



Final Fixture 2010/2011 Season, (Tata Steel, Margam, Jan 23rd 2011)

In splendid conditions there were wins for Daniel Gurmin (Swansea Harriers MMTG) and Olympic athlete Andrea Whitcombe (Swansea Harriers) who was making a comeback after maternity.

Gurmin completed the course in 25.49 and had to fight off team mate Marc Hobbs (26.21) and Matt Harvey (26.39). Harvey had the consolation of winning the mens overall League title.

Whitcombe ran 29.44 in the ladies race and was a clear winner from Pembrokeshire Harrier Anna O'Neill (31.39) and Port Talbot Harrier Sandra Pinkham (32.35), with Pinkham clinching the overall ladies title.

Port Talbot Harriers wrapped up a fine double, winning both mens and ladies team titles. The Harriers men won the League for the first time since 1983/84 while the ladies clinched their third successive title.

There was drama elsewhere with a four way tie at the bottom of Mens Division 1 with Swansea Harriers MMTG, Swansea Harriers Veterans, Neath Harriers and Swansea University equal on 13 league points. The University and Neath Harriers drop to Division 2 on match points.

They will be replaced by Division 2 winners Celtic Tri and Neath Jaguars while Aberystwyth A.C. and Ingli Runners drop to Division 3.

Porthcawl Runnerslife claimed the Division 3 title and will be promoted with club mates Porthcawl Runnerslife Veterans who pipped Amman Valley Harriers to the promotion spot, finishing equal on league points, but winning by a mere 4 match points.

There were no surprises in the ladies division, with Aberystwyth A.C and Ingli Runners relegated. They will be replaced by Porthcawl Runnerslife Ladies who won the Division 2 title and Tata Steel who claimed promotion on home soil.

The League's thanks go to Tata Steel for hosting the final event, to all of the event organisers, officials and marshalls who have ensured we have had another successful year and of course the athletes for your continued support of the League.

MENS RESULT (Approx 4.99 miles)

- 1 Daniel Gurmin (Swansea Harriers MMTG) 25.49
- 2 Marc Hobbs (Swansea Harriers MMTG) 26.21
- 3 Matthew Harvey (Neath Harriers) 26.39
- 4 David Rees (Tata Steel) 27.03
- 5 Matthew Evans (Swansea Harriers MMTG) 27.22
- 6 Steve Davies (Swansea Harriers MMTG) 27.26
- 7 James Hocking (Celtic Tri) 27.33
- 8 Simon Jones (Porthcawl Runnerslife) 27.33
- 9 Andrew Reynolds (Port Talbot Harriers) 27.39
- 10 Paul Talbot (Neath Black Tuesday) 27.41 (V40)
- 11 Chris Parker (Port Talbot Harriers) 27.54 (V45)

