

## **West Glamorgan - Gnoll Park 2011**

### **Ladies (Approx 3 Miles)**

- 1 Sandra Pinkham (Port Talbot Harriers & A.C.) 20.15 (F45)
- 2 Claire Phillips (Port Talbot Harriers & A.C.) 20.43 (F40)
- 3 Michelle Cole (3M's Gorseinon R.R.) 20.51
- 4 Jane Coker (Guest) 21.12 (F50)
- 5 Gabriella Maine (Porthcawl Runners Life) 21.27
- 6 Claire Clithero (Corus Multi-Sport) 21.32 (F35)
- 7 Jayne Arnold (Celtic Tri) 21.59 (F35)
- 8 Leanne Gibbs (Celtic Tri) 22.08 (F35)
- 9 Christine Jones (Celtic Tri) 22.17 (F50)
- 10 Charlotte Johns (Guest) 22.37 (F40)
- 11 Sian Phillips (Swansea Harriers) 22.39 (F45)
- 12 Sharon Ford (Porthcawl Runners Life) 22.48 (F40)
- 13 Caroline Sandles (3M's Gorseinon R.R.) 22.52 (F40)
- 14 Kate Coker (Guest) 22.53 (U17)
- 15 Lee Bodenham (Porthcawl Runners Life) 23.02
- 16 Pauline Williams (Port Talbot Harriers & A.C.) 23.12 (F50)
- 17 Andrea Starritt (Guest) 23.18 (F40)
- 18 Cordelia Jones (3M's Gorseinon R.R.) 23.24
- 19 Judith Oakley (Port Talbot Harriers & A.C.) 23.34 (F45)
- 20 Mandy Morris (Port Talbot Harriers & A.C.) 23.35 (F35)
- 21 Nicola Thomas (Porthcawl Runners Life) 23.53 (F40)
- 22 Angela Delaney (Swansea Harriers) 24.09 (F40)
- 23 Helen Eve (Swansea Harriers) 24.18 (F40)
- 24 Libby Lavis (Guest) 24.21 (F50)
- 25 Lisa Williams (3M's Gorseinon R.R.) 24.56
- 26 Del Eyre (3M's Gorseinon R.R.) 24.59 (F45)
- 27 Lisa Kethro (Celtic Tri) 25.29 (F40)
- 28 Vicky Hopkins (Guest) 25.42 (F50)
- 29 Allan Smith (3M's Gorseinon R.R.) 25.51 (V70)
- 30 Donna Morgan (Amman Valley Harriers) 25.58
- 31 Tasmin Thomas (Swansea University) 26.03
- 32 Romana Maine (Porthcawl Runners Life) 26.09 (F50)
- 33 Rebecca Hambrook (Porthcawl Runners Life) 26.21 (F60)
- 34 Salli Davies (3M's Gorseinon R.R.) 26.28
- 35 Kirsten Tucker (Port Talbot Harriers & A.C.) 26.29
- 36 Debbie Veck (3M's Gorseinon R.R.) 26.51
- 37 Julie Samuel (Corus Multi-Sport) 27.11 (F45)
- 38 Tammy Razmick (Guest) 27.15 (F35)
- 39 Julie Noble (Celtic Tri) 27.29 (F45)
- 40 Laura Richards (Porthcawl Runners Life) 27.34
- 41 Sally Reid (3M's Gorseinon R.R.) 27.56 (F40)
- 42 Linda Waller (3M's Gorseinon R.R.) 29.48 (F55)

- 43 Patricia Jones (Guest) 29.54 (F50)
- 44 Fay Sharpe (3M's Gorseinon R.R.) 30.04 (F50)
- 45 Linda Owens (3M's Gorseinon R.R.) 31.37 (F55)
- 46 Karen Burrows (Celtic Tri) 31.37 (F50)
- 47 Lynn Holmes (3M's Gorseinon R.R.) 31.54 (F45)
- 48 Paula Stockney (Womens Runners Network) 38.39

