	45.38 (F45)
177	Caroline Sandles	(3M's Gorseinon R.R.)	45.40 (F50)
178	Catherine Lee	(Swansea University)	45.48
179	Andrew Thomas	(3M's Gorseinon R.R.)	45.54 (V50)
180	Phil Whitney	(Celtic Tri)	46.00 (V40)
181	Lorna Johnson	(Celtic Tri)	46.12 (F40)
182	Helen Janney	(Amman Valley Harriers)	46.13 (F45)
183	James Davies	(3M's Gorseinon R.R.)	46.19 (V45)
184	Darren Harris	(Clwb Rhedeg Pontardawe)	46.29 (V45)
185	Jeffrey Evans	(Cornelly Striders A.C.)	46.35 (V45)
186	Anthony Warden	(Amman Valley Harriers)	46.39 (V45)
187	Laura Sharpe	(3M's Gorseinon R.R.)	46.50
188	Glenn Williams	(Sospan Road Runners)	46.57 (V40)
189	Mary Beech	(Brackla Harriers)	47.01 (F50)
190	Claire Northey	(Run4All)	47.02
191	John Ayres	(Port Talbot Harriers Wizards)	47.19 (V60)
192	Alison Allen	(Cornelly Striders A.C.)	47.20
193	Chris Watkins	(Run4All)	47.25 (V45)
194	Bethan Cross	(Cwm Ogwr R.C.)	47.29
195	Cathryn Jenkins	(Run4All)	47.30
196	Lee Adams	(Run4All)	47.34 (V45)
197	Sarah Barham	(3M's Gorseinon R.R.)	47.35 (F50)
198	Richard Hesketh	(Cornelly Striders A.C.)	47.43 (V45)

199	David Jones	(Celtic Tri)	47.47
200	Jery-Lynne Grabham	(Neath Harriers)	47.50 (U20)
201	Mario Rabaiotti	(Port Talbot Harriers Wizards)	48.11 (V50)
202	Victoria Hillman	(Cwm Ogwr R.C.)	48.14
203	Nick Owen	(Swansea Vale Runners)	48.16 (V55)
204	Vicki Jeffrey	(Cornelly Striders A.C.)	48.21 (F45)
205	Nikki Dowie	(Cornelly Striders A.C.)	48.33 (F45)
206	Stephen Bond	(Brackla Harriers)	48.37 (V65)
207	Matt Rogerson	(Sospan Road Runners)	48.44 (V40)
208	Jennifer Aylward	(Run4All)	48.46 (F45)
209	Gwen Smith	(3M's Gorseinon R.R.)	49.07 (F50)
210	Claire Godfrey	(Porthcawl Runners)	49.11 (F40)
211	Nerys Jones	(Run4All)	49.12
212	Alan Roberts	(Port Talbot Harriers Wizards)	49.17 (V60)
213	Martin Hillier	(Run4All)	49.18 (V65)
214	Ian Stratton	(Brackla Harriers)	49.28 (V45)
215	Alice Sullivan	(3M's Gorseinon R.R.)	49.31 (F35)
216	Charlie James	(3M's Gorseinon R.R.)	49.38
217	Joe Hawkins	(Celtic Tri)	49.40
218	Paula Wilfort	(Cornelly Striders A.C.)	49.45 (F45)
219	Sharon Trotman	(3M's Gorseinon R.R.)	49.46 (F45)
220	Claire Ludlow	(Run4All)	49.57 (F40)
221	Greg Allen	(Cornelly Striders A.C.)	50.01 (V45)
222	Kelly Gipson	(Swansea Harriers)	50.06 (F45)
223	Christopher Anagnostopoulos	(Swansea University)	50.12
224	Charlotte Barlow	(Brackla Harriers)	50.29
225	Jennet James	(Cornelly Striders A.C.)	50.41 (F45)
226	Dianna Tudor	(Cornelly Striders A.C.)	51.04 (F40)
227	Andrea-Lee Davies	(Run4All)	51.23 (F40)
228	Uku Kumari	(Swansea Harriers Masters)	51.27 (V65)
229	Alan Jones	(Run4All)	51.41 (V50)
230	Brian Fox	(Swansea Harriers Masters)	51.48 (V70)
231	Richard Donne	(3M's Gorseinon R.R.)	52.02 (V55)
232	Leighton Jones	(3M's Gorseinon R.R.)	52.10 (V65)
233	Joanne Jenkins	(Brackla Harriers)	52.20 (F40)
234	Clare Worthington	(Cwm Ogwr R.C.)	52.25 (F35)
235	Ceri Thomas	(Porthcawl Runners)	52.28 (F50)
236	Stephanie Murray	(Cornelly Striders A.C.)	52.33
237	Rachel Thomson	(Porthcawl Runners)	52.36
238	Sharon Penhale	(Port Talbot Harriers & A.C.)	52.38 (F45)
239	Sian Evans	(Amman Valley Harriers)	52.43

