

**West Glamorgan Cross Country League**  
**Third Fixture 2005/2006 Season**  
**Sunday January 29th 2006. 11am.**  
**Corus Sports Club, Margam, Port Talbot**  
**5 Mile Road Race.**

**Senior Men 5 miles (less 32m)**

- 1 Martin Rees (Corus) 25.32 (V50)
- 2 Simon Jones (Cornelly Striders A.C.) 26.04
- 3 Marc Hobbs (MMTG) 26.49
- 4 Paul Richards (Neath Abbey) 26.52 (V40)
- 5 Chris Davies (MMTG) 27.05
- 6 Steve Davies (MMTG) 27.13
- 7 Paul Talbot (Neath Black Tuesday) 27.14
- 8 Shaun Tobin (Corus) 28.06 (V40)
- 9 Andy Doel (Neath Black Tuesday) 28.10 (V40)
- 10 Jonathan Williams (MMTG) 28.17
- 11 Marc Evans (Amman Valley Harriers) 28.35
- 12 Steve Brace (Guest) 28.37 (V40)
- 13 Peter Watkeys (Univ of Wales Swansea) 28.42
- 14 Lewis Hobbs (MMTG) 28.43
- 15 Steve Wilkinson (Port Talbot Harriers Vets) 28.43 (V40)
- 16 John Williams (Neath Black Tuesday) 28.45 (V45)
- 17 Allan Davies (3M's Gorseinon R.R.) 28.45 (V50)
- 18 Neil Davies (Cornelly Striders A.C.) 28.48 (V45)
- 19 Steve Williams (Neath Black Tuesday) 29.23 (V45)
- 20 Colin Elvins (Univ of Wales Swansea) 29.30 (V45)
- 21 Greg Newhams (Guest) 29.38 (V50)
- 22 Howard Carpenter (Neath Black Tuesday) 29.58 (V50)
- 23 Jon Embling (Corus) 30.04 (V50)
- 24 Alan Kerr (Guest) 30.06 (V45)
- 25 Jonathan Butler (MMTG) 30.14 (U20)
- 26 Kevin Lewis (Neath Black Tuesday) 30.20 (V40)
- 27 Richard Jones (Team Activa) 30.28 (V45)
- 28 Mike Worlock (Port Talbot Harriers Vets) 30.43 (V40)
- 29 Keith Powell (Cornelly Striders A.C.) 30.52 (V50)
- 30 Steve Powell (Port Talbot Harriers Vets) 30.57 (V40)
- 31 Dean Hardie (3M's Gorseinon R.R.) 31.07 (V45)
- 32 Gareth Ayres (Port Talbot Harriers & A.C.) 31.11
- 33 Tom Alexander (Univ of Wales Swansea) 31.19
- 34 David Thomas (3M's Gorseinon R.R.) 31.23
- 35 Andrew Reynolds (Neath Black Tuesday) 31.29
- 36 Dave Roberts (Amman Valley Harriers) 31.33 (V40)
- 37 Jason Statham (Land Registry Wales) 31.38
- 38 Mike Evans (Neath Black Tuesday) 31.41 (V45)
- 39 Chris Rees (Team Wecori) 31.51
- 40 Richard Webster (3M's Gorseinon R.R.) 31.53 (V50)
- 41 Leighton Gardner (Swansea Harriers) 31.56
- 42 Peter Turner (Cornelly Striders A.C.) 32.01 (V55)
- 43 Charles Walsh (Port Talbot Harriers & A.C.) 32.04
- 44 Kevin Taylor (Amman Valley Harriers) 32.15 (V45)
- 45 Dave Hughes (Cornelly Striders A.C.) 32.17
- 46 Andrew Jenkins (Corus) 32.18 (V40)
- 47 Mark Fryer (Corus) 32.21
- 48 Peter Deacon (Univ of Wales Swansea) 32.24 (V45)
- 49 Les Chapman (Amman Valley Harriers) 32.29 (V55)
- 50 Len Richards (Port Talbot Harriers Vets) 32.34 (V50)
- 51 Peter Jones (Guest) 32.36 (V45)
- 52 Adrian Weaver (Port Talbot Harriers & A.C.) 32.41
- 53 Dean Llewellyn (MMTG) 32.47

