

West Glamorgan Cross Country League
Final Fixture 2007/2008 Season
Fairwood Common, Gower. Sunday 9th March 2008

Senior Men (approx 8.1km)

- 1 James Thie (Guest - Cardiff A.A.C) 30.35
- 2 Marc Hobbs (MMTG) 32.33
- 3 Lewys Hobbs (MMTG) 32.33
- 4 Oliver Howton (MMTG) 32.42
- 5 Ross Macdonald (University of Wales Swansea) 33.04
- 6 Steve Richards (MMTG) 34.15
- 7 Phil Crane (Neath Black Tuesday) 34.31 (V45)
- 8 Chris Driscoll (Neath Jaguars) 34.45 (U20)
- 9 Tim Butt (University of Wales Swansea) 35.23 (U20)
- 10 Martin Webborn (Swansea Harriers Veterans) 35.34 (V45)
- 11 Peter Crane (Neath Black Tuesday) 35.42 (V45)
- 12 Rhys Jones (Neath Jaguars) 35.53 (U20)
- 13 Kevin Taylor (Amman Valley Harriers) 36.14 (V45)
- 14 Adrian Weaver (Port Talbot Harriers & A.C.) 36.18
- 15 Stephen Richards (University of Wales Swansea) 36.23
- 16 Aaron Jones (Swansea Harriers Veterans) 36.26 (V50)
- 17 Charles Walsh (Corus) 36.49
- 18 Neil Davies (Cornelly Striders A.C.) 36.50 (V45)
- 19 Mark Reynolds (Neath Black Tuesday) 36.54
- 20 Gareth Petts (University of Wales Swansea) 37.10
- 21 Andrew Reynolds (Neath Black Tuesday) 37.13
- 22 David Crane (Neath Black Tuesday) 37.16 (V45)
- 23 Steve Williams (Neath Black Tuesday) 37.25 (V45)
- 24 Gary Irving (Land Registry) 37.33 (V45)
- 25 Gareth Elliott (Pembrokeshire Harriers) 37.38
- 26 Howard Carpenter (Neath Black Tuesday) 37.44 (V50)
- 27 Dean Hardie (3M's Gorseinon R.R.) 38.02 (V45)
- 28 Hywel Jones (Amman Valley Harriers) 38.06 (V45)
- 29 Kristain Evans (University of Wales Swansea) 38.15
- 30 Graham Colvin (3M's Gorseinon R.R.) 38.18 (V45)
- 31 David Thomas (3M's Gorseinon R.R.) 38.33
- 32 Henry Wright (Corus) 38.43
- 33 Nigel Fransisco (Team Wecori) 38.53 (V40)
- 34 Gareth Ayres (Port Talbot Harriers & A.C.) 38.56
- 35 Kieran Mackintosh (Port Talbot Harriers & A.C.) 38.58 (U20)
- 36 Steve Walsh (3M's Gorseinon R.R.) 39.05
- 37 John Sinnott (Pembrokeshire Harriers) 39.10 (V50)
- 38 Paul Rees (3M's Gorseinon R.R.) 39.45 (V45)
- 39 Grant Thomas (Team Wecori) 40.14
- 40 Alan Perkins (Port Talbot Harriers Veterans) 40.44 (V55)
- 41 Jonathan Cook (University of Wales Swansea) 40.53
- 42 Alun Rees (Neath Harriers) 41.12
- 43 Uku Kumari (Swansea Harriers Veterans) 41.17 (V55)
- 44 Mike Evans (Neath Black Tuesday) 41.34 (V45)
- 45 Simon Price (Multi-Sport R.C.) 41.43
- 46 Rob Fowler (Amman Valley Harriers) 41.53 (V60)
- 47 Geoffrey Sired (University of Wales Swansea) 42.00
- 48 Jon Kersting (Swansea Harriers Veterans) 42.04 (V70)
- 49 Dave Rose (Guest) 42.21 (V40)
- 50 Matthew Williams (Team Wecori) 42.41
- 51 Sean McDonald (University of Wales Swansea) 42.49
- 52 Stephen Bendle (3M's Gorseinon R.R.) 42.50 (V40)
- 53 Andy Dunscombe (Guest) 42.54 (V40)
- 54 John Collins (Swansea Harriers Veterans) 43.00 (V70)
- 55 Graham Barlow (3M's Gorseinon R.R.) 43.10 (V50)