**Men (Approx 5.5Miles)**

- 1 Matthew Harvey (Neath Harriers) 31.09
- 2 Steve Rees (Port Talbot Harriers & A.C.) 31.13
- 3 David Rees (Corus Multi-Sport) 31.26
- 4 Paul Talbot (Neath Black Tuesday) 31.52 (V40)
- 5 James Hocking (Celtic Tri) 32.03
- 6 Tom Davies (Porthcawl Runners Life) 32.19 (U20)
- 7 Hugh Pascoe (Celtic Tri) 32.24
- 8 Andrew Reynolds (Port Talbot Harriers & A.C.) 32.36
- 9 David Wilson-Evans (Swansea Harriers Veterans) 32.47 (V50)
- 10 Daniel Thomas (Swansea University) 33.01
- 11 Roy Whitehouse (Neath Jaguars) 33.06 (V45)
- 12 Chris Parker (Port Talbot Harriers & A.C.) 33.12 (V45)
- 13 Alan Davies (3M's Gorseinon R.R.) 33.19 (V55)
- 14 Gareth Ayres (Port Talbot Harriers & A.C.) 33.27
- 15 Richard Lewis (Celtic Tri) 33.38
- 16 John Morris (Amman Valley Harriers) 33.41
- 17 Paul Speyer (Guest) 33.43 (V35)
- 18 Geraint Lewis (Porthcawl Runners Life) 33.47
- 19 Nick Roche (Mumbles) 33.49 (V40)
- 20 Chris Fulcher (Port Talbot Harriers & A.C.) 33.55 (V40)
- 21 Lee Morris (3M's Gorseinon R.R.) 34.09
- 22 Ian Phillips (3M's Gorseinon R.R.) 34.18
- 23 Richard Mulvany (Neath Harriers) 34.26 (V35)
- 24 John Littlewood (Celtic Tri) 34.38
- 25 Gareth Petts (Swansea University) 34.53
- 26 Jeff Thomas (Porthcawl Runners Life) 35.01 (V40)
- 27 Andrew Morrison (Swansea Harriers MMTG) 35.02
- 28 Richard Jones (Swansea Harriers Veterans) 35.04 (V50)
- 29 Lee Sandham (Neath Black Tuesday) 35.11 (V40)
- 30 Paul Coker (Guest) 35.13 (V50)
- 31 Alun Rees (Neath Harriers) 35.25 (V35)
- 32 Ian Harris (Neath Harriers) 35.29
- 33 Anthony Powell (Neath Harriers) 35.37 (V40)
- 34 Daniel Davies (Pembrokeshire Harriers) 35.39
- 35 Carwyn Evans (Swansea Harriers) 35.42 (U17)
- 36 Andrew Jenkins (Corus Multi-Sport) 35.46 (V45)
- 37 Alex Williams (Port Talbot Harriers & A.C.) 35.52 (V40)
- 38 Andrew George (Celtic Tri) 35.55
- 39 John Morgan (Guest) 36.05

