

Second Fixture 2010/2011 Season

Swansea University Playing Fields, Fairwood Common, Gower, Swansea. Sunday 7th November 2010 (Incorporating the WEST WALES CROSS COUNTRY CHAMPIONSHIPS).



GB Under 20 athlete and former UK Inter Counties Champion Dewi Griffiths (Carmarthen Harriers) won the West Wales U20 Mens title and was a clear winner in the West Glamorgan Senior Mens race.

WEST WALES CROSS COUNTRY CHAMPIONSHIPS

Under 20 Men (9.9km)

- 1 Dewi Griffiths (Carmarthen Harriers) 34.37
- 2 Matthew Richards (Pembrokeshire Harriers) 37.26
- 3 Ashley Harper (Swansea University) 40.54

Senior Men (9.9km)

- 1 Wynne Evans (Swansea University) 37.01
- 2 Matthew Harvey (Neath Harriers) 37.29
- 3 Andrew Reynolds (Port Talbot Harriers) 37.37
- 4 Paul Talbot (Neath Harriers) 37.51 (V40)
- 5 Luke Watson (TROTS) 38.26
- 6 Chris Parker (Port Talbot Harriers) 38.38 (V45)
- 7 James Hockin (Celtic Tri) 38.39
- 8 Roy Whitehouse (Neath Harriers) 39.45 (V45)
- 9 Chris Fulcher (Port Talbot Harriers) 39.49 (V40)
- 10 John Littlewood (Celtic Tri) 40.17
- 11 John Morris (Amman Valley Harriers) 40.21
- 12 Hugh Pascoe (Celtic Tri) 40.41

- 13 Richard Mulvany (Neath Harriers) 40.45
- 14 Ashley Harper (Swansea University) 40.54 (U20)
- 15 Lee Sandham (Neath Harriers) 41.26 (V40)
- 16 Peter Osborne (Swansea Harriers A.C.) 41.31 (V50)
- 17 Richard Lewis (Celtic Tri) 41.37
- 18 Kevin Lewis (Neath Harriers) 41.41 (V45)
- 19 Jos Jones (Aberystwyth A.C.) 41.45
- 20 Gary Irving (Swansea Harriers A.C.) 41.56 (V50)
- 21 Ian Phillips (3M's Gorseinon R.R.) 41.58
- 22 Richard Jones (Swansea Harriers A.C.) 42.02 (V50)
- 23 Alex Williams (Port Talbot Harriers) 42.07 (V40)
- 24 Andrew Morrison (Swansea Harriers AC) 42.09
- 25 Neil Davies (Cornelly Striders A.C.) 42.11 (V50)
- 26 Richard Thompson (Pembrokeshire Harriers) 42.16 (V45)
- 27 Alun Rees (Neath Harriers) 42.18 (V35)
- 28 Kevin Taylor (Amman Valley Harriers) 42.29 (V50)
- 29 Andrew Smith (Swansea Harriers A.C.) 42.32
- 30 Steve Walsh (Port Talbot Harriers) 42.33 (V40)
- 31 David John (Swansea University) 43.01
- 32 Steve Williams (Neath Harriers) 43.04 (V50)
- 33 Lyndsey Christopher (Corus Multi-Sport) 43.13
- 34 Daniel Davies (Pembrokeshire Harriers) 43.15
- 35 Paul Lewis (3M's Gorseinon R.R.) 43.18 (V45)
- 36 Charles Walsh (Port Talbot Harriers) 43.32 (V35)
- 37 Andrew George (Celtic Tri) 43.33
- 38 Dean Hardie (3M's Gorseinon R.R.) 43.59 (V50)
- 39 John Sinnett (Pembrokeshire Harriers) 44.08 (V50)
- 40 Huw Roberts (Bridgend A.C.) 44.12 (V50)
- 41 Scott Davies (Celtic Tri) 44.27
- 42 Chris Lewis (Port Talbot Harriers) 44.31 (V35)
- 43 Mark Gosney (3M's Gorseinon R.R.) 44.45
- 44 Dave Cornish (Port Talbot Harriers) 44.48 (V40)
- 45 Paul Dyson (Swansea Harriers A.C.) 44.51 (V50)
- 46 Dave Hesketh (Cornelly Striders A.C.) 45.22 (V45)
- 47 Mike Evans (Neath Harriers) 45.23 (V50)
- 48 John Hopkins (Port Talbot Harriers) 45.46 (V45)
- 49 Steve Thomas (3M's Gorseinon R.R.) 45.49
- 50 Richard Jones (Cornelly Striders A.C.) 45.52
- 51 Ian Hoskin (3M's Gorseinon R.R.) 45.54
- 52 Alan Perkins (Port Talbot Harriers) 46.22 (V55)
- 53 Les Watson (TROTS) 46.26 (V45)
- 54 Gary Howe (3M's Gorseinon R.R.) 46.28 (V45)
- 55 Howard Carpenter (Neath Harriers) 46.32 (V55)
- 56 Graham Colvin (Celtic Tri) 46.38 (V45)
- 57 Robin Withers (Pembrokeshire Harriers) 46.47 (V45)
- 58 Shaun Broome (Neath Harriers) 46.52 (V35)
- 59 Brian Mogford (Amman Valley Harriers) 46.59 (V50)
- 60 Steve Cable (3M's Gorseinon R.R.) 47.04 (V45)
- 61 Les Chapman (Amman Valley Harriers) 47.17 (V60)
- 71 Peter Turner (Cornelly Striders A.C.) 47.23 (V55)