56 Jonathan David (Guest) 43.21 (V40)
 Position Name Team Time Category
 57 Arfon Rees (Team Wecori) 43.53
 58 Dean Webster (3M's Gorseinon R.R.) 44.06
 59 Graham Vyner (3M's Gorseinon R.R.) 44.28
 60 James Thomas (Guest) 44.48 (V40)
 61 Glyn Williams (3M's Gorseinon R.R.) 45.09 (V60)
 62 Simon Pinner (Team Wecori) 45.13 (V50)
 63 John Davies (Port Talbot Harriers Veterans) 45.14 (V55)
 64 Geraint Jenkins (Amman Valley Harriers) 45.15 (V40)
 65 Phil Protheroe (Guest) 45.16
 66 Steve Press (Team Wecori) 45.20
 67 Daniel Rapley (Guest) 45.55
 68 Anthony Kavanagh (Guest) 46.35 (V60)
 69 Rob Gardner (Team Wecori) 46.43 (V45)
 70 Allan Jones (Guest) 46.48 (V50)
 71 Chris Bowen (Neath Black Tuesday) 47.22 (V40)
 72 Neil Samuel (Corus) 48.55 (V50)
 73 Keith Treharne (Guest) 49.45 (V60)
 74 Richard Donne (3M's Gorseinon R.R.) 51.06 (V45)
 75 Ralph Allemanno (Swansea Harriers Veterans) 51.27 (V50)
 76 Ian Swanson (Port Talbot Harriers Veterans) 51.56 (V55)
 77 Malcolm Bullough (University of Wales Swansea) 52.51 (V45)
 78 Russell Pullen (Neath Black Tuesday) 54.28 (V60)
 79 Started

Mens Match Result

1 Swansea University 277
 2 Neath Black Tuesday 275
 3 MMTG 269
 4 3M's Gorseinon R.R. 193
 5 Swansea Harriers Veterans 186
 6 Amman Valley Harriers 137
 7 Port Talbot Harriers & A.C. 130
 8 Neath Jaguars 122
 8 Team Wecori 122
 10 Corus 100
 11 Pembrokeshire Harriers 80
 12 Cornelly Striders A.C. 53
 13 Land Registry 47
 13 Port Talbot H Veterans 47
 15 Neath Harriers 29
 16 Multi-Sport R.C. 26

Mens Division 1 (Final Table)

Position, Team, Match Points, League Points

1 MMTG 2058 38
 2 Neath Black Tuesday 1870 35
 3 Swansea University 1404 27
 4 3M's Gorseinon R.R. 1311 25
 5 Swansea Harriers Vets 1053 19
 6 Port Talbot Harriers & AC 751 13.5
 7 Cornelly Striders A.C. 914 12
 8 Amman Valley Harriers 709 10.5

Monster Mob Training Group (MMTG) are Champions
Cornelly Striders and Amman Valley Harriers are relegated to Division 2

Mens Division 2 (Final Table)

Position, Team, Match Points, League Points

1 Corus 1345 39

2 Team Wecori 830 32
3 Port Talbot H Vets 754 29
4 Land Registry 515 22.5
5 Neath Harriers 437 19.5
6 Swansea Harriers 242 11
7 Visteon Exiles 118 9
8 Team Activa 0 0

Corus and Team Wecori are promoted to Division 1
Visteon Exiles and Team Activa are relegated to Division 3

Mens Division 3 (Final Table)

Position, Team, Match Points, League Points

1 Neath Jaguars 1109 24
2 Pembrokeshire Harriers 291 17
3 Celtic Triathlon 87 9
4 Multi-Sport R.C. 95 8
5 Mumbles Milers 53 7.5
6 Cwmavon 62 7
7 Cadoxton 60 6
8 Planet Beans 24 4
9 Visteon 15 2.5
10 Alltwen 28 2
11 Craig Cefn Parc 10 1

