

**Penrhos, Ystradgynlais, Sunday 4th October 2009**

**Senior Ladies (approx 4 miles)**

- 1 Jade Williams (Amman Valley Harriers) 24.15 (U20)
- 2 Sandra Pinkham (Port Talbot Harriers & A.C) 25.32 (F45)
- 3 Carol Glover (Univ of Wales Swansea) 25.51
- 4 Helen Marshall (Aberystwyth A.C.) 25.56
- 5 Rachel Alcock (Amman Valley Harriers) 26.12 (F35)
- 6 Jayne Arnold (Celtic Tri) 26.41
- 7 Lisa Thomas (Amman Valley Harriers) 26.45
- 8 Deborah Reed (3M's Gorseinon R.R.) 26.52 (F40)
- 9 Celia White (Ingli Runners) 26.57 (F40)
- 10 Joanne Thatcher (Aberystwyth A.C.) 27.07 (F40)
- 11 Gaynor Hulland (Celtic Tri) 27.14 (F50)
- 12 Carol Moseley (Port Talbot Harriers & A.C) 27.27
- 13 Ceri Brambley-Tucker (Port Talbot Harriers & A.C) 27.39 (F40)
- 14 Bethan Ousley (Ingli Runners) 27.47
- 15 Gill Wilcox (Ingli Runners) 28.18 (F35)
- 16 Louise Miskell (3M's Gorseinon R.R.) 28.26 (F35)
- 17 Angela Delaney (Swansea Harriers A.C.) 28.52 (F40)
- 18 Caroline Sandles (3M's Gorseinon R.R.) 28.55 (F40)
- 19 Cordelia Jones (3M's Gorseinon R.R.) 28.55
- 20 Clare Williams (Ingli Runners) 28.59 (F40)
- 21 Michelle Witham (Swansea Harriers A.C.) 29.06
- 22 Pauline Williams (Port Talbot Harriers & A.C) 29.17 (F50)
- 23 Jayne Scheiss (Celtic Tri) 30.20 (F35)
- 24 Kath John (3M's Gorseinon R.R.) 30.29 (F40)
- 25 Del Eyre (3M's Gorseinon R.R.) 30.39 (F45)
- 26 Gwen Smith (Swansea Harriers A.C.) 30.56 (F40)
- 27 Judith Oakley (Port Talbot Harriers & A.C) 31.32 (F40)
- 28 Della Griffiths (Pembrokeshire Harriers) 32.03 (F40)
- 29 Allan Smith (3M's Gorseinon R.R.) 32.10 (VM75)
- 30 Tina Arthur (Port Talbot Harriers & A.C) 32.32 (F45)
- 31 Kirsten Tucker (Swansea Harriers A.C.) 32.33
- 32 Alison Griffiths (Pembrokeshire Harriers) 33.02 (F40)
- 33 Melanie Colburn (Celtic Tri) 33.18 (F40)
- 34 Leanne Westacott (Corus) 33.32
- 35 Louise Parry (3M's Gorseinon R.R.) 33.42
- 36 Julie Noble (Celtic Tri) 33.47 (F40)
- 37 Carol Vyner (3M's Gorseinon R.R.) 33.54
- 38 Rhian Jones (Team Wecori) 33.57
- 39 Tasmin Thomas (Univ of Wales Swansea) 33.58
- 40 Shirley Davies (Corus) 34.26 (F45)
- 41 Julie Samuel (Corus) 34.26 (F45)
- 42 Debby Price (Corus) 34.59 (F40)
- 43 Carys Roderick (Team Wecori) 35.13
- 44 Tracy Hinton (3M's Gorseinon R.R.) 35.17 (F45)
- 45 Rebecca Davies (Team Wecori) 35.36 (F35)
- 46 Pauline Charlett (Pembrokeshire Harriers) 35.48 (F45)
- 47 Linda Waller (3M's Gorseinon R.R.) 36.23 (F50)
- 48 Madeleine Bland (Pembrokeshire Harriers) 36.28 (F55)
- 49 Jan Bell (Pembrokeshire Harriers) 36.52 (F60)
- 50 Lynne Perrott (Team Wecori) 36.54 (F55)
- 51 Brabara Thomas (Pembrokeshire Harriers) 38.04 (F60)
- 52 Susan Felstead (Celtic Tri) 38.15 (F40)
- 53 Cath Richards (Corus) 38.55 (F45)
- 54 Lisa Ogilvie (Celtic Tri) 39.14 (F40)
- 55 Hayley Morris (Celtic Tri) 40.14 (F35)
- 56 Heather Pierce (Celtic Tri) 40.28 (F40)
- 57 Rose Jones (Celtic Tri) 42.01 (F55)
- 58 Alison Jones (Celtic Tri) 43.04 (F40)