- 72 Martin Dyde (Pembrokeshire Harriers) 47.44 (V50)
- 73 Dewi West (3M's Gorseinon R.R.) 47.54 (V45)
- 74 Paul Arnold (Celtic Tri) 48.12 (V40)
- 75 Uku Kumari (Swansea Harriers A.C.) 48.51 (V55)
- 76 Dean Webster (3M's Gorseinon R.R.) 48.57
- 77 Calvin Hold (Swansea Harriers A.C.) 48.59 (V35)
- 78 Graham Vyner (Celtic Tri) 49.15 (V40)
- 79 Cyril Walters (TROTTS) 49.18 (V60)
- 80 Andrew Dunscombe (Porthcawl Runnerslife) 49.42 (V45)
- 81 David Griffiths (Pembrokeshire Harriers) 50.04 (V45)
- 82 Robert Fowler (Amman Valley Harriers) 50.13 (V60)
- 83 Colin Anthony (Port Talbot Harriers) 50.43 (V65)
- 84 Laurence Worth (Pembrokeshire Harriers) 50.57 (V45)
- 85 Terry Jones (Celtic Tri) 51.12 (V55)
- 86 Mario Rabaiotti (Port Talbot Harriers) 51.35 (V45)
- 87 Paul Ford (Porthcawl Runnerslife) 51.55
- 88 James Davies (3M's Gorseinon R.R.) 52.37 (V40)
- 89 Rony Seamans (Celtic Tri) 52.51
- 90 Paul Edwards (Pembrokeshire Harriers) 52.57 (V50)
- 91 Ross Poiner (3M's Gorseinon R.R.) 53.21
- 92 Richard Moore (Porthcawl Runnerslife) 56.59
- 93 Tony Holling (Port Talbot Harriers) 57.32 (V55)
- 94 Ralph Allemanno (Swansea Harriers A.C.) 61.21 (V60)
- 95 Ian Swanson (Port Talbot Harriers) 62.28 (V60)



Alaw Beynon-Thomas made it a double for Carmarthen Harriers with a fine victory in the Senior Ladies race.

