

Jun-04

Results

Jun-04

- 1 Roberts Mark Swansea Harriers 15:25
- 2 Rees Martin Swansea Harriers 15:26 v
- 3 Hiscox Darran Swansea Harriers 15:30
- 4 Eynon Andrew Brigend A.C 15:39 v
- 5 Davies Gareth Brigend A.C 16:03 v
- 6 Duffy Anthony - 16:14 v
- 7 Wood Alun Brackla Harriers 16:19
- 8 Sandles Robert 3 Ms 16:20
- 9 James Thomas Cardiff AC 16:27
- 10 Doe Andrew Swansea Harriers 16:31
v
- 11 Cook Phil Les Croupiers 16:34
- 12 Jones Gareth - 16:41
- 13 Loyns Mike - 16:48
- 14 Richards Steven John Swansea Harriers 16:51
- 15 Brace Steve Brigend A.C 16:58 v
- 16 Collins Jeremy Swansea Harriers 17:00 v
- 17 Thomas Aled Multi Sport 17:02
- 18 Stanford Non Swansea Harriers 17:04
- 19 Lewis Tim Brackla Harriers 17:08
- 20 Thomas Wayne Swansea Harriers
17:09
- 21 Thomas Gareth - 17:19
- 22 Lewis Kevin Neath Harriers 17:26 v
- 23 Sadham Lee Neath Harriers 17:30
- 24 Wilson-Evans David Swansea Harriers 17:30
- 25 Chapman Les Amman Valley Harriers 17:33 v
- 26 Davidson Stuart Cardiff AC 17:34 v
- 27 Williams Steve Neath Harriers 17:35 v
- 28 Taylor Kevin Amman Valley Harriers 17:37 v
- 29 Davies Niel - 17:42 v
- 30 Rimmer Andrew Multi Sport 17:43
- 31 Lumber James Team Deviant 17:46
- 32 Elvins Colin Swansea Harriers 17:56 v
- 33 Sims Benjamin 3M's 18:05
- 34 Geddarel -
18:07
- 35 Adams Phil Cardiff AC 18:10 v
- 36 copp louise Neath Harriers 18:13 v
- 37 McLean Graham Multi Sport 18:16
- 38 Alexander Tom - 18:22
- 39 Sullivan David 3 Ms 18:25
- 40 Williams John Neath Harriers 18:27 v
- 41 Hill Gareth -
18:29
- 42 William Grey - 18:30
- 43 lumsdanie andrew stuart - 18:36
- 44 Coupe Steve Sospan R R 18:40 v
- 45 Rimmer Mike Swansea Harriers 18:42
v
- 46 Lloyd Peter Llanelli Tri Club 18:44
- 47 Worlock Mike - 18:44

48 clarke Julia - 18:45
49 Evans Michael Neath Harriers 18:45 v
50 Quinn Keith George Les Croupiers 18:47 v
51 Ennis Martin 3M's 18:48
52 Jones Matthew - 18:53
53 Colvin Graham - 18:58 v
54 Crew Kevin Neath Harriers 19:00 v
55 Williams Jonathan - 19:01
56 Walsh Charles port talbot harriers
19:04
57 Bowen Richard Neath Harriers 19:08 v
58 Watkeys Peter Rhys Swansea Harriers 19:15
59 Brace Ashley Brigend A.C 19:18
60 Evans Noel Stephen 3M's 19:21
Jun-04
61 Partridge Simon - 19:23 v
62 Jones Robert Stuart -
19:27 v
63 Davey Eric Llanelli Tri Club 19:29 v
64 Roberts William Swansea Harriers 19:31
65 Christopher Lynsey Vistison 19:33
66 West Dewi 3M's 19:36 v
67 Phillips Adam - 19:37
68 Healy Brendan - 19:38
69 Gleeson Michael Vistison 19:40
70 Falconer Rob - 19:41 v
71 Webster Richard 3M's 19:46 v
72 Page Simon - 19:48
73 Walters Cyril Cardiff AC 19:51 v
74 Watkins Neil - 19:53
75 Roberts Christopher James - 19:55 v
76 Hopkins David Vistison 19:57 v
77 Roberts Dave Amman Valley Harriers 19:59 v
78 Davies Ray Cardiff AC 20:01 v
79 Davies Steve port talbot harriers 20:01
80 Griffiths Mike Team Deviant 20:01
81 Stanford John - 20:04 v
82 Thompson Colin - 20:05
83 Collins John Henry Swansea Harriers 20:06 v
84 evans nicole Swansea Harriers 20:07
85 Pitt Nigel 3M's 20:09 v
86 Fowler Robert - 20:09 v
87 Davies Mark - 20:09
88 Davies Fiona Brigend A.C 20:09 v
89 Hughes Jason Multi Sport 20:17
90 Davies Geraint Multi Sport 20:19
91 Gyurkovits John - 20:19
92 Price Carl -
20:22
93 Woods Stephen - 20:22
94 Bresnan Nicholas - 20:22
95 Tucker Annemarie Kate Neath Harriers 20:23
96 Turner Malcolm Team Deviant 20:23
97 Davies Stuart - 20:30
98 Richards Leonard - 20:32 v