Neath Jaguars and Pembrokeshire Harriers are promoted to Division 2

Senior Ladies (approx 5.3km)

1 Helen Marshall (Guest - Aberystwyth A.C.) 26.58
2 Stephanie Mason (3M's Gorseinon R.R.) 28.06
3 Carol Moseley (Port Talbot Harriers & A.C.) 28.26
4 Sian Phillips (Swansea Harriers A.C.) 28.48 (F45)
5 Louise Miskell (3M's Gorseinon R.R.) 28.57 (F35)
6 Eryllois Davies (Team Wecori) 29.10
7 Charlotte Johns (3M's Gorseinon R.R.) 29.13 (F40)
8 Judith Oakley (Port Talbot Harriers & A.C.) 29.48 (F40)
9 Michelle Witham (Swansea Harriers A.C.) 30.00
10 Christine Lloyd (Swansea Harriers A.C.) 30.58 (F45)
11 Emily Gibson (University of Wales Swansea) 31.32
12 Sarah Griffiths (Neath Harriers) 31.54
13 Eleanor Grey (University of Wales Swansea) 32.07
14 Helen Parry (Corus) 32.24 (F50)
15 Libby Lavis (Guest) 32.33 (F50)
16 Patricia Jones (Guest) 33.48 (F50)
17 Catherine John (3M's Gorseinon R.R.) 34.22 (F40)
18 Alyson Jones (Team Wecori) 35.48
19 Julie Samuel (Corus) 37.10 (F40)
20 Sarah Smiles (Guest) 37.28
21 Shirley Davies (Corus) 38.18 (F45)
22 Carol Vyner (3M's Gorseinon R.R.) 38.36 (F35)
23 Kath Richards (Corus) 40.19 (F45)
24 Rebecca Sandercock (University of Wales Swansea) 42.43
25 Ellen Charles (University of Wales Swansea) 42.54
26 Julie Davies (3M's Gorseinon R.R.) 47.05 (F55)
27 Linda Hutchinson (3M's Gorseinon R.R.) 48.36 (F45)
28 Fay Sharpe (3M's Gorseinon R.R.) 48.36 (F45)
29 Cheryl Smiles (Guest) 48.50
29 Ran

Ladies Match Result

- 1 3M's Gorseinon RR 82 7
- 2 Swansea Harriers A.C. 55 6
- 3 Port Talbot Harriers & A.C. 41 5
- 4 Swansea University 37 4
- 5 Corus 35 3
- 6 Team Wecori 30 2
- 7 Neath Harriers 14 1

Ladies Division (Final Table)

Position, Team, Match Points, League Points

- 1 3M's Gorseinon RR 331 38
- 2 Swansea Harriers A.C. 261 34
- 3 Neath Harriers 163 26
- 4 Port Talbot Harriers & A.C. 142 19
- 5 Team Wecori 117 16
- 6 Swansea University 141 15
- 7 Corus 115 14
- 8 Pembrokeshire Harriers 90 13
- 9 Cwmavon 57 11
- 10 Amman Valley Harriers 49 8
- 11 West Cross 7 1

3M's Gorseinon R.R. are champions for the fourth successive year.

Overall Positions (Ladies)

