

**West Wales Cross Country Championships**  
**Swansea University Playing Fields, Fairwood Common, Gower, Swansea**  
**14th November 2004.**

**U13 Girls 3.1km**

- 1 Angharad Davies (Carmarthen Harriers) 14.40
- 2 Jade Williams (Amman Valley Harriers) 14.51
- 3 Sara Gwynn (Swansea Harriers) 14.54
- 4 Catrin Lewis (Carmarthen Harriers) 14.59
- 5 Aneura Phillips (Carmarthen Harriers) 15.05
- 6 Nia Lewis (Swansea Harriers) 15.57
- 7 Catherine Williams (Swansea Harriers) 16.11
- 8 Ffion Rees (Carmarthen Harriers) 16.25
- 9 Cerys Morgan (Swansea Harriers) 16.31
- 10 Laura Prosser (Swansea Harriers) 16.38
- 11 Nia Davies (Carmarthen Harriers) 16.43

**Team Result**

- 1 Carmarthen Harriers 18
- 2 Swansea Harriers 25

**U13 Boys 3.1km**

- 1 Joshua Harries (Aberystwyth A.C) 13.21
- 2 Ceri Lewis (Swansea Harriers) 13.54
- 3 Dean Mead (Carmarthen Harriers) 14.04
- 4 James Thomas (Pembrokeshire Harriers) 14.25
- 5 Xien Witt (Carmarthen Harriers) 14.33
- 6 Alex Morgan Johnstone (Swansea Harriers) 14.47
- 7 Lewis Morgan Thomas (Swansea Harriers) 14.49
- 8 Glen Elsdon (Carmarthen Harriers) 14.51
- 9 Christopher Giffard (Swansea Harriers) 14.54
- 10 Alexander Matchett (Pembrokeshire Harriers) 14.57
- 11 Darren Brown (Carmarthen Harriers) 15.07
- 12 Matthew O'Leary (Neath Harriers) 16.36
- 13 Steffan Hughes (Carmarthen Harriers) 17.22
- 14 Anthony Rickards (Swansea Harriers) 17.29
- 15 Jonathan Squire (Swansea Harriers) 18.14
- 16 Jack Davis (Swansea Harriers) 18.21

**Team Result**

- 1 Swansea Harriers 24
- 2 Carmarthen Harriers 27

**U15 Girls 4km**

- 1 Katie Parks (Sarn Helen) 17.25
- 2 Sara Dobler (Swansea Harriers) 17.44
- 3 Carys Davies (Sarn Helen) 17.44
- 4 Rachel Marfleet (Carmarthen Harriers) 18.14
- 5 Alaw Beynon-Thomas (Carmarthen Harriers) 18.32
- 6 Rebecca King (Swansea Harriers) 18.40
- 7 Ffion Davies (Sarn Helen) 18.55
- 8 Nia Williams (Swansea Harriers) 19.00
- 9 Caryl Granville (Carmarthen Harriers) 19.33
- 10 Jemma Corcoran (Swansea Harriers) 21.30

**Team Result**

- 1 Swansea Harriers 26

### **U15 Boys 4.4km**

- 1 Dewi Griffiths (Carmarthen Harriers) 16.31
- 2 Christopher Evans (Aberystwyth A.C) 16.32
- 3 Steffan Raw-Rees (Carmarthen Harriers) 17.15
- 4 Matthew Brown (Pembrokeshire Harriers) 17.32
- 5 Oliver Upton (Carmarthen Harriers) 17.35
- 6 Adam Williams (Pembrokeshire Harriers) 17.46
- 7 Daniel Thomas (Llanelli A.C) 17.52
- 8 Geraint Mansfield (Carmarthen Harriers) 18.23
- 9 Gareth Peters (Llanelli A.C) 18.32
- 10 Antonio Cirillo (Swansea Harriers) 18.45
- 11 Gethin Jenkins (Sarn Helen) 19.05
- 12 Adam Newton (Swansea Harriers) 19.15
- 13 Duncan Evans (Carmarthen Harriers) 22.04

### **Team Result**

- 1 Carmarthen Harriers 17

### **U17 Girls 4.4km**

- 1 Melanie Davies (Swansea Harriers) 19.19
- 2 Megan Thomas (Carmarthen Harriers) 19.51
- 3 Sian Peters (Llanelli A.C) 20.10
- 4 Elinor Kirk (Swansea Harriers) 20.46
- 5 Caryl Davies (Sarn Helen) 23.19