### **Ladies Match Result**

- 1 Port Talbot Harriers & A.C. 214
- 2 3M's Gorseinon R.R. 205
- 3 Celtic Tri 183
- 4 Inqli Runners 174
- 5 Amman Valley Harriers 161
- 5 Swansea Harriers 138
- 7 Aberystwyth A.C. 102
- 8 Pembrokeshire Harriers 91
- 9 Corus 85
- 10 Swansea University 75
- 11 Team Wecori 51

### **Ladies Division 1**

#### **Position, Team, Match Points, League Points**

- 1 Port Talbot Harriers & A.C. 214 6
- 2 3M's Gorseinon R.R. 205 5
- 3 Swansea Harriers 138 4
- 4 Aberystwyth A.C. 102 3
- 5 Corus 85 2
- 6 Swansea University 75 1

### **Ladies Division 2**

#### **Position, Team, Match Points, League Points**

- 1 Celtic Tri 183 5
- 2 Inqli Runners 174 4
- 3 Amman Valley Harriers 161 3
- 4 Pembrokeshire Harriers 91 2
- 5 Team Wecori 51 1

### **Senior Men (approx 5.72 miles)**

- 1 Marc Hobbs (Swansea Harriers MMTG) 30.41
- 2 Craig Hopkins (University of Wales Swansea) 30.42
- 3 Lewys Hobbs (Swansea Harriers MMTG) 30.52
- 4 Mark Roberts (University of Wales Swansea) 31.04
- 5 Chris Williams (Neath Harriers) 31.19 (V40)
- 6 Afan Humphreys (Swansea Harriers MMTG) 31.37
- 7 Paul Talbot (Neath Black Tuesday) 32.24 (V40)
- 8 Ryan Bevis (Swansea Harriers MMTG) 33.01
- 9 James Hocking (Celtic Tri) 33.07
- 10 Phil Crane (Neath Black Tuesday) 33.08 (V45)
- 11 Chris Parker (Swansea Harriers Veterans) 33.10 (V40)
- 12 Andrew Reynolds (Neath Black Tuesday) 33.33
- 13 Peter Crane (Neath Black Tuesday) 33.53 (V45)
- 14 Richard Gordo (Swansea Harriers MMTG) 33.59
- 15 Alun Davies (3M's Gorseinon R.R.) 34.07 (V55)
- 16 Steve Ousley (Inqli Runners) 34.15
- 17 Simon Lewis (Guest) 34.17 (V40)
- 18 Lee Sandham (Neath Black Tuesday) 34.24
- 19 Adrian Weaver (Port Talbot Harriers & A.C.) 34.32
- 20 Gareth Petts (University of Wales Swansea) 34.33
- 21 Steve Richards (Swansea Harriers MMTG) 34.37
- 22 David Wilson-Evans (Swansea Harriers Veterans) 34.50 (V50)
- 23 Aaron Jones (Port Talbot Harriers Veterans) 34.58 (V50)
- 24 Jeremy Davies (Neath Jaguars) 35.09 (V45)
- 25 David Crane (Neath Black Tuesday) 35.12 (V50)
- 26 Kevin Lewis (Neath Jaguars) 35.14 (V45)
- 27 Daniel Thomas (Swansea Harriers MMTG) 35.15
- 28 Daniel Winter (University of Wales Swansea) 35.18
- 29 Gareth Ayres (Port Talbot Harriers & A.C.) 35.29