12 Hugh Pascoe (Celtic Tri) 28.02
13 Tom Davies (Porthcawl Runnerslife) 28.14 (U20)
14 Luke Clements (Swansea Harriers U20's) 28.27 (U20)
15 Alan Davies (3M's Gorseinon R.R.) 28.36 (V55)
16 Nik Roche (Mumbles) 28.46 (V40)
17 Matthew O'Leary (Neath Jaguars 28.46 (U20)
18 Matthew Thomas (Swansea Harriers U20's) 28.48 (U20)
19 Paul Tobin (Swansea Harriers U20's) 28.51 (U20)
20 Chris Fulcher (Port Talbot Harriers) 28.53 (V40)
21 Adrian Weaver (Neath Harriers) 28.56
22 Richard Lewis (Celtic Tri) 28.58
23 Andrew Hodgson (Guest) 28.58 (V35)
24 Geraint Lewis (Porthcawl Runnerslife) 29.02
25 Lee Morris (3M's Gorseinon R.R.) 29.07
26 Ian Phillips (3M's Gorseinon R.R.) 29.08
27 Paul Speyer (Guest) 29.12
28 Nigel Phillips (Tata Steel) 29.18 (V35)
29 Gareth Petts (Swansea University) 29.29
30 Jeff Thomas (Porthcawl RL Vets) 29.35 (V45)
31 Tim Butt (Swansea University) 29.37
32 Alun Rees (Neath Harriers) 29.39
33 Gareth Ayres (Port Talbot Harriers) 29.47
34 Anthony Powell (Neath Harriers) 29.49 (V40)
35 Richard Jones (Swansea Harriers Veterans) 29.53 (V50)
36 Lee Sandham (Neath Black Tuesday) 29.56 (V40)
37 Simon Wilson (Swansea Harriers Veterans) 29.58 (V40)
38 Alex Williams (Port Talbot Harriers) 30.02 (V40)
39 Paul Rees (Port Talbot Harriers V.V.) 30.07 (V45)
40 Jonathan Tobin (Swansea Harriers U20's) 30.13 (U20)
41 Ian Harris (Neath) 30.18
42 Jonathan Jones (Guest) 30.24 (V40)
43 Steve Richards (Swansea Harriers MMTG) 30.28
44 Mark Gosney (3M's Gorseinon R.R.) 30.31
45 Kevin Taylor (Amman Valley Harriers) 30.36 (V50)
46 Gary Irving (Swansea Harriers Veterans) 30.39 (V50)
47 Bevan Humphreys (Guest) 30.44
48 James O'Callaghan (Gendros) 30.49 (V40)
49 Andrew George (Celtic Tri) 30.51
50 Daniel Davies (Pembrokeshire Harriers) 30.55
51 Paul Davies (Port Talbot Harriers) 30.59 (V45)
52 Paul Lewis (3M's Gorseinon R.R.) 31.01 (V45)
53 Chris Allton (Swansea Harriers Veterans) 31.03 (V45)
54 Rob Warlow (Port Talbot Harriers Vets) 31.05 (V35)
55 Steve Walsh (Port Talbot Harriers) 31.13 (V40)
56 Andrew Morrison (Swansea Harriers MMTG) 31.19
57 Keith Powell (Cornelly Striders A.C.) 31.23 (V55)
58 Adrian Pearce (Tata Steel) 31.32 (V40)
59 Gareth Elliott (Pembrokeshire Harriers) 31.35
60 Steve Williams (Neath Black Tuesday) 31.36 (V50)
61 David Smout (Guest) 31.37 (V60)
62 Lyndsey Christopher (Tata Steel) 31.43 (V40)
63 Andrew Edwards (Celtic Tri) 31.44
64 Bernie Henderson (Port Talbot Harriers Vets) 31.47 (V55)
65 Roy Lewis (Celtic Tri) 31.57 (V50)
66 Charles Walsh (Port Talbot Harriers) 32.09 (V35)
67 Dave Parfitt (Port Talbot Harriers Vets) 32.11
68 Paul Jelley (Port Talbot Harriers Vets) 32.11
69 Will Edwards (Porthcawl Runnerslife) 32.16 (V35)
70 John Hopkins (Port Talbot Harriers Vets) 32.19 (V45)
71 Howard Carpenter (Neath Harriers Veterans) 32.22 (V55)
72 Mark Terry (Guest) 32.24 (V50)
73 Terry Jones (Porthcawl Runnerslife) 32.26 (V35)
74 Jason Griffiths (Tata Steel) 32.29 (V40)
75 Dean Hardie (3M's Gorseinon R.R.) 32.32 (V50)
76 Paul Boxer (Tata Steel) 32.38
77 Dave Rose (Porthcawl RL Vets) 32.41
78 Kieran John (Neath Jaguars) 32.59 (U20)
79 Graham Colvin (Celtic Tri) 33.16 (V40)
80 Eric Davey (Guest) 33.25 (V60)
81 Roger Davies (Porthcawl RL Vets) 33.28 (V50)
82 John Sinnott (Pembrokeshire Harriers) 33.33 (V50)
83 Dewi West (3M's Gorseinon R.R.) 33.35 (V45)
84 Julian Maine (Porthcawl RL Vets) 33.41 (V50)
85 Mike Evans (Neath Black Tuesday) 33.45
86 Paul Edwards (Pembrokeshire Harriers) 33.47 (V50)
87 Andrew Morrison (Swansea Harriers Thursdays) 33.48
88 Colin Price (Tata Steel) 33.49 (V50)
89 Graham Vyrer (Celtic Tri) 33.56 (V40)
90 David James (Amman Valley Harriers) 33.59
91 Steve Jones (Swansea University) 34.09
92 Dave Cornish (Port Talbot Harriers) 34.13 (V40)
93 Mark Davies (Port Talbot Harriers Vets) 34.25 (V40)
94 David Davies (Neath Jaguars) 34.26 (V60)
95 Paul Arnold (Celtic Tri) 34.52 (V40)
96 Richard Jones (Cornelly Striders A.C.) 34.57 (V35)
97 Dave Griffiths (Pembrokeshire Harriers) 35.03 (V45)
98 Mario Rabaioni (Port Talbot Harriers Vets) 35.04 (V45)
99 Steve McLelland (3M's Gorseinon R.R.) 35.07 (V55)
100 Uku Kumari (Swansea Harriers Thursdays) 35.09 (V55)
101 Martin Dyde (Pembrokeshire Harriers) 35.15 (V50)
102 Simon Pinner (Team Wecori) 35.19 (V50)
103 Roger Bell (3M's Gorseinon R.R.) 35.22 (V45)
104 Les Chapman (Amman Valley Harriers) 35.25 (V60)