### **U17 Boys 5.5km**

- 1 Lee Ladd (Carmarthen Harriers) 21.38
- 2 Gavin Williams (Llanelli A.C) 22.20
- 3 Jack Davey (Carmarthen Harriers) 22.30
- 4 Carwyn Thomas (Sarn Helen) 22.49
- 5 Aled Thomas (Neath Harriers) 23.04
- 6 Irfon Thomas (Sarn Helen) 24.11
- 7 Chris Rees (Aberystwyth A.C) 24.33

### **U20 Ladies 5.5km**

- 1 Efa Llewellyn (Swansea Harriers) 27.14
- 2 Lizzie Goodband (Aberystwyth A.C) 29.56

### **U20 Men 7.8km**

- 1 Wynne Evans (Carmarthen Harriers) 29.50
- 2 Jonathan Williams (Llanelli A.C) 31.49
- 3 Luke Williams (Llanelli A.C) 33.58

### **Senior Ladies 5.5km**

- 1 Mary Wilkinson (Univ of Wales Aberystwyth) 22.41
- 2 Tracy Ranson (Univ of Wales Aberystwyth) 23.40
- 3 Rachel Goddard (Swansea Harriers) 25.02
- 4 Helen Mansfield (Carmarthen Harriers) 26.31 (F40)
- 5 Sandra Pinkham (Neath Harriers) 26.40 (F40)
- 6 Deborah Youngs (3M's Gorseinon R.R.) 26.48 (F35)
- 7 Jennifer Phillips (Llanelli AC) 27.00 (F35)
- 8 Diane Wilson Evans (Swansea Harriers) 27.07 (F45)
- 9 Ffion Morgan (C.A. Aberystwyth) 27.30
- 10 Jenny Parkes (Sarn Helen) 28.04 (F40)
- 11 Angela Whitehouse (Neath Harriers) 28.20 (F40)
- 12 Louise Miskell (3M's Gorseinon R.R.) 28.42
- 13 Christine Lloyd (Neath Harriers) 30.00 (F45)
- 14 Gaynor Hulland (3M's Gorseinon R.R.) 30.36 (F45)

- 15 Janet Gange (Neath Harriers) 30.58 (F40)
- 16 Fay Sharpe (3M's Gorseinon R.R.) 31.41 (F40)
- 17 Susan Jenkins (Sarn Helen) 32.39 (F45)
- 18 Karen Burrows (3M's Gorseinon R.R.) 36.03 (F40)
- 19 Susan Thomas (TROTTS) 36.25 (F55)

### **Team Result**

- 1 Neath Harriers 44
- 2 3M's Gorseinon RR 48

### **Senior Ladies**

- 1 Mary Wilkinson (Univ of Wales Aberystwyth) 22.41
- 2 Tracy Ranson (Univ of Wales Aberystwyth) 23.40
- 3 Rachel Goddard (Swansea Harriers) 25.02

### **F35**

- 1 Deborah Youngs (3M's Gorseinon R.R.) 26.48
- 2 Jennifer Phillips (Llanelli AC) 27.00

### **F40**

- 1 Helen Mansfield (Carmarthen Harriers) 26.31
- 2 Sandra Pinkham (Neath Harriers) 26.40
- 3 Jenny Parkes (Sarn Helen) 28.04

### **F45**

- 1 Diane Wilson Evans (Swansea Harriers) 27.07
- 2 Christine Lloyd (Neath Harriers) 30.00
- 3 Gaynor Hlland (3M's Gorseinon R.R.) 30.36