30 Lyndsey Christopher (Corus) 35.33 (V40)  
31 Gareth Elliott (Pembrokeshire Harriers) 35.38  
32 Gary Irving (Land Registry) 35.42 (V50)  
33 Pete Lloyd (3M's Gorseinon R.R.) 35.43 (V40)  
34 Tim Butt (University of Wales Swansea) 35.50  
35 Alec Williams (Ingli Runners) 35.53 (V40)  
36 John Littlewood (Celtic Tri) 35.55  
37 Daniel Harris (Corus) 36.02  
38 Leighton Williams (Celtic Tri) 36.03  
39 Andrew Dawe (Pembrokeshire Harriers) 36.05 (V40)  
40 Richard Jones (Swansea Harriers Veterans) 36.10 (V50)  
41 Richard Lewis (Celtic Tri) 36.11  
42 Chris Fulcher (Port Talbot Harriers Veterans) 36.12 (V40)  
43 Steve Evans (Neath Harriers Veterans) 36.15 (V40)  
44 Neil Davies (Cornelly Striders A.C.) 36.21 (V50)  
45 Charles Walsh (Port Talbot Harriers & A.C.) 36.22  
46 David John (University of Wales Swansea) 36.22  
47 Jon Embling (Corus) 36.26 (V50)  
48 Paul Lewis (3M's Gorseinon R.R.) 36.36 (V40)  
49 Steve Williams (Neath Black Tuesday) 36.44 (V50)  
50 Tim James (Ingli Runners) 36.55  
51 Jos Jones (Aberystwyth A.C.) 36.58  
52 Steve Coupe (Sospan Road Runners) 37.13 (V55)  
53 Adrian Pearce (Corus) 37.20  
54 Steve Walsh (3M's Gorseinon R.R.) 37.29 (V40)  
55 Andrew Thomas (Sospan Road Runners) 37.34 (V40)  
56 Richard Webster (3M's Gorseinon R.R.) 37.36 (V55)  
57 Kevin Corcoran (Land Registry) 37.37 (V45)  
58 Shaun Broome (Neath Jaguars) 37.38  
59 Hywel Porter (University of Wales Swansea) 37.38  
60 David Davies (Neath Jaguars) 37.39 (V60)  
61 Sean Treloar (Port Talbot Harriers Veterans) 37.40 (V40)  
62 Mark Terry (Port Talbot Harriers Veterans) 37.46 (V50)  
63 John Diffy (South Wales Police) 37.47 (V45)  
64 Grant Thomas (Team Wecori) 37.48  
65 Richard Bowen (Neath Harriers Veterans) 37.55 (V60)  
66 James Murphy (Team Wecori) 38.07 (V40)  
67 Howard Carpenter (Neath Harriers Veterans) 38.12 (V55)  
68 Graham Colvin (3M's Gorseinon R.R.) 38.24 (V45)  
69 David Thomas (3M's Gorseinon R.R.) 38.27  
70 Mike Evans (Neath Black Tuesday) 38.31 (V45)  
71 Simon Beer (Celtic Tri) 38.32 (V40)  
72 Darren Edwards (Celtic Tri) 38.37  
73 Martin Hooper (Sospan Road Runners) 38.49  
74 Nigel Francisco (Team Wecori) 38.56 (V45)  
75 Dean Hardie (3M's Gorseinon R.R.) 38.58 (V50)  
76 Andrew Brown (Land Registry) 39.05 (V40)  
77 Jason Statham (Land Registry) 39.14 (V40)  
78 John Sinnett (Pembrokeshire Harriers) 39.15 (V50)  
79 Martin Jones (Corus) 39.20  
80 Peter Turner (Cornelly Striders A.C.) 39.26 (V55)  
81 Phil Davies (Corus) 39.28 (V45)  
82 Martin Evans (Team Wecori) 39.47 (V45)  
83 Andrew Baker (Neath Harriers) 39.49 (V45)  
84 Colin Rees (Guest) 39.53 (V45)  
85 John Williams (Neath Black Tuesday) 39.56 (V45)  
86 Les Chapman (Amman Valley Harriers) 39.57 (V60)  
87 Kevin Joyce (Pembrokeshire Harriers) 40.01 (V40)  
88 John Hopkins (Port Talbot Harriers Veterans) 40.08 (V45)  
89 Peter Spriggs (Swansea Harriers MMTG) 40.12