- 1 Eryllois Davies (Team Wecori) 100 (**Overall Winner**)
- 2 Leah Dixon (Neath Harriers) 95 (U20) (**Under 20 Winner**)
- 3 Ingrid Taylor (3M's Gorseinon R.R.) 91 (F35) (**F35 Winner**)
- 4 Sian Phillips (Swansea Harriers A.C.) 89 (F45) (**F45 Winner**)
- 5 Sarah Griffiths (Neath Harriers) 72
- 5 Louise Miskell (3M's Gorseinon R.R.) 72 (F35)
- 5 Judith Oakley (Port Talbot Harriers & AC) 72 (F40) (**F40 Winner**)
- 5 Carol Moseley (Port Talbot Harriers & A.C.) 72
- 9 Michelle Witham (Swansea Harriers A.C.) 69
- 10 Christine Lloyd (Swansea Harriers A.C.) 63 (F45)
- 11 Kimberley Bates (Cwmavon) 59 (F35)
- 12 Helen Parry (Corus) 46 (F50)
- 13 Emily Gibson (University of Wales Swansea) 36
- 14 Deborah Youngs (3M's Gorseinon R.R.) 33 (F35)
- 15 Carol Glover (Univ of Wales Swansea) 31
- 16 Amanda Evans (3M's Gorseinon R.R.) 29 (F35)
- 17 Rachel Arnold (Univ of Wales Swansea) 28 (U20)
- 17 Caroline Sandles (3M's Gorseinon R.R.) 28 (F40)
- 19 Efa Llewellyn (Swansea Harriers A.C.) 27
- 20 Julie Samuel (Corus) 26 (F40)
- 21 Stephanie Mason (3M's Gorseinon R.R.) 24
- 21 Lisa Thomas (Amman Valley Harriers) 24
- 23 Amanda John (Amman Valley Harriers) 20 (F40)
- 24 Charlotte Johns (3M's Gorseinon R.R.) 19 (F40)
- 24 Alyson Jones (Team Wecori) 19
- 24 Alison Griffiths (Pembrokeshire Harriers) 19 (F35)
- 27 Shirley Davies (Corus) 18 (F45)
- 28 Gwen Smith (Swansea Harriers A.C.) 17 (F40)
- 29 Pauline Charlett (Pembrokeshire Harriers) 16 (F45)
- 29 Julie Thomas (3M's Gorseinon R.R.) 16 (F45)
- 29 Helen Thomas (Pembrokeshire Harriers) 16
- 32 Catherine Marks (Univ of Wales Swansea) 15
- 33 Kath Richards (Corus) 14 (F45)
- 33 Catherine John (3M's Gorseinon R.R.) 14 (F40)

35 Eleanor Grey (University of Wales Swansea) 13
 36 Rachel McDonald (Univ of Wales Swansea) 12
 36 Madeleine Bland (Pembrokeshire Harriers) 12 (F55)
 36 Elen Jones (Pembrokeshire Harriers) 12
 39 Lyndsey Dodds (Swansea Harriers A.C.) 11
 39 Anna Tobin (Corus) 11 (F40)
 41 Michelle Phillips (Amman Valley Harriers) 10 (F35)
 42 Lorraine Dyde (Pembrokeshire Harriers) 9 (F50)
 43 Linda Waller (3M's Gorseinon R.R.) 8 (F50)
 43 Barbara Thomas (Pembrokeshire Harriers) 8 (F60)
 45 Nina Skubala (West Cross) 7
 45 Fay Sharpe (3M's Gorseinon R.R.) 7 (F45)
 45 Carol Vyner (3M's Gorseinon R.R.) 7 (F35)
 48 Nia Lewis (Swansea Harriers A.C.) 6 (U20)
 49 Rebecca Sandercock (University of Wales Swansea) 5
 49 Hannah Posner (Univ of Wales Swansea) 5
 51 Ellen Charles (University of Wales Swansea) 4
 52 Julie Davies (3M's Gorseinon R.R.) 3 (F55)
 53 Man-Yee Woo (Corus) 2
 53 Linda Hutchinson (3M's Gorseinon R.R.) 2 (F45)
 53 Jane Bell (Pembrokeshire Harriers) 2 (F60)
 56 Bryony Jones (Pembrokeshire Harriers) 1
 57 Vivian Henderson (Guest) 0
 57 Tasha Sexton (Guest) 0
 57 Sarah Smiles (Guest) 0
 57 Patricia Jones (Guest) 0 (F50)
 57 Libby Lavis (Guest) 0 (F50)
 57 Karen Williams (Guest) 0
 57 Johanna Powell (Guest) 0
 57 Helen Marshall (Guest) 0
 57 Emma Smith (Guest) 0
 57 Claire Walters (Guest) 0
 57 Cheryl Smiles (Guest) 0
 57 Caryl Davies (Guest) 0 (U20)
 57 Ann Powell (Guest) 0 (F50)
 57 Anita Saycell (Guest) 0
 57 Angharad Mason (Guest) 0
 57 Andrea Starrirtt (Guest) 0 (F40)