40 Kevin Taylor (Amman Valley Harriers) 36.15 (V50)  
41 Stephen Richards (Swansea Harriers MMTG) 36.29  
42 Steve Williams (Neath Black Tuesday) 36.39 (V50)  
43 Adrian Pearce (Corus Multi-Sport) 36.43  
44 Mark Gosney (3M's Gorseinon R.R.) 36.45  
45 Scott Davies (Celtic Tri) 36.46  
46 Steve Walsh (Port Talbot Harriers & A.C.) 36.49 (V40)  
47 Charles Walsh (Port Talbot Harriers & A.C.) 36.53 (V35)  
48 Dai Richards (Celtic Tri) 36.54 (V50)  
49 Daniel Harris (Corus Multi-Sport) 36.55  
50 David Parfitt (Port Talbot Harriers & A.C.) 37.09 (V40)  
51 Paul Davies (Port Talbot Harriers & A.C.) 37.14 (V45)  
52 Howard Carpenter (Neath Harriers Veterans) 37.18 (V55)  
53 Graham Colvin (Celtic Tri) 37.31 (V45)  
54 Chris Lewis (Port Talbot Harriers Vets) 37.32 (V35)  
55 Will Edwards (Porthcawl Runners Life) 37.33  
56 James O'Callaghan (Gendros) 37.39 (V40)  
57 Terry Jones (Porthcawl Runners Life) 38.09 (V35)  
58 Andrew Edwards (Celtic Tri) 38.09  
59 Ian Ogilvie (Guest) 38.29 (V40)  
60 Jason Griffiths (Corus Multi-Sport) 38.45 (V40)  
61 Dean Hardie (3M's Gorseinon R.R.) 38.49 (V50)  
62 Neil Davies (Cornelly Striders A.C.) 38.51 (V50)  
63 John Sinnett (Pembrokeshire Harriers) 38.52 (V50)  
64 Mike Evans (Neath Black Tuesday) 39.04 (V50)  
65 Dave Cornish (Port Talbot Harriers & A.C.) 39.14  
66 Chris Jones (Amman Valley Harriers) 39.28 (V40)  
67 Roger Davis (Porthcawl RL Vets) 39.35 (V40)  
68 Simon Philpin (Guest) 39.39  
69 Kerrith Ashby (Corus Multi-Sport) 39.41 (V35)  
70 Paul Arnold (Celtic Tri) 39.49  
71 John Hopkins (Port Talbot Harriers Vets) 39.55 (V45)  
72 Dave Rose (Porthcawl RL Vets) 40.02 (V40)  
73 Graham Vyner (Celtic Tri) 40.22 (V40)  
74 Peter Turner (Cornelly Striders A.C.) 40.23 (V55)  
75 Uku Kumari (Swansea Harriers Thursdays) 40.24 (V55)  
76 Julian Maine (Porthcawl RL Vets) 40.27 (V50)  
77 Bernie Henderson (Port Talbot Harriers Vets) 40.29 (V55)  
78 Steve Bendle (Swansea Harriers Thursdays) 40.31 (V45)  
79 David James (Amman Valley Harriers) 40.34  
80 Anthony Williams (Corus Multi-Sport) 40.53  
81 Dave Hesketh (Cornelly Striders A.C.) 41.02 (V45)  
82 Dean Webster (3M's Gorseinon R.R.) 41.05  
83 David Davies (Neath Jaguars) 41.09 (V60)  
84 Rony Seamons (Celtic Tri) 41.24  
85 Alan Jones (Guest) 41.28 (V50)  
86 Mark Davies (Port Talbot Harriers Vets) 41.34 (V40)  
87 Paul Edwards (Pembrokeshire Harriers) 41.36 (V50)

- 88 Rob Fowler (Amman Valley Harriers) 41.53 (V65)
- 89 Mario Rabaiotti (Port Talbot Harriers Vets) 41.58 (V45)
- 90 Les Chapman (Amman Valley Harriers) 42.33 (V60)
- 91 Matthew Williams (Amman Valley Harriers) 42.35
- 92 Gareth Thomas (Pembrokeshire Harriers) 42.52
- 93 Dave Griffiths (Pembrokeshire Harriers) 43.01 (V40)
- 94 Simon Pinner (Corus Multi-Sport) 43.19 (V50)
- 95 Mark Clatworthy (Porthcawl Runners Life) 44.03 (V35)
- 96 Jason Evans (Celtic Tri) 44.09 (V35)
- 97 Alan Perkins (Port Talbot Harriers Vets) 44.17 (V55)
- 98 Ray James (Port Talbot Harriers Vets) 44.19 (V45)
- 99 Alan Roberts (Port Talbot Harriers V.V.) 44.43 (V55)
- 100 Terry Jones (Celtic Tri) 44.55 (V55)
- 101 Ken Davies (Team Wecori) 45.19 (V50)
- 102 Merin Broudic (Guest) 45.32
- 103 Jason Edmonds (Porthcawl RL Vets) 45.37 (V40)
- 104 Dave Breen (Porthcawl RL Vets) 45.43 (V55)
- 105 Tony Burt (Guest) 45.44 (V65)
- 106 John Ayres (Port Talbot Harriers V.V.) 46.02 (V55)
- 107 Tony Holling (Port Talbot Harriers V.V.) 47.11 (V55)
- 108 Richard Moore (Porthcawl Runners Life) 47.24
- 109 Lee Newman (Porthcawl RL Vets) 47.29 (V40)
- 110 Keith Treharne (Guest) 48.16 (V65)
- 111 John Davies (Port Talbot Harriers V.V.) 48.25 (V60)
- 112 Ralph Allemano (Swansea Harriers Thursdays) 49.16 (V60)
- 113 Ian Swanson (Port Talbot Harriers V.V.) 49.37 (V60)
- 114 Ian Stratton (Guest) 49.39 (V40)
- 115 James Dean (Amman Valley Harriers) 63.05