

## MARGAM PARK - 2007

### Senior Ladies/V70 Men - West Glamorgan League Result

- 1 Leah Dixon (Neath Harriers) 20.42
- 2 Tasha Sexton (Guest) 21.13
- 3 Ingrid Taylor (3M's Gorseinon R.R.) 21.32
- 4 Carol Glover (Univ of Wales Swansea) 21.50
- 5 Eryllois Davies (Team Wecori) 22.03
- 6 Amanda Evans (3M's Gorseinon R.R.) 22.05
- 7 Rachel Arnold (Univ of Wales Swansea) 22.11
- 8 Helen Marshall (Guest) 22.33
- 9 Efa Llewellyn (Swansea Harriers A.C.) 23.03
- 10 Sian Phillips (Swansea Harriers A.C.) 23.16
- 11 Kimberley Bates-Jones (Cwmavon) 23.26
- 12 Lisa Thomas (Amman Valley Harriers) 23.29
- 13 Anita Saycell (Guest) 23.32
- 14 Deborah Youngs (3M's Gorseinon R.R.) 23.38
- 15 Louise Miskell (3M's Gorseinon R.R.) 24.00
- 16 Emily Gibson (Univ of Wales Swansea) 24.18
- 17 Amanda John (Amman Valley Harriers) 24.32
- 18 Emma Smith (Guest) 24.33
- 19 Judith Oakley (Port Talbot Harriers & AC) 24.49
- 20 Michelle Witham (Swansea Harriers A.C.) 24.55
- 21 Gwen Smith (Swansea Harriers A.C.) 24.56
- 22 Julie Thomas (3M's Gorseinon R.R.) 25.17
- 23 Ann Powell (Guest) 25.34
- 24 Catherine Marks (Univ of Wales Swansea) 25.36
- 25 Sara Griffiths (Neath Harriers) 25.37
- 26 Christine Lloyd (Swansea Harriers A.C.) 25.42
- 27 Allan Smith (3M's Gorseinon R.R.) 26.35
- 28 Lyndsey Dodds (Swansea Harriers A.C.) 27.03
- 29 Michelle Phillips (Amman Valley Harriers) 27.10
- 30 Brian Blanford (Neath Harriers) 27.12
- 31 Helen Parry (Corus) 27.22
- 32 Karen Williams (Guest) 27.41
- 33 Caryl Davies (Guest) 28.08
- 34 Nina Skubala (West Cross) 28.14
- 35 Fay Sharpe (3M's Gorseinon R.R.) 28.49
- 36 Hannah Posner (Univ of Wales Swansea) 29.49
- 37 Barbara Thomas (Pembrokeshire Harriers) 30.28
- 38 Madeleine Bland (Pembrokeshire Harriers) 30.54
- 39 Julie Samuel (Corus) 31.22
- 40 Janet Bell (Pembrokeshire Harriers) 31.43

### West Glamorgan League Result

- 1 Simon Jones (Cornelly Striders A.C.) 30.03
- 2 Craig Hopkins (Univ of Wales Swansea) 30.18
- 3 Lewys Hobbs (MMTG) 30.38
- 4 Dan Stevens (Guest) 30.51
- 5 David Notman (MMTG) 31.05
- 6 Daniel Gurmin (MMTG) 31.22
- 7 Oliver Howton (MMTG) 31.29
- 8 Jack Davey (Guest) 31.30
- 9 Thomas Phillips (Cornelly Striders A.C.) 31.43
- 10 Harry Jones (Cornelly Striders A.C.) 31.44
- 11 Ross MacDonald (Univ of Wales Swansea) 32.06 (U20)
- 12 Paul Richards (Neath Harriers) 32.12 (V40)
- 13 Philip Crane (Neath Black Tuesday) 32.26 (V45)