Overall Positions (Men)

1 Lewys Hobbs (MMTG) 434 (**Overall Winner**)
 2 Philip Crane (Neath Black Tuesday) 411 (V45) (**V40 Winner**)
 3 Peter Crane (Neath Black Tuesday) 374 (V45)
 4 Daniel Gurmin (MMTG) 366
 5 Rhys Jones (Neath Jaguars) 356 (U20) (**U20 Winner**)
 6 Aaron Jones (Swansea Harriers Veterans) 352 (V50) (**V50 Winner**)
 7 Mark Reynolds (Neath Black Tuesday) 342
 8 Marc Hobbs (MMTG) 340
 9 Paul Talbot (Neath Black Tuesday) 338 (V40)
 10 Charles Walsh (Corus) 332
 11 Steve Williams (Neath Black Tuesday) 327 (V45)
 11 Adrian Weaver (Port Talbot Harriers & A.C) 327
 13 Daniel Harris (Corus) 308
 14 Kevin Taylor (Amman Valley Harriers) 299 (V45)
 15 Neil Davies (Cornelly Striders A.C.) 295 (V45)
 16 Chris Driscoll (Neath Jaguars) 284 (U20)
 17 Steve Davies (MMTG) 265
 18 Dean Hardie (3M's Gorseinon R.R.) 259 (V45)
 19 Gary Irving (Land Registry) 257 (V45)
 20 Stephen Richards (Univ of Wales Swansea) 254

21 Paul Richards (Neath Harriers) 244 (V40)
22 Gareth Petts (University of Wales Swansea) 239
23 Oliver Howton (MMTG) 234
24 Chris Fulcher (Port Talbot Harriers Veterans) 229 (V40)
25 Howard Carpenter (Neath Black Tuesday) 228 (V50)
26 Nigel Francisco (Team Wecori) 227 (V40)
27 Kevin Lewis (Neath Black Tuesday) 225 (V45)
28 Craig Hopkins (Univ of Wales Swansea) 202 (U20)
28 Aled Anderson (3M's Gorseinon R.R.) 202 (U20)
30 Uku Kumari (Swansea Harriers Veterans) 193 (V55)
31 Andrew Reynolds (Neath Black Tuesday) 187
32 Ceri Lewis (Swansea Harriers A.C.) 184 (U20)
33 Alan Davies (3M's Gorseinon R.R.) 181 (V50)
34 Alex Lewis (MMTG) 179
35 Alan Perkins (Port Talbot Harriers Veterans) 170 (V55)
36 Christopher Melbourne (Neath Jaguars) 168 (U20)
37 Nigel Barnes (Port Talbot Harriers Veterans) 167 (V40)
38 Jon Embling (Corus) 163 (V50)
39 Grant Thomas (Team Wecori) 162
39 David Crane (Neath Black Tuesday) 162 (V45)
41 Kieran Mackintosh (Port Talbot Harriers & A.C.) 161 (U20)
42 Graham Colvin (3M's Gorseinon R.R.) 158 (V45)
43 Shaun Tobin (Corus) 155 (V45)
44 Simon Wilson (MMTG) 154 (V40)
44 Ross Macdonald (University of Wales Swansea) 154
44 Robert Fowler (Amman Valley Harriers) 154 (V60) **(V60 Winner)**
47 Andrew Cleverley (MMTG) 150
48 Steve Richards (MMTG) 144
49 Peter Turner (Cornelly Striders A.C.) 134 (V55)
49 John Sinnett (Pembrokeshire Harriers) 134 (V50)
49 Gareth Ayres (Port Talbot Harriers & A.C.) 134
52 Rhodri Harris (Neath Jaguars) 130 (U20)
53 Andrew Jenkins (Corus) 127 (V45)
54 Les Chapman (Amman Valley Harriers) 126 (V55)
55 Kristian Evans (University of Wales Swansea) 121
56 David Davies (Neath Jaguars) 119 (V55)
57 John Poston (Corus) 117 (V60)
58 Ryan Evans (Univ of Wales Swansea) 116
58 Henry Wright (Corus) 116
60 Arfon Rees (Team Wecori) 115
61 Adam Marshall (Neath Jaguars) 114 (U20)
62 Gary Howe (3M's Gorseinon R.R.) 112 (V50)
63 Tim Butt (University of Wales Swansea) 109 (U20)
63 Andrew Brown (Land Registry) 109 (V40)
65 Mike Evans (Neath Black Tuesday) 108 (V45)
65 Martin Rees (Corus) 108 (V50)
67 Gareth Elliott (Pembrokeshire Harriers) 105
68 Daniel Thomas (MMTG) 101 (U20)
69 Mark Davies (MMTG) 100
70 Graham Barlow (3M's Gorseinon R.R.) 99 (V50)
71 Lee Smith (Corus) 98 (V40)
72 Chris Davies (MMTG) 97
73 Stephen Bendle (3M's Gorseinon R.R.) 96 (V40)
73 Simon Jones (Cornelly Striders A.C.) 96
75 Simon Price (Multi-Sport R.C.) 95
76 David Notman (MMTG) 93
77 Graham Vyner (3M's Gorseinon R.R.) 91
78 Thomas Phillips (Cornelly Striders A.C.) 90
78 Steve Evans (Neath Black Tuesday) 90 (V40)
78 Gary Waters (Swansea Harriers Veterans) 90 (V55)

