

Senior Men

West Glamorgan Cross Country League Result

- 1 Craig Hopkins (Univ of Wales Swansea) 37.59
- 2 Jack Davey (Guest) 39.51
- 3 Paul Talbot (Neath Black Tuesday) 40.17 (V40)
- 4 Daniel Thomas (MMTG) 40.26
- 5 Matthew Harvey (Neath Black Tuesday) 41.16
- 6 Ifan Lloyd (Swansea Harriers Veterans) 41.52 (V45)
- 7 Peter Crane (Neath Black Tuesday) 42.03 (V45)
- 8 Phil Crane (Neath Black Tuesday) 42.19 (V45)
- 9 Alex Donald (Guest) 42.36
- 10 Lee Sandham (Neath Black Tuesday) 42.42
- 11 Peter Osborne (Swansea Harriers Veterans) 42.47 (V45)
- 12 Ian Webb (Guest) 42.56 (V50)
- 13 Gareth Petts (Univ of Wales Swansea) 44.12
- 14 Gary Irving (Swansea Harriers Veterans) 44.16 (V45)
- 15 Steve Williams (Neath Black Tuesday) 44.31 (V50)
- 16 Steve Coupe (Sospan Road Runners) 44.47 (V55)
- 17 Jeff Thomas (Guest) 44.54 (V40)
- 18 Jerome Evans (Port Talbot Harriers & A.C.) 44.57
- 19 Adrian Weaver (Port Talbot Harriers & A.C.) 45.02
- 20 Chris Fulcher (Port Talbot Harriers Veterans) 45.17 (V40)
- 21 Richard Thompson (Pembrokeshire Harriers) 45.28 (V45)
- 22 Howard Carpenter (Neath Black Tuesday) 45.32 (V55)
- 23 Jos Jones (Aberystwyth A.C.) 45.36
- 24 Kevin Taylor (Amman Valley Harriers) 46.01 (V45)
- 25 Jon Embling (Corus) 46.04 (V50)
- 26 Kevin Lewis (Neath Jaguars) 46.16 (V45)
- 27 Steve Ousley (Ingli Runners) 46.37
- 28 Charles Walsh (Port Talbot Harriers & A.C.) 47.03
- 29 John Morris (Swansea Bay Orienteering) 47.16
- 30 David Davies (Neath Jaguars) 47.18 (V60)
- 31 Dean Hardie (3M's Gorseinon R.R.) 47.25 (V50)
- 32 Hywel Porter (Univ of Wales Swansea) 47.46
- 33 Nigel Fransisco (Team Wecori) 47.48 (V40)
- 34 Gary Howe (3M's Gorseinon R.R.) 47.54 (V50)
- 35 Alan Jones (Team Wecori) 47.59 (V40)
- 36 Peter Foale (Aberystwyth A.C.) 48.16 (V55)
- 37 Steve Walsh (3M's Gorseinon R.R.) 48.31
- 38 Mike Evans (Neath Black Tuesday) 48.44 (V45)
- 39 Peter Turner (Cornelly Striders A.C.) 48.49 (V55)
- 40 Graham Colvin (3M's Gorseinon R.R.) 48.56 (V45)
- 41 John Sinnett (Pembrokeshire Harriers) 49.04 (V50)
- 42 Alan Perkins (Port Talbot Harriers Veterans) 49.21 (V55)
- 43 Rob Fowler (Amman Valley Harriers) 49.40 (V60)
- 44 Bernard Henderson (Port Talbot Harriers Veterans) 49.43 (V50)
- 45 Grant Thomas (Team Wecori) 49.58
- 46 Uku Kumari (Swansea Harriers Veterans) 50.02 (V55)
- 47 Martin Dyde (Pembrokeshire Harriers) 50.11 (V50)
- 48 Dave Griffiths (Pembrokeshire Harriers) 50.20 (V40)