105 Michael Healey (Tata Steel) 35.26
 106 Rob Fowler (Amman Valley Harriers) 35.32 (V65)
 107 John Preston (Tata Steel) 35.44 (V40)
 108 Mike Halsall (Civil Service) 35.46 (V35)
 109 Byron Davies (3M's Gorseinon R.R.) 35.56 (V35)
 110 Alan Perkins (Port Talbot Harriers Vets) 35.59 (V50)
 111 David Oak (Port Talbot Harriers Vets) 36.06 (V65)
 112 Andrew Croucher (Swansea University) 36.11
 113 Fredrik Forsberg (Guest- Sweden) 36.19
 114 Simon Heatman (Guest) 36.22 (V45)
 115 Martin Lewis (Celtic Tri) 36.26
 116 Christian Burge (Tata Steel) 36.29
 117 Mark Clatworthy (Porthcawl Runnerslife) 36.36 (V35)
 118 Gareth Thomas (Pembrokeshire Harriers) 36.49
 119 Ray James (Port Talbot Harriers V.V.) 36.51 (V45)
 120 Neil Marvin (Port Talbot Harriers Vets) 36.59 (V40)
 121 Tony Holling (Port Talbot Harriers V.V.) 37.02 (V55)
 122 Michael Terry (Guest) 37.29 (V60)
 123 Andrew Dunscombe (Porthcawl RL Vets) 37.34 (V45)
 124 Darren Vaughan (Port Talbot Harriers) 37.39
 125 Rob Gardner (Team Wecori) 37.46 (V50)
 126 Rony Seamons (Celtic Tri) 37.54
 127 Hugh Evans (Guest) 38.16 (V50)
 128 Ross Poyner (3M's Gorseinon R.R.) 38.21 (V35)
 129 Dave Breen (Porthcawl RL Vets) 38.29 (V55)
 130 Alan Roberts (Port Talbot Harriers V.V.) 38.33 (V55)
 131 Richard Jones (3M's Gorseinon R.R.) 38.34 (V35)
 132 Ken Davies (Team Wecori) 38.52 (V50)
 133 Paul Ford (Porthcawl RL Vets) 39.02 (V40)
 134 Eric Hughes (Cornelly Striders A.C.) 39.39 (V70)
 135 Richard Moore (Porthcawl Runnerslife) 40.02 (U20)
 136 Lee Newman (Porthcawl Runnerslife) 40.03 (V40)
 137 John Davies (Port Talbot Harriers V.V.) 40.33 (V60)
 138 Allan Smith (3M's Gorseinon R.R.) 40.42 (V75)
 139 John Ayres (Port Talbot Harriers V.V.) 41.11 (V55)
 140 Ralph Allemanno (Swansea Harriers Thursdays) 41.29 (V60)
 141 Joe Rees (Tata Steel) 41.31
 142 Ian Swanson (Port Talbot Harriers V.V.) 41.59 (V60)
 143 Paul Robbins (Port Talbot Harriers V.V.) 42.03 (V45)
 144 Stephen Gibbons (Porthcawl RL Vets) 43.02 (V55)
 145 Malcolm Bullough (Swansea University) 43.25 (V50)
 146 Richard Donne (3M's Gorseinon R.R.) 44.53 (V45)
 147 Nigel Jones (Guest) 46.29 (V55)
 148 Hywel Mainwaring (3M's Gorseinon R.R.) 47.29 (V60)
 149 Darren Hall (Tata Steel) 51.12
 150 James Dean (Amman Valley Harriers) 53.36

Mens Match Result

1 Swansea Harriers MMTG 656
 2 Port Talbot Harriers 603
 3 3M's Gorseinon R.R. 557
 4 Celtic Tri 548
 5 Porthcawl Runnerslife 535
 6 Tata Steel 501
 7 Neath Harriers 482
 8 Swansea Harriers U20's 479
 9 Port Talbot Harriers Veterans 411
 10 Swansea Harriers Veterans 408
 11 Neath Black Tuesday 390
 12 Pembrokeshire Harriers 365
 13 Porthcawl Runnerslife Vets 347
 14 Swansea University 331
 15 Amman Valley Harriers 251
 16 Neath Jaguars 250
 17 Port Talbot Harriers V.V. 206
 18 Cornelly Striders A.C. 161
 19 Mumbles 126
 20 Swansea Harriers Thursdays 124
 21 Neath 103
 22 Gendros 98
 23 Team Wecori 95
 24 Neath Harriers Veterans 76
 25 Civil Service 41

LADIES RESULT (Approx 4.99 miles)