99 Llewellyn Dean - 20:32
100 Taylor Ingrid 3M's 20:34
101 Rose Michael - 20:36 v
102 Evans Andy - 20:38
103 Roberston Iain - 20:39
104 Kirk Sian Swansea Harriers 20:41
105 Holohan Robert - 20:45
106 Evans Elfyn - 20:46 v
107 Bulpin Susannah Swansea Harriers 20:47
108 Stephens Barry Multi Sport 20:56 v
109 Evans Rhodri Swansea Harriers 20:58 v
110 Henton Ian Multi Sport 20:59
111 Waters Gary - 20:59 v
112 Rees Nigel Hugh - 21:00
v
113 Newman Michael Neath Harriers 21:01 v
114 Loader Neil - 21:02
115 Huggins John Les Croupiers 21:03 v
116 Thomas Paul - 21:05
117 Bendle Stephen Swansea Harriers 21:06 v
118 Phillips Jennifer - 21:06 v
119 Jenvey Michael - 21:07 v
120 Youngs Deborah 3M's 21:08
121 Llewellyn Efa Swansea Harriers
21:08
122 Follan Anne Cardiff AC 21:10
123 Richards David - 21:12 v
Jun-04
124 Hanford Mark Multi Sport 21:14
125 Macsiollathaiz Bet - 21:17
126 Worthington Ian - 21:19
127 Holling Anthony Port Talbot Harriers 21:20 v
128 Evans Robert Brackla Harriers 21:24
v
129 Bell Roger 3M's 21:26 v
130 Spencer Diane Swansea Harriers 21:28 v
131 Dodge Christopher Vistison 21:30
132 Treharne Philip Vistison 21:31 v
133 Corcoran Kevin Port Talbot Harriers 21:32 v
134 Morgan Bruce - 21:36 v
135 Jones Ian - 21:39
136 Phillips Sian Swansea Harriers 21:40
v
137 James Ray Port Talbot Harriers 21:44
v
138 Wilcox Stephan - 21:45 v
139 Davies Ally Swansea Harriers 21:48
v
140 Morgan Lewis - 21:48 v
141 Reynolds Niall - 21:48 v
142 Heath Bridget Cardiff AC 21:48 v
143 Lewis Andrew Paul Swansea Harriers 21:49
144 Griffiths Chris Neath Harriers 21:50
145 Thomas William Mark Vistison 21:51
v
146 Trotman Mark - 21:53