81 Harry Jones (Cornelly Striders A.C.) 89
82 Jason Statham (Land Registry) 88
83 John Collins (Swansea Harriers Veterans) 87 (V65)
84 Steve Smith (Swansea Harriers Vets) 85 (V45)
85 James Hocking (Celtic Triathlon) 82
85 Ifan Lloyd (Swansea Harriers Vets) 82 (V45)
87 Steve Thomas (3M's Gorseinon R.R.) 81
87 John Preston (Corus) 81 (V40)
89 Steve Walsh (3M's Gorseinon R.R.) 80
89 Peter Osborne (Swansea Harriers Vets) 80 (V45)
89 Glyn Williams (3M's Gorseinon R.R.) 80 (V60)
89 Chris Rees (Team Wecori) 80
93 James Padfield (Univ of Wales Swansea) 79
94 Paul Jelley (Visteon Exiles) 78 (V40)
95 Jonathan Cook (University of Wales Swansea) 77
95 Chris Parker (Swansea Harriers Vets) 77 (V40)
97 Matthew Williams (Team Wecori) 76
97 Keith Powell (Cornelly Striders A.C.) 76 (V50)
99 Bob Gardner (Team Wecori) 75 (V45)
99 Andy Doel (Neath Harriers) 75 (V40)
101 Dave Hughes (Cornelly Striders A.C.) 74 (V40)
102 Lee Sandham (Neath Black Tuesday) 73
102 Gareth Jones (3M's Gorseinon R.R.) 73
104 Dean Webster (3M's Gorseinon R.R.) 70
105 Simon Pinner (Team Wecori) 69 (V50)
105 Keiran Mackintosh (Port Talbot Harriers & A.C.) 69
105 Gerald Grey (Team Wecori) 69 (V50)
108 Alun Rees (Neath Harriers) 65
109 Steve Press (Team Wecori) 64
109 Paul Dyson (Univ of Wales Swansea) 64 (V45)
111 Ronnie Rodgers (Swansea Harriers Vets) 63 (V50)
111 Neil Harris (Neath Black Tuesday) 63 (V45)
113 Paul Davies (Land Registry) 61 (V40)
113 Martin Webborn (Swansea Harriers Veterans) 61 (V45)
115 Michael John (Cadoxton) 60
115 Kevin Walford (Cornelly Striders A.C.) 60 (V40)
115 Jerome Evans (Port Talbot Harriers & A.C.) 60 (U20)
118 Geraint Jenkins (Amman Valley Harriers) 59 (V40)
119 Peter Spriggs (Swansea Harriers A.C.) 58
120 Mike Curran (Cwmavon) 57
121 Sean McDonald (University of Wales Swansea) 56
121 Jack Newton (3M's Gorseinon R.R.) 56 (U20)
123 Steve Hames (Neath Black Tuesday) 54 (V45)
123 Ken Davies (Team Wecori) 54 (V45)
125 Jamie Rees (Neath Harriers) 53
126 Steve A. Thomas (3M's Gorseinon R.R.) 52
127 Phil Bamsey (Neath Black Tuesday) 51 (V55)
127 Chustoph Peischl (Univ of Wales Swansea) 51
129 Robert Bamsey (Neath Black Tuesday) 49 (V50)
129 Richard Jones (Cornelly Striders A.C.) 49
129 John Williams (Neath Black Tuesday) 49 (V45)
132 Rob Sandles (3M's Gorseinon R.R.) 48 (V40)
132 Peter Greenwood (Univ of Wales Swansea) 48
132 Aaron Jones (Team Wecori) 48 (V40)
135 Noel Evans (3M's Gorseinon R.R.) 46
135 Martin Dyde (Pembrokeshire Harriers) 46 (V45)
137 Peter Watkeys (Univ of Wales Swansea) 45
138 Richard Bowen (Neath Black Tuesday) 44 (V60)
139 Hywel Jones (Amman Valley Harriers) 43 (V45)
140 John Davies (Port Talbot Harriers Veterans) 42 (V55)