1 Andrea Whitcombe (Swansea Harriers) 29.44 (F35)
 2 Anna O'Neill (Pembrokeshire Harriers) 31.39 (F35)
 3 Sandra Pinkham (Port Talbot Harriers) 32.35 (F45)
 4 Joanne Thatcher (Aberystwyth A.C.) 33.01 (F40)
 5 Gabriella Maine (Porthcawl Runners Life) 33.03
 6 Claire Cleathero (Tata Steel) 33.26 (F35)
 7 Carol Moseley (Port Talbot Harriers) 34.23
 8 Leanne Gibbs (Celtic Tri) 34.46 (F35)
 9 Lee Bodenham (Porthcawl Runners Life) 34.56
 10 Jayne Arnold (Celtic Tri) 35.02 (F35)
 11 Sharon Ford (Porthcawl Runners Life) 35.39 (F40)
 12 Sian Phillips (Swansea Harriers) 35.42 (F45)
 13 Caroline Sandles (3M's Gorseinon R.R.) 36.16 (F40)
 14 Christine Jones (Celtic Tri) 36.23 (F50)

15 Cordelia Jones (3M's Gorseinon R.R.) 36.38
16 Pauline Williams (Port Talbot Harriers) 37.12 (F50)
17 Judith Oakley (Port Talbot Harriers) 37.17 (F45)
18 Penelope Rees (Tata Steel) 37.38 (F35)
19 Amanda Morris (Port Talbot Harriers) 37.42 (F35)
20 Nicola Thomas (Porthcawl Runners Life) 38.03 (F40)
21 Lisa Williams (3M's Gorseinon R.R.) 38.22
22 Angela Delaney (Swansea Harriers) 38.26 (F40)
23 Gwen Smith (Swansea Harriers) 38.28 (F45)
24 Kirsten Tucker (Port Talbot Harriers) 39.16
25 Julia Rees (Port Talbot Harriers) 39.56
26 Tina Arthur (Port Talbot Harriers) 40.15 (F45)
27 Debbie Veck (3M's Gorseinon R.R.) 40.19 (F40)
28 Laura Richards (Porthcawl Runners Life) 40.21
29 Tasmin Thomas (Swansea University) 40.29
30 Romana Maine (Porthcawl Runners Life) 40.37 (F50)
31 Rebecca Hambrook (Porthcawl Runners Life) 40.59 (F60)
32 Lisa Kethrow (Celtic Tri) 41.17
33 Karen Aitchison (Celtic Tri) 42.18 (F35)
34 Julie Noble (Celtic Tri) 43.05 (F45)
35 Donna Morgan (Amman Valley Harriers) 43.13 (F35)
36 Chris Hurdidge (3M's Gorseinon R.R.) 43.38 (F55)
37 Julie Samuel (Tata Steel) 43.58 (F45)
38 Alison Griffiths (Pembrokeshire Harriers) 44.09 (F40)
39 Catherine Lloyd-Bennett (3M's Gorseinon R.R.) 44.21
40 Lorna Silke (Celtic Tri) 44.55 (F40)
41 Michelle Fulcher (Port Talbot Harriers) 46.22 (F45)
42 Shirley Davies (Tata Steel) 46.42 (F45)
43 Gill Coleman (Pembrokeshire Harriers) 46.46 (F45)
44 Tracey Williams (Celtic Tri) 46.49 (F45)
45 Barbara Thomas (Pembrokeshire Harriers) 47.01 (F65)
46 Alison Terry (Guest) 47.06 (F50)
47 Linda Owens (3M's Gorseinon R.R.) 47.22 (F55)
48 Fay Sharpe (3M's Gorseinon R.R.) 47.53 (F50)
49 Madeleine Bland (Pembrokeshire Harriers) 48.27 (F55)
50 Lynne Holmes (3M's Gorseinon R.R.) 48.48 (F45)
51 Kath Richards (Tata Steel) 48.58 (F50)
52 Jan Bell (Pembrokeshire Harriers) 50.09 (F65)
53 Joy Thomas (Amman Valley Harriers) 50.38 (F40)
54 Karen Burrows (Celtic Tri) 51.22 (F50)
55 Melanie Colburn (Celtic Tri) 52.43 (F45)
56 Julie Davies (3M's Gorseinon R.R.) 53.45 (F55)
57 Paula Stockley (Womens Running Network) 57.17

Ladies Match Result

1 Port Talbot Harriers 223
2 Porthcawl Runnerslife 210
2 Celtic Tri 188
4 3M's Gorseinon R.R. 173
5 Swansea Harriers 170
6 Tata Steel 132
7 Pembrokeshire Harriers 109
8 Aberystwyth A.C. 53
9 Swansea University 28
10 Amman Valley Harriers 27
11 Womens Runners Network 1