147 Marshall Helen Swansea Harriers 21:54
148 Booth Becky - 21:58
149 Phillips Gillian - 21:59 v
150 Forshew Jeremy - 22:00
151 Williams Mark Sospan R R 22:05
152 Shayle Bryan - 22:07 v
153 Bowsher Judi Brackla Harriers 22:10
v
154 Thompson gary - 22:14
155 Thomas Grant - 22:15
156 Thomas Dylan Multi Sport 22:16
157 Lovell John - 22:16 v
158 White Geoff 3M's 22:17 v
159 williams Jason - 22:17
160 Clement John - 22:18
161 Hallam Tudor - 22:21
162 Stanford Gill - 22:21 v
163 McLelland Steve - 22:22 v
164 Gallaway David - 22:23
165 Gasser Tim Sospan R R 22:23
166 Davies Jonathan Sospan R R 22:24
167 Mainwaring Richard -
22:25
168 Reed Sean Neath Harriers 22:26
169 Knight Kevin Swansea Harriers
22:27
170 hulland gaynor 3M's
22:28 v
171 Shellard Michael - 22:29 v
172 Bamsey Philip Neath Harriers 22:29
v
173 DeBie Vincent Swansea Harriers
22:36
174 Davies Ken - 22:36
175 Cogger Simon Swansea Harriers
22:36
176 Kane Martha - 22:41
177 Harris Kelvyn 3M's 22:42
v
178 Glover Carol - 22:43
179 Brace Jaqueline Brigend A.C 22:43 v
180 Dalling Kevin - 22:44 v
181 Maddock Huw - 22:44 v
182 McCarthy Sarah - 22:45
183 Crosier Joanna - 22:46
184 Rabiotti Carlo David 3M's 22:48 v
185 Evans Hywel Vistison 22:49 v
186 Sandles Caroline 3M's 22:56 v
Jun-04
187 Thomas Jeff Brigend A.C 22:57
188 Tucker Clive - 22:58 v
189 Swanson Ian port talbot harriers 22:59 v
190 Wilson Richard - 23:00
191 McNevin Declan - 23:02
192 Trotman Paul - 23:06
193 evans Christopher - 23:08

194 Barclay Stephen - 23:09
195 Cunnane John - 23:10 v
196 Perry Glenn - 23:11
197 Boyce Raymond Cornelly 23:13 v
198 Moss Jason - 23:14
199 James Stuart - 23:16
200 Kevin Vistison 23:19 v
201 Rees Paul 3M's 23:19 v
202 Griffiths Chris - 23:20
203 Gardiner Robert - 23:21 v
204 Henderson Jon - 23:25
205 Williams Alex - 23:30
206 Moodie Richuard Sospan R R 23:30
207 Griffin Damian - 23:37
208 Cartlidge Neale - 23:37
209 Llewellyn Robert - 23:37 v
210 jones caroline - 23:42 v
211 Higgs John Swansea Harriers 23:45
v
212 Llewellyn Pat - 23:47 v
213 Halsey Jim - 23:47
214 Bidder Paul - 23:48
215 Whittaker Paul Swansea Harriers 23:48
216 Wilson Ben - 23:56
217 Moore Thomas - 23:58
218 Evans Andrew - 24:02
219 Fincher Matthew Llanelli Tri Club
24:03
220 Smith Gwen Swansea Harriers 24:06
v
221 Hayward Kevin Henry - 24:14 v
222 Rosser David Amman Valley Harriers 24:14 v
223 Prosser Alan - 24:15
224 Brown Collin - 24:16 v
225 Warlow Steve Swansea Harriers
24:16
226 Porter Alison - 24:17
227 Vallario Anthony port talbot harriers 24:19 v
228 Perry Denise - 24:21
229 Heppenstall Bruce - 24:22
230 Tilley Raymond - 24:23
231 Mackenzie Robin - 24:24
v
232 John Paul - 24:25
233 mitchem andrew - 24:31
234 Fletcher Neil Vistison
24:34
235 Makin Viv - 24:46
236 Austin Vicky - 24:48 v
237 Williams Tracey - 24:48 v
238 Jones Steve - 24:54 v
239 Nicholls Martin - 24:54
240 Hart Jenny - 24:55 v
241 Thomas Graham - 24:57
242 Pullen Russell Neath Harriers 24:58
v

243 Grove Samantha - 24:59
244 Gibson Tony - 24:59
245 Elian Tim port talbot harriers 24:59
246 Tucker Benjamin Neath Harriers
25:00
247 Dardy Paul - 25:04
248 Reynolds Andrea Swansea Harriers 25:06 v
249 Evans Ceri - 25:11
Jun-04
250 Thomas Paul - 25:14 v
251 Phillips Anna - 25:16
252 Jones Beth - 25:20
253 Cook Richard - 25:22
254 Taha Ehab - 25:28
255 Johnson Leighton - 25:30
v
256 Phillips Helen - 25:36 v
257 borders billy - 25:41
258 Altman Justin - 25:41
259 Morgan Rhidian - 25:47 v
260 Pulling Julie 3M's 25:48 v
261 mcgregor jane 3M's 25:48
v
262 Amesbury Rosie - 25:52 v
263 Tiley Roger - 26:00 v
264 Brocklebank Nina - 26:02
265 Reynolds Margaret -
26:02 v
266 Smith Gary - 26:11
267 Nicholls Jason - 26:11
268 Williams Tim - 26:11
269 Williams Kristina - 26:15
270 Feltrin Mark - 26:18
271 Ackland Stephen - 26:30
272 Bruton Paul Swansea Harriers 26:31
273 Hall Anthony - 26:31
274 Bruton Cathy - 26:31
275 wilkie clare Swansea Harriers 26:33
276 Dear Peter Swansea Harriers 26:34
277 Ford Karen - 26:37 v
278 Greenfield Kate - 26:44
279 Grinter Melanie - 26:44 v
280 Plaice Christopher - 26:44
v
281 Kelly Donna - 26:45
282 Carruthers Ian Team Deviant 26:49
283 Davison Christopher -
26:49
284 Evans Vivienne 3M's 26:59 v
285 williams Leah - 26:59
286 Atkins Rosemary - 27:00
v
287 Popham Leon Team Deviant 27:02
288 Jones Nigel - 27:07 v
289 Tanner Lea - 27:11
290 Rees Nigel - 27:14