### **F55**

- 1 Susan Thomas (TROTTS) 36.25

### **Senior Men 10.1km**

- 1 David Rees (Swansea Harriers) 38.00
- 2 Daniel Beynon (Swansea Harriers) 38.16
- 3 Steve Rees (Port Talbot Harriers & A.C) 38.23
- 4 David Wilson-Evans (Swansea Harriers) 39.46 (V45)
- 5 Kevin Lewis (Neath Harriers) 40.30 (V40)
- 6 Peter Osborne (Swansea Harriers) 40.48 (V40)
- 7 Aaron Jones (Swansea Harriers) 41.07 (V45)
- 8 Lee Sandham (Neath Harriers) 41.42
- 9 John Williams (Neath Harriers) 41.50 (V40)
- 10 Carl Ellis (Port Talbot Harriers & A.C) 42.03
- 11 Peter Watkeys (Swansea Harriers) 42.20
- 12 Jeff Rees (Neath Harriers) 42.32 (V50)
- 13 Richard Jones (Swansea Harriers) 42.37 (V45)
- 14 Steve Williams (Neath Harriers) 42.38 (V45)
- 15 Kevin Taylor (Amman Valley Harriers) 42.50 (V40)
- 16 Mike Evans (Neath Harriers) 42.51 (V40)
- 17 Neil Davies (Cornelly Striders A.C.) 43.05 (V40)
- 18 Sam Walsh (Swansea Harriers) 43.10
- 19 Richard Marks (Sarn Helen) 43.52 (V50)
- 20 Keith Powell (Cornelly Striders A.C.) 44.08 (V50)
- 21 Les Chapman (Amman Valley Harriers) 44.33 (V55)
- 22 John H. Griffiths (Sarn Helen) 45.15 (V55)
- 23 Robert Jones (Swansea Harriers) 45.17 (V40)
- 24 Richard Webster (3M's Gorseinon R.R.) 45.30 (V45)
- 25 Hywel Wyn Jones (Amman Valley Harriers) 45.44 (V40)
- 26 Graham Colvin (3M's Gorseinon R.R.) 45.56 (V40)
- 27 Dave Roberts (Amman Valley Harriers) 45.59 (V40)

28 Peter Foale (C.A.Aberystwyth) 46.13 (V50)  
29 Haydn Lloyd (Sarn Helen) 46.22  
30 Dean Hardie (3M's Gorseinon R.R.) 47.02 (V45)  
31 Lyn Rees (Sarn Helen) 47.03 (V50)  
32 Rob Fowler (Amman Valley Harriers) 47.03 (V55)  
33 Dai Roberts (C.A.Aberystwyth) 47.27 (V40)  
34 Harford Evans (Amman Valley Harriers) 47.56 (V50)  
35 John Poston (Swansea Harriers) 48.14 (V55)  
36 Bruce Morgan (Llanelli AAC) 48.47 (V45)  
37 David Hesketh (Cornelly Striders A.C.) 48.56 (V40)  
38 Peter Turner (Cornelly Striders A.C.) 48.59 (V50)  
39 Len Richards (Port Talbot Harriers & A.C) 49.13 (V50)  
40 Gary Waters (Swansea Harriers) 49.39 (V55)  
41 Charles Walsh (Port Talbot Harriers & A.C) 49.47  
42 Kevin Holland (C.A.Aberystwyth) 49.48 (V40)  
43 John Gwyn Evans (C.A.Aberystwyth) 50.05 (V50)  
44 Ray James (Port Talbot Harriers & A.C) 52.28 (V40)  
45 John Davies (Port Talbot Harriers & A.C) 52.56 (V55)  
46 Tony Holling (Port Talbot Harriers & A.C) 55.13 (V45)  
47 Brian Ashton (C.A.Aberystwyth) 57.45 (V50)  
48 Mike Todd (Amman Valley Harriers) 58.34 (V45)

### **Team Result**

1 Swansea Harriers 20  
2 Neath Harriers 48  
3 Amman Valley Harriers 120  
4 Port Talbot Harriers & AC 137  
5 C.A. Aberystwyth 193

### **Senior Men**

1 David Rees (Swansea Harriers) 38.00  
2 Daniel Beynon (Swansea Harriers) 38.16  
3 Steve Rees (Port Talbot Harriers & A.C) 38.23

### **V40**

1 Kevin Lewis (Neath Harriers) 40.30  
2 Peter Osborne (Swansea Harriers) 40.48  
3 John Williams (Neath Harriers) 41.50

### **V45**

1 David Wilson-Evans (Swansea Harriers) 39.46  
2 Aaron Jones (Swansea Harriers) 41.07  
3 Richard Jones (Swansea Harriers) 42.37

### **V50**

1 Jeff Rees (Neath Harriers) 42.32  
2 Richard Marks (Sarn Helen) 43.52  
3 Keith Powell (Cornelly Striders A.C.) 44.08

### **V55**

1 Les Chapman (Amman Valley Harriers) 44.33  
2 John H. Griffiths (Sarn Helen) 45.15  
3 Rob Fowler (Amman Valley Harriers) 47.03

### **V70 (5.5km)**

1 Arthur Phillips (Glynneath AC) 28.44  
2 Allan Smith (Glynneath AC) 29.47