90 Gareth Phillips (Celtic Tri) 40.35  
91 Simon Pinner (Team Wecori) 40.53 (V50)  
92 David Smout (Guest) 40.57 (V60)  
93 Justin Lott (South Wales Police) 41.06  
94 Matthew Williams (Team Wecori) 41.27  
95 Alan Perkins (Port Talbot Harriers Veterans) 41.38 (V55)  
96 Martin Dyde (Pembrokeshire Harriers) 41.43 (V50)  
97 Steve Bendle (Swansea Harriers Veterans) 41.45 (V45)  
98 Laurence Worth (Pembrokeshire Harriers) 41.47 (V45)  
99 John Poston (Corus) 42.10 (V60)  
100 Peter Deacon (Swansea Harriers Veterans) 42.15 (V50)  
101 Colin Price (Corus) 42.21 (V50)  
102 Steve Roderick (Team Wecori) 42.36  
103 Mario Rabaiotti (Port Talbot Harriers Veterans) 42.43 (V45)  
104 Brian Fox (Swansea Harriers Veterans) 43.01 (V60)  
105 Darren Williams (Port Talbot Harriers & A.C.) 43.04  
106 Bob Gardner (Team Wecori) 43.16 (V45)  
107 Tudor Rees (Seven Sisters) 44.24  
108 Terry Jones (Celtic Tri) 44.29 (V55)  
109 Robert Morgan (Team Wecori) 44.43  
110 Geraint Jenkins (Amman Valley Harriers) 44.44 (V40)  
111 Ray James (Port Talbot Harriers V.V) 44.45 (V45)  
112 John Ayres (Port Talbot Harriers V.V) 45.06 (V50)  
113 John Davies (Port Talbot Harriers V.V) 45.16 (V60)  
114 Robert Fowler (Amman Valley Harriers) 45.33 (V60)  
115 Ian Jones (Guest) 46.35  
116 Gary Evans (Abercrave) 47.00  
117 Richard Donne (3M's Gorseinon R.R.) 47.01 (V55)  
118 Ken Davies (Team Wecori) 49.00 (V50)  
119 Tony Holling (Port Talbot Harriers V.V) 49.31 (V50)  
120 Ray Boyce (Cornelly Striders A.C.) 49.38 (V45)  
121 Alan Roberts (Port Talbot Harriers V.V) 50.01 (V50)  
122 Owen Thomas (Team Wecori) 50.15  
123 Ralph Allemano (Swansea Harriers Veterans) 51.21 (V60)

### **Mens Match Result**

1 Swansea Harriers MMTG 578  
2 Neath Black Tuesday 551  
3 Swansea University 525  
4 Celtic Tri 419  
5 3M's Gorseinon R.R. 408  
6 Corus 369  
7 Swansea Harriers Vets 348  
8 Port Talbot Harriers Vets 340  
9 Neath Jaguars 324  
10 Port Talbot Harriers & AC 296  
11 Pembrokeshire Harriers 287  
12 Inqli Runners 267  
13 Land Registry 250  
14 Team Wecori 239  
15 Neath Harriers Vets 194  
16 Sospan Road Runners 189  
17 Neath Harriers 157  
18 Cornelly Striders 128  
19 South Wales Police 92  
20 Aberystwyth A.C. 72  
21 Amman Valley Harriers 64  
22 Port Talbot Harriers V.V. 51  
23 Seven Sisters 18  
24 Abercrave 10

### **Mens Division 1**

#### **Position, Team, Match Points, League Points**

1 Swansea Harriers MMTG 578 8  
2 Neath Black Tuesday 551 7  
3 Swansea University 525 6  
4 3M's Gorseinon R.R. 408 5  
5 Corus 369 4  
6 Port Talbot Harriers Vets 340 3  
7 Neath Jaguars 324 2  
8 Port Talbot Harriers & AC 296 1

### **Mens Division 2**

#### **Position, Team, Match Points, League Points**

1 Swansea Harriers Vets 348 8  
2 Pembrokeshire Harriers 287 7  
3 Inqli Runners 267 6  
4 Team Wecori 239 5  
5 Sospan Road Runners 189 4  
6 Neath Harriers 157 3  
7 Cornelly Striders 128 2  
8 Amman Valley Harriers 64 1

### **Mens Division 3**

#### **Position, Team, Match Points, League Points**

1 Celtic Tri 419 8  
2 Land Registry 250 7  
3 Neath Harriers Vets 194 6  
4 South Wales Police 92 5  
5 Aberystwyth A.C. 72 4  
6 Port Talbot Harriers V.V. 51 3  
7 Seven Sisters 18 2  
8 Abercrave 10 1