240	Eirwen Lewis	(TROTTS)	52.50 (F35)
241	Ian Lloyd	(Swansea Vale Runners)	53.01 (V40)
242	Deb Jones	(Porthcawl Runners)	53.07 (F45)
243	Sian Williams	(Cornelly Striders A.C.)	53.18 (F45)
244	Georgina Fraser	(Cornelly Striders A.C.)	53.25
245	Carolyn Windos	(Cornelly Striders A.C.)	53.25 (F55)
246	Debbie Garner	(Sospan Road Runners)	53.28 (F40)
247	Jayne Perkins	(Port Talbot Harriers & A.C.)	53.49
248	Liz Davis	(Cwm Ogwr R.C.)	53.53 (F35)
249	Gerwyn Cox	(Cornelly Striders A.C.)	53.59 (F40)
250	David Sheard	(Cwm Ogwr R.C.)	54.08 (V50)
251	Karen Phillips	(Porthcawl Runners)	54.19 (F50)
252	Pete Harrop	(Cwm Ogwr R.C.)	54.45 (V55)
253	Bethan Thomas	(Port Talbot Harriers & A.C.)	55.25 (F40)
254	Rebecca Robens	(Port Talbot Harriers & A.C.)	55.58 (F35)
255	Sarah Jones	(Cornelly Striders A.C.)	56.05 (F50)
256	Anthony Sweetland	(Sospan Road Runners)	56.06 (V50)
257	Susan Wilkins	(Brackla Harriers)	56.14 (F60)
258	Claire Jones	(Cornelly Striders A.C.)	56.14 (F35)
259	Jackie Martin	(Sospan Road Runners)	56.14 (F50)
260	Matt Murray	(Cwm Ogwr R.C.)	56.23 (V40)
261	Sara Vowles	(Cwm Ogwr R.C.)	56.24
262	Kimberley Thomas	(Cwm Ogwr R.C.)	56.48
263	Charlotte Harries	(Cornelly Striders A.C.)	57.12
264	Rachael Bayona	(Cornelly Striders A.C.)	57.12 (F35)
265	Ian Swanson	(Port Talbot Harriers Wizards)	57.17 (V65)
266	Linzi Williams	(Run4All)	57.18
267	Tula Smallman	(Celtic Tri)	57.23 (F35)
268	Cerys Mills	(Port Talbot Harriers & A.C.)	57.24
269	Julie Jones	(Port Talbot Harriers & A.C.)	57.37 (F35)
270	Rhian Powell	(Port Talbot Harriers & A.C.)	57.39 (F40)
271	Victoria Holmes	(3M's Gorseinon R.R.)	57.47
272	Joanne Juliff	(Port Talbot Harriers & A.C.)	57.50 (F40)
273	Nigel L Jones	(Llanelli Strollers)	57.51 (V60)
274	Sian Richards	(Celtic Tri)	57.53
275	Alan Perkins	(Port Talbot Harriers Wizards)	57.55 (V65)
276	Gillian Handscomb	(Sospan Road Runners)	57.56 (F45)
277	Louise Foster	(Cwm Ogwr R.C.)	57.57

278	Adrienne Mackintosh	(TROTTS)	58.02 (F35)
279	Jill Colman	(Pembrokeshire Harriers)	58.22 (F50)
280	Denise Phillips	(Sospan Road Runners)	58.40 (F40)
281	Margaret Powell	(TROTTS)	58.59 (F55)
282	Kimberley Davies	(Cwm Ogwr R.C.)	59.14
283	Ann Davies	(Cwm Ogwr R.C.)	59.33 (F60)
284	Natalie Griffiths	(Cwm Ogwr R.C.)	60.01 (V35)
285	Joanna Evans	(Celtic Tri)	60.06 (F40)
286	Emyr Evans	(Llanelli A.C.)	60.09 (V35)
287	Jo Betty	(Cwm Ogwr R.C.)	60.24
288	Hannah Bartle	(Cwm Ogwr R.C.)	60.24
289	Dawn Hopkins	(Cwm Ogwr R.C.)	60.25 (F35)
290	Clare Sim	(Port Talbot Harriers & A.C.)	60.35
291	Mark Worrall	(Cwm Ogwr R.C.)	60.42 (V50)
292	Karen Birdsall	(Celtic Tri)	61.06 (F45)
293	Nicola Howell	(Cornelly Striders A.C.)	61.24 (F45)
294	Kath Campbell	(Cornelly Striders A.C.)	61.24 (F40)
295	Allan Smith	(3M's Gorseinon R.R.)	62.19 (V83)
296	Delia Domachowski	(Cornelly Striders A.C.)	62.22
297	Linda Owens	(3M's Gorseinon R.R.)	62.56 (F65)
298	Angela Walsh	(Cwm Ogwr R.C.)	63.00
299	Gail O'Gorman	(Cornelly Striders A.C.)	63.09
300	Stephanie Dyke	(Cwm Ogwr R.C.)	63.14 (F45)
301	Bethan Hopkins	(Sospan Road Runners)	63.15 (F50)
302	Amy Williams	(Cwm Ogwr R.C.)	63.23
303	Natalie Carey	(Cornelly Striders A.C.)	63.41 (F35)
304	Barbie Ahearn	(Run4All)	64.02 (F40)
305	Susan Prescott	(Cornelly Striders A.C.)	65.24 (F45)
306	Sian Tossell	(Cwm Ogwr R.C.)	66.14 (F50)
307	Meinir Morgan	(Celtic Tri)	66.38 (F35)
308	Barbara Thomas	(Pembrokeshire Harriers)	66.46 (F70)
309	Catherine Griffiths	(Cwm Ogwr R.C.)	68.16 (F45)
310	Vince Lawlor	(Cornelly Striders A.C.)	72.26 (V50)
311	Claire Taylor	(Cwm Ogwr R.C.)	82.19 (F40)
312	Pippa Clark	(Cwm Ogwr R.C.)	85.12
313	Jennifer Carol	(Run4All)	85.15