14 Steve Smith (Swansea Harriers Vets) 32.29 (V45)  
15 Simon Wilson (MMTG) 32.39 (V40)  
16 Paul Talbot (Neath Black Tuesday) 32.46 (V40)  
17 Ifan Lloyd (Swansea Harriers Vets) 32.54 (V45)  
18 Steve Davies (MMTG) 32.58  
19 Gareth Davies (Guest) 33.23 (V45)  
20 Andy Dickens (Guest) 33.35 (U20)  
21 Peter Osborne (Swansea Harriers Vets) 33.41 (V45)  
22 Alan Davies (3M's Gorseinon R.R.) 33.45 (V50)  
23 Rhys Jones (Neath Jaguars) 33.55 (U20)  
24 Chris Parker (Swansea Harriers Vets) 34.05 (V40)  
25 Peter Crane (Neath Black Tuesday) 34.06 (V45)  
26 Andy Doel (Neath Harriers) 34.06 (V40)  
27 Daniel Harris (Corus) 34.07  
28 Lee Sandham (Neath Black Tuesday) 34.17  
29 Ian Webb (Guest) 34.29 (V50)  
30 Huw Roberts (Guest) 34.35 (V50)  
31 Shaun Tobin (Corus) 34.39  
32 Kevin Lewis (Neath Black Tuesday) 34.52 (V45)  
33 Gary Irving (Land Registry) 34.58 (V45)  
34 Mick Tabor (Guest) 35.01  
35 Stephen Williams (Neath Black Tuesday) 35.10 (V45)  
36 Steve Coupe (Guest) 35.16 (V55)  
37 Simon Osborne (Guest) 35.18 (V45)  
38 Danny Thorogood (Guest) 35.22 (V45)  
39 Andrew Reynolds (Neath Black Tuesday) 35.23  
40 Stephen Richards (Univ of Wales Swansea) 35.28  
41 Mark Reynolds (Neath Black Tuesday) 35.35 (V35)  
42 Charles Walsh (Corus) 35.40  
43 Paul Dyson (Univ of Wales Swansea) 35.48 (V45)  
44 Ronnie Rodgers (Swansea Harriers Vets) 35.55 (V50)  
45 Howard Carpenter (Neath Black Tuesday) 35.59 (V50)  
46 Ryan Evans (Univ of Wales Swansea) 36.10  
47 Aaron Jones (Swansea Harriers Vets) 36.13 (V50)  
48 Adrian Weaver (Port Talbot Harriers & A.C) 36.15  
49 Chris Fulcher (Port Talbot Harriers Vets) 36.20 (V40)  
50 Andrew Cleverly (MMTG) 36.25  
51 Kevin Taylor (Amman Valley Harriers) 36.28 (V45)  
52 Steve Ousley (Guest) 36.30  
53 Neil Davies (Cornelly Striders A.C.) 36.41 (V45)  
54 Dean Hardie (3M's Gorseinon R.R.) 36.46 (V45)  
55 John Sinnett (Pembrokeshire Harriers) 36.49 (V50)  
56 Nigel Barnos (Port Talbot Harriers Vets) 36.53 (V40)  
57 Jos Jones (Guest) 37.04  
58 Phil Bamsey (Neath Black Tuesday) 37.13 (V55)  
59 Jon Embling (Corus) 37.15 (V50)  
60 Robert Bamsey (Neath Black Tuesday) 37.24 (V50)  
61 Peter Greenwood (Univ of Wales Swansea) 37.28  
62 Tim Butt (MMTG) 37.45  
63 Gerard Crispie (Guest) 37.57 (V45)  
64 Gary Howe (3M's Gorseinon R.R.) 38.04 (V50)  
65 Nigel Francisco (Team Wecori) 38.28 (V40)  
66 Peter Foale (Guest) 38.37 (V55)  
67 Richard Bowen (Neath Black Tuesday) 38.34 (V60)  
68 Chris Rees (Team Wecori) 38.37  
69 Peter Moody (Guest) 38.39 (V60)  
70 Graham Barlow (3M's Gorseinon R.R.) 38.40 (V50)  
71 Grant Thomas (Team Wecori) 38.44  
72 Jason Williams (Visteon Exiles) 38.47  
73 Adam Marshall (Neath Jaguars) 38.55 (U20)