291 Lynch Dennis Cornelly 27:25 v
292 Lewis Ann - 27:25 v
293 Pictor Sheila - 27:28 v
294 Aleman Tony - 27:28 v
295 Clifton June - 27:30 v
296 Harris Wayne Yellow Cab Runner 27:36 v
297 Hails Evan - 27:39
298 Davies Christine Sospan R R 27:47 v
299 Connor Dianne - 27:48 v
300 Maddock Angela - 27:57 v
301 Smith Lynne - 27:57 v
302 Forrest Leisa - 27:59
303 Prior Carol - 27:59
304 Blair Julia - 27:59
305 Weaver Robert - 28:02
306 Wookey Claire - 28:02
307 Davies Lisa Neath Harriers 28:05 v
308 bennewith ruth 3M's
28:05
309 Barclay Elizabeth - 28:07
310 Jones Andrea - 28:08 v
311 John Andrew - 28:14
312 Wyatt Jenny - 28:15 v
Jun-04
313 Ellen Fiona - 28:23
314 Maddock Carol - 28:23 v
315 john ann - 28:24 v
316 hutchins meinir - 28:25 v
317 Richards Wendy - 28:26 v
318 Jones Michelle - 28:35
319 Rees Janet Swansea Harriers 28:41
v
320 Griffiths Rhodri - 28:44
321 Kemp Julie - 28:46 v
322 Godwin Wendy - 28:51
323 Palmer Alison - 28:53 v
324 Burrows Karen - 29:02 v
325 Blyth Jackie - 29:10 v
326 Holohan Kim - 29:16
327 Jones lisa - 29:17
328 rowe eira - 29:26 v
329 Leaves Mike - 29:30
330 philiphary saraz - 29:34
331 Thomas Catherine - 29:35
v
332 Lovell Tony - 29:37 v
333 jefford lovell liz - 29:37
334 Rees Leslie Multi Sport 29:40 v
335 john elsa - 29:45 v
336 Bowler Nicholas - 29:47
337 Dicks Phillip Vistison 29:47 v
338 Davies Julie 3M's 30:11 v
339 Matthews Sarah - 30:28 v
340 moodie lynne - 30:33
341 kelley jayne - 30:36 v

342 Meredith Julie - 30:40 v
343 Lawson Colin - 30:51 v
344 Bailey Adrian - 30:56 v
345 Lloyd Julie - 31:14
346 coglilin susan - 31:22 v
347 Pearce Kathy Sospan R R 31:22 v
348 Gallaghe Emily - 32:07
349 hayler 3M's 32:07 v
350 lemon kay - 32:28
351 Altham Jane - 32:41
352 thompson kathy - 33:45
353 Perkins Kathryn - 33:56
354 Sweetman Louise - 33:57
355 Daniel Rachel - 33:57
356 Perkins Alan port talbot harriers 34:00 v
357 Hussain Azrah Team Deviant 34:05
358 Davies Karen - 34:08
359 Thomas Suzanne - 34:16
v
360 daw susan - 34:26 v
361 oconnor lauran - 34:26 v
362 lohyte cath - 34:27
363 Shannon-Jones Sue - 34:33 v
364 Thorne Jannette - 35:08 v
365 pritchard sue - 38:21 v
366 Randell Amanda Amman Valley Harriers 50:48
367 Thomas Amanda - 50:56