54 David Oak (Port Talbot Harriers Vets) 32.49 (V60)  
 55 Alan Perkins (Port Talbot Harriers Vets) 33.04 (V55)  
 56 Dewi West (3M's Gorseinon R.R.) 33.08 (V40)  
 57 Tony Holling (Port Talbot Harriers Vets) 33.28 (V50)  
 58 Paul Jelley (Margam) 33.35 (V40)  
 59 Rob Fowler (Amman Valley Harriers) 33.41 (V60)  
 60 Seam Treloar (Aberavon) 33.53  
 61 Adam Gaida (Univ of Wales Swansea) 33.54  
 62 Rob Griffiths (Neath Black Tuesday) 34.07  
 63 Alan Jeffries (Swansea Harriers Veterans) 34.17 (V60)  
 64 Gavin Roberts (Swansea Harriers Veterans) 34.20 (V40)  
 65 Andrew Brown (Land Registry Wales) 34.20 (V40)  
 66 John Hopkins (Port Talbot Harriers Vets) 34.32 (V40)  
 67 Grant Thomas (Team Wecori) 34.34  
 68 Elfed Joseph (3M's Gorseinon R.R.) 34.48 (V45)  
 69 John Nicholls (3M's Gorseinon R.R.) 34.55 (V50)  
 70 Tony Burt (Cornelly Striders A.C.) 35.02 (V60)  
 71 Mark Bennewith (3M's Gorseinon R.R.) 35.05  
 72 Eric Hughes (Guest) 35.10 (V65)  
 73 Nigel Fransisco (Team Wecori) 35.19 (V40)  
 74 Alex Marsh (Guest) 35.22  
 75 John Collins (Swansea Harriers Veterans) 35.25 (V65)  
 76 Steve Keogh (Land Registry Wales) 35.40  
 77 Geraint Higgins (Swansea City Council) 35.44  
 78 Geoff Johnston (Swansea Uplands) 35.51 (V50)  
 79 Glyn Williams (3M's Gorseinon R.R.) 35.55 (V55)  
 80 Steve Press (Team Wecori) 35.56  
 81 John Poston (Corus) 36.15 (V55)  
 82 Arthur Phillips (Neath Black Tuesday) 36.22 (V70)  
 83 John Farmer (Cornelly Striders A.C.) 36.29 (V50)  
 84 Mark Morris (Port Talbot Harriers & A.C.) 36.32  
 85 Allan Smith (3M's Gorseinon R.R.) 36.49 (V70)  
 86 Mario Rabaiotti (Univ of Wales Swansea) 37.05 (V40)  
 87 Bob Gardner (Team Wecori) 37.15 (V45)  
 88 Ray Boyce (Cornelly Striders A.C.) 37.26 (V40)  
 89 Ken Davies (Team Wecori) 37.56 (V45)  
 90 Hywel Evans (Visteon) 37.56 (V40)  
 91 John Davies (Port Talbot Harriers Vets) 38.14 (V55)  
 92 Colin Anthony (Port Talbot Harriers Vets) 38.23 (V60)  
 93 Alan Furnell (Port Talbot Harriers Vets) 38.54 (V55)  
 94 Paul Trotter (Land Registry Wales) 38.58 (V45)  
 95 Neil Samuel (Corus) 39.08 (V50)  
 96 Mike Newman (Neath Black Tuesday) 39.33 (V55)  
 97 Thomas Morris (Pontrhydyfen) 39.53 (U20)  
 98 Ian Swanson (Port Talbot Harriers Vets) 40.03 (V55)  
 99 Mike Todd (Amman Valley Harriers) 40.05 (V45)  
 100 Mike Richards (Neath Harriers) 40.11 (V50)  
 101 Darren Richards (Neath Harriers) 40.11  
 102 Max Morris (3M's Gorseinon R.R.) 40.38 (V65)  
 103 Richard Donne (3M's Gorseinon R.R.) 40.42 (V40)  
 104 Leighton Johnston (Visteon) 42.35 (V45)  
 105 Andrew John (Land Registry Wales) 42.58 (V45)  
 106 Lee Pugh (Taibach) 43.18

#### **Senior Ladies 5 miles (less 32m)**

1 Mel Woodward (Guest - AFD) 28.59  
 2 Carol Glover (Univ of Wales Swansea) 32.32  
 3 Ingrid Taylor (3M's Gorseinon R.R.) 32.46 (F35)  
 4 Amanda Evans (3M's Gorseinon R.R.) 34.44 (F35)  
 5 Caroline Jones (Swansea Harriers) 34.47 (F40)

6 Deborah Youngs (3M's Gorseinon R.R.) 35.42 (F35)  
7 Louise Miskell (3M's Gorseinon R.R.) 35.46 (F35)  
8 Catherine Marks (Univ of Wales Swansea) 35.58  
9 Jenny Grey (Port Talbot Harriers & A.C.) 36.05  
10 Jayne Arnold (3M's Gorseinon R.R.) 36.17  
11 Christina Smith (3M's Gorseinon R.R.) 37.01 (F45)  
12 Dawn French (3M's Gorseinon R.R.) 38.13 (F45)  
13 Helen Bealey (Univ of Wales Swansea) 39.29  
14 Pauline Williams (Neath Black Yuesday Ladies) 39.40 (F45)  
15 Kirsty Woolford (3M's Gorseinon R.R.) 39.59  
16 Christine Hurdidge (3M's Gorseinon R.R.) 40.21 (F50)  
17 Sandy Williams (Univ of Wales Swansea) 41.23  
18 Nicola Smith (3M's Gorseinon R.R.) 43.44  
19 Fay Sharpe (3M's Gorseinon R.R.) 44.01 (F45)  
20 Julie Samuel (Corus) 50.31 (F40)  
21 Kath Haines (Corus) 52.25 (F45)  
22 Karen Preece (Corus) 55.25 (F40)  
22 Ran