141 John Ayres (Port Talbot Harriers Veterans) 41 (V50)
142 Jason Williams (Visteon Exiles) 40
142 David Thomas (3M's Gorseinon R.R.) 40
144 Paul Lewis (3M's Gorseinon R.R.) 39 (V40)
144 Neil Samuel (Corus) 39 (V50)
146 Raymond James (Port Talbot Harriers Veterans) 38 (V45)
146 Ian Swanson (Port Talbot Harriers Veterans) 38 (V55)
148 Steve Davies (Corus) 37 (V40)
148 Alan Furnell (Port Talbot Harriers Veterans) 37 (V55)
150 Len Richards (Port Talbot Harriers Veterans) 36 (V50)
151 Richard Eastwood (Team Wecori) 35 (V45)
152 Michael Davies (Port Talbot Harriers Vets) 34 (V55)
153 Richard Webster (3M's Gorseinon R.R.) 33 (V50)
153 Paul Rees (3M's Gorseinon R.R.) 33 (V45)
155 James Marks (Cornelly Striders A.C.) 30 (V50)
156 John Farmer (Cornelly Striders A.C.) 29 (V50)
156 Colin Price (Corus) 29 (V45)
156 Chris Bowen (Neath Black Tuesday) 29 (V40)
159 Paul Grist (Alltwen) 28 (V45)
160 Paul Jones (Mumbles Milers) 27
161 Geoffrey Sired (University of Wales Swansea) 24
161 Dewi West (3M's Gorseinon R.R.) 24 (V45)
161 Captain Beany (Planet Beans) 24 (V50)
164 Malcolm Bullough (Univ of Wales Swansea) 23 (V45)
164 Jon Kersting (Swansea Harriers Veterans) 23 (V70)
164 Huw Battenbo (Univ of Wales Swansea) 23
167 Ross Poyner (3M's Gorseinon R.R.) 22
168 Dylan Jones (Team Wecori) 21
169 Russell Pullen (Neath Black Tuesday) 20 (V60)
170 Ray Boyce (Cornelly Striders A.C.) 19 (V45)
171 K. Roland Sherwood (Amman Valley Harriers) 18 (V60)
172 Tony Holling (Port Talbot Harriers Veterans) 17 (V50)
173 Johannes Nevinayev (Univ of Wales Swansea) 15
174 Terry Jones (3M's Gorseinon R.R.) 14 (V55)
174 Richard Donne (3M's Gorseinon R.R.) 14 (V45)
176 Brian Griffiths (3M's Gorseinon R.R.) 12 (V60)
177 Stuart Johnson (Visteon) 11 (U20)
177 Darren Green (Mumbles Milers) 11
179 Gavin Waters (Craig Cefn Parc) 10
180 Anthony Vallerio (Port Talbot Harriers Veterans) 9 (V50)
181 Gary Taylor (Mumbles Milers) 8
182 Matthew O'Leary (Corus) 7
182 Gareth Lewis (Mumbles Milers) 7
184 David Phillips (Pembrokeshire Harriers) 6 (V60)
185 Tim O'Leary (Celtic Triathlon) 5 (V40)
185 Robert McNeil (Cwmavon) 5
185 Ralph Allemanno (Swansea Harriers Veterans) 5 (V50)
188 Leighton Johnson (Visteon) 4 (V50)
189 Garry Newbould (Corus) 3 (V55)
189 Alan Roberts (Port Talbot Harriers Veterans) 3
191 Wayne Frewen (Guest) 0 (V45)
191 Tony Wenlock (Guest) 0 (V50)
191 Tim O'Sullivan (Guest) 0 ((V45)
191 Tim Lewis (Guest) 0
191 Tim James (Guest) 0
191 Steve Ousley (Guest) 0
191 Steve Morris (Guest) 0
191 Steve Coupe (Guest) 0 (V55)
191 Steve Brace (Guest) 0 (V45)
191 Simon Osborne (Guest) 0 (V45)