- 49 Clive Davies (Sospan Road Runners) 50.24 (V45)
- 50 Richard Jones (Cornelly Striders A.C.) 50.29
- 51 Robin Withers (Pembrokeshire Harriers) 50.39
- 52 Paul Edwards (Pembrokeshire Harriers) 50.53 (V40)
- 53 Gary Waters (Swansea Harriers Veterans) 51.12 (V55)
- 54 Peter Moody (Guest) 51.34 (V65)
- 55 Martin Hooper (Sospan Road Runners) 51.40 (V45)
- 56 Simon Pinner (Team Wecori) 51.51 (V40)
- 57 David Oak (Port Talbot Harriers Veterans) 51.55 (V60)
- 58 Martin Evans (Team Wecori) 52.15 (V45)
- 59 Paul Lewis (3M's Gorseinon R.R.) 52.35 (V40)
- 60 Hugh Evans (Guest) 53.18 (V50)
- 61 Mario Rabaiotti (Port Talbot Harriers Veterans) 53.23 (V45)
- 62 Gerald Gray (Team Wecori) 53.50 (V50)
- 63 Dylan Jones (Team Wecori) 54.17 (V40)
- 64 John Collins (Swansea Harriers Veterans) 54.33 (V70)
- 65 Roland Sherwood (Amman Valley Harriers) 54.42 (V60)
- 66 Geraint Jenkins (Amman Valley Harriers) 54.53 (V40)
- 67 Bob Gardner (Team Wecori) 55.53 (V45)
- 68 Haydn Williams (Amman Valley Harriers) 56.32
- 69 Tony Holling (Port Talbot Harriers Veterans) 57.14 (V50)
- 70 John Davies (Port Talbot Harriers Veterans) 57.27 (V60)
- 71 Dewi West (3M's Gorseinon R.R.) 57.44 (V45)
- 72 Chris Bowen (Neath Black Tuesday) 58.01 (V45)
- 73 Darren Williams (Port Talbot Harriers & A.C.) 58.14
- 74 Ian Swanson (Port Talbot Harriers Veterans) 58.52 (V55)
- 75 Ray Boyce (Cornelly Striders A.C.) 59.09 (V45)
- 76 John Ayres (Port Talbot Harriers Veterans) 59.36 (V50)
- 77 Ken Davies (Team Wecori) 61.59 (V45)
- 78 Neil Samuel (Corus) 63.37 (V55)

80 Started

Ladies

West Glamorgan Cross Country League Result

- 1 Hayley Pointer (Univ of Wales Swansea) 26.48
- 2 Hannah Jarvis (Guest) 27.23
- 3 Gilli Davies (Swansea Harriers A.C.) 27.27 (F45)
- 4 Francis Gill (Neath Harriers) 27.34 (F45)
- 5 Helen Marshall (Aberystwyth A.C.) 27.44
- 6 Rachel Alcock (Swansea Harriers A.C.) 28.00 (F35)
- 7 Lisa Thomas (Amman Valley Harriers) 28.13
- 8 Enfys Jones (Guest) 28.54
- 9 Sandra Pinkham (Port Talbot Harriers & A.C.) 29.02 (F45)
- 10 Amanda Evans (3M's Gorseinon R.R.) 29.28 (F35)
- 11 Carol Moseley (Port Talbot Harriers & A.C.) 30.07
- 12 Michelle Witham (Swansea Harriers A.C.) 30.55
- 13 Sian Phillips (Swansea Harriers A.C.) 31.30 (F45)
- 14 Louise Miskell (3M's Gorseinon R.R.) 31.46 (F35)
- 15 Eleri Jones (Pembrokeshire Harriers) 32.05

- 16 Judith Oakley (Port Talbot Harriers & A.C.) 32.09 (F40)
- 17 Caroline Sandles (3M's Gorseinon R.R.) 32.25 (F40)
- 18 Joanne Davies (Univ of Wales Swansea) 33.53
- 19 Helen Thomas (Pembrokeshire Harriers) 34.19
- 20 Caryl Davies (Guest) 34.59
- 21 Pauline Williams (Port Talbot Harriers & A.C.) 35.00
- 22 Jill Coleman (Pembrokeshire Harriers) 36.44 (F40)
- 23 Fay Sharpe (3M's Gorseinon R.R.) 37.05 (F45)
- 24 Alison Griffiths (Pembrokeshire Harriers) 37.23 (F35)
- 25 Lorraine Dyde (Pembrokeshire Harriers) 37.44 (F50)
- 26 Pauline Charlett (Pembrokeshire Harriers) 38.19 (F45)
- 27 Donna Lewis (Amman Valley Harriers) 38.25
- 28 Julie Samuel (Corus) 38.44 (F40)
- 29 Madeleine Bland (Pembrokeshire Harriers) 38.54 (F55)
- 30 Barbara Thomas (Pembrokeshire Harriers) 41.10 (F60)
- 31 Jan Bell (Pembrokeshire Harriers) 41.11 (F60)