74 Paul Rose (Guest) 39.03 (V40)  
75 Jeff Thomas (Guest) 39.06 (V40)  
76 Uku Kumari (Swansea Harriers Vets) 39.07 (V55)  
77 Cyril Walters (Guest) 39.24 (V60)  
78 John Poston (Swansea Harriers Vets) 39.40 (V60)  
79 Robert Fowler (Amman Valley Harriers) 39.47 (V60)  
80 Sean McDonnell (Univ of Wales Swansea) 39.49  
81 Michael Davies (Port Talbot Harriers Vets) 40.00 (V55)  
82 John Gwynn Evans (Guest) 40.16 (V60)  
83 Graeme Donnan (Guest) 40.19 (V50)  
84 Richard Webster (3M's Gorseinon R.R.) 40.24 (V50)  
85 Hugh Evans (Guest) 40.29 (V40)  
86 Neil Harris (Neath Black Tuesday) 40.37 (V45)  
87 Simon Price (Multi-Sport R.C.) 40.43  
88 Andrew Brown (Land Registry) 40.47 (V40)  
89 Colin Price (Corus) 40.58 (V45)  
90 Steve Hames (Neath Black Tuesday) 41.09 (V45)  
91 Dean Webster (3M's Gorseinon R.R.) 41.14  
92 Kevin Holland (Guest) 41.18 (V45)  
93 Clive Evans (Guest) 41.26 (V60)  
94 Stephen Bendle (3M's Gorseinon R.R.) 41.28 (V40)  
95 Tim O'Sullivan (Guest) 41.43 (V45)  
96 Gerald Gray (Team Wecori) 41.58 (V50)  
97 Paul Padget (Guest) 42.00 (V50)  
98 John Preston (Corus) 42.12 (V40)  
99 Les Chapman (Amman Valley Harriers) 42.35 (V55)  
100 Gary Waters (Swansea Harriers Vets) 42.41 (V55)  
101 Graham Vyner (3M's Gorseinon R.R.) 42.47  
102 John Collins (Swansea Harriers Vets) 43.05 (V45)  
103 Arfon Rees (Team Wecori) 43.15  
104 Tony Wenlock (Guest) 43.23 (V50)  
105 K. Roland Sherwood (Amman Valley Harriers) 43.24 (V60)  
106 Bob Gardiner (Team Wecori) 43.40 (V45)  
107 Geraint Jenkins (Amman Valley Harriers) 43.50 (V40)  
108 Chris Sexton (Guest) 44.54 (V40)  
109 Glyn Williams (3M's Gorseinon R.R.) 44.55 (V60)  
110 Simon Pinner (Team Wecori) 45.32 (V50)  
111 K.Davies (Team Wecori) 45.43 (V45)  
112 Brian Griffiths (3M's Gorseinon R.R.) 45.57 (V60)  
113 Malcolm Bullough (Univ of Wales Swansea) 47.09 (V40)  
114 John Davies (Port Talbot Harriers Vets) 47.18 (V55)  
115 Russell Pullen (Neath Black Tuesday) 48.12 (V60)  
116 Ian Swanson (Port Talbot Harriers Vets) 48.34 (V55)  
117 Matthew O'Leary (Aberavon) 49.06  
118 Neil Samuel (Corus) 49.53 (V50)  
119 Tim O'Leary (Celtic Triathlon) 51.09 (V40)  
120 Paul Jones (Mumbles Milers) 51.51 (V35)  
121 Garry Newbould (Corus) 53.20 (V55)  
122 Gary Taylor (Mumbles Milers) 53.47  
123 Matthew Fincher (Guest) 53.56