191 Rob Atkin (Guest) 0
191 Richard Powell (Guest) 0
191 Phil Protheroe (Guest) 0
191 Peter Moody (Guest) 0 (V60)
191 Peter Foale (Guest) 0 (V55)
191 Paul Rose (Guest) 0 (V40)
191 Paul Padget (Guest) 0
191 Paul Bigmore (Guest) 0 (V50)
191 Paul Belcher (Guest) 0 (V55)
191 Nick Garroch (Guest) 0 (V45)
191 Mike Halsall (Guest) 0
191 Mick Tabor (Guest) 0
191 Matthew Fincher (Guest) 0
191 Leighton Davies (Guest) 0 (V40)
191 Kevin Holland (Guest) 0 (V45)
191 Keith Treharne (Guest) 0 (V60)
191 Jos Jones (Guest) 0
191 Jonathan David (Guest) 0 (V45)
191 John Morgan (Guest) 0 (V45)
191 John Gwynn Evans (Guest) 0 (V60)
191 Jeff Thomas (Guest) 0 (V40)
191 James Thomas (Guest) 0 (V40)
191 James Thie (Guest) 0
191 James Davies (Guest) 0
191 Jack Davey (Guest) 0
191 Ian Webb (Guest) 0 (V50)
191 Huw Roberts (Guest) 0 (V50)
191 Hugh Evans (Guest) 0 (V45)
191 Graeme Donnan (Guest) 0 (V50)
191 Gerard Crispie (Guest) 0 (V45)
191 Gareth Davies (Guest) 0 (V45)
191 Eric Davey (Guest) 0 (V55)
191 Dave Rose (Guest) 0 (V40)
191 Danny Thorogood (Guest) 0 (V45)
191 Daniel Rapley (Guest) 0
191 Dan Stevens (Guest) 0
191 Cyril Walters (Guest) 0 (V60)
191 Clyde Starritt (Guest) 0 (V45)
191 Clive Evans (Guest) 0 (V60)
191 Chris Sexton (Guest) 0 (V40)
191 Bryn Griffiths (Guest) 0
191 Anthony Kavanagh (Guest) 0 (V60)
191 Andy Dunscombe (Guest) 0 (V40)
191 Andy Dickens (Guest) 0 (U20)
191 Alun Wood (Guest) 0
191 Allan Jones (Guest) 0 (V50)
191 Alan Jones (Guest) 0 (V50)