Senior Ladies & V70 Men (5.1km)

- 1 Alaw Beynon-Thomas (Carmarthen Harriers) 20.13
- 2 Helen Marshall (Aberystwyth A.C.) 21.18
- 3 Jenny Phillips (Llanelli A.C.) 22.37 (F40)
- 4 Joanne Thatcher (Aberystwyth A.C.) 22.44 (F40)
- 5 Sandra Pinkham (Port Talbot Harriers) 22.49 (F45)
- 6 Debbie Reed (3M's Gorseinon R.R.) 23.06 (F45)
- 7 Claire Cleathero (T.R.O.T.S.) 23.37 (F35)
- 8 Carol Moseley (Port Talbot Harriers) 23.49
- 9 Jayne Arnold (Celtic Tri) 24.13 (F35)
- 10 Christine Jones (Celtic Tri) 24.15 (F50)
- 11 Michelle Grey (Port Talbot Harriers) 24.34
- 12 Nina Brocklebak (3M's Gorseinon R.R.) 24.43 (F35)
- 13 Caroline Sandles (3M's Gorseinon R.R.) 24.56 (F40)
- 14 Christina Smith (3M's Gorseinon R.R.) 25.05 (F50)
- 15 Lianne Gibbs (Celtic Tri) 25.09 (F35)
- 16 Sian Phillips (Swansea Harriers A.C.) 25.25 (F45)
- 17 Andrea Williams (Port Talbot Harriers) 25.45 (F35)
- 18 Pauline Williams (Port Talbot Harriers) 25.46 (F50)
- 19 Cordelia Jones (3M's Gorseinon R.R.) 25.55
- 20 Caryl Davies (Sarn Helen) 26.16
- 21 Helen Eve (Swansea Harriers A.C.) 26.34 (F40)
- 22 Judith Oakley (Port Talbot Harriers) 26.43 (F45)
- 23 Gwen Smith (Swansea Harriers A.C.) 26.49 (F45)
- 24 Del Eyre (3M's Gorseinon R.R.) 26.53 (F45)
- 25 Kirsten Tucker (Port Talbot Harriers) 27.31
- 26 Julia Rees (Port Talbot Harriers) 28.02
- 27 Helen Parry (Corus Multi-Sport) 28.12 (F55)
- 28 Salli Davies (3M's Gorseinon R.R.) 28.13 (F35)
- 29 Debbie Veck (3M's Gorseinon R.R.) 28.15 (F40)
- 30 Donna Morgan (Amman Valley Harriers) 28.18 (F35)
- 31 Allan Smith (3M's Gorseinon R.R.) 28.49 (V70)
- 32 Lisa Williams (3M's Gorseinon R.R.) 28.55
- 33 Chris Hurdidge (3M's Gorseinon R.R.) 29.59 (F55)
- 34 Linda Rees (3M's Gorseinon R.R.) 29.59 (F50)
- 35 Julie Noble (Celtic Tri) 30.32 (F45)
- 36 Clare Davies (Celtic Tri) 30.49
- 37 Linda Waller (3M's Gorseinon R.R.) 31.05 (F55)
- 38 Carol Vyner (Celtic Tri) 31.56 (F40)
- 39 Jan Bell (Pembrokeshire Harriers) 32.47 (F65)
- 40 Tracy Williams (Celtic Tri) 33.02 (F45)
- 41 Karen Burrows (Celtic Tri) 33.38 (F50)
- 42 Barbara Thomas (Pembrokeshire Harriers) 34.07 (F65)
- 43 Lynn Holmes (3M's Gorseinon R.R.) 34.26 (F45)
- 44 Linda Owens (3M's Gorseinon R.R.) 35.08 (F55)
- 45 Fay Sharpe (3M's Gorseinon R.R.) 35.23 (F50)
- 46 Melanie Colburn (Celtic Tri) 36.39 (F40)

Under 13 Boys (2.8km)

- 1 Nikita Neary (Carmarthen Harriers) 11.03
- 2 Oliver Jones (Swansea Harriers) 11.46
- 3 Jordan Richards (Carmarthen Harriers) 11.56
- 4 Aled Phillips (Amman Valley Harriers) 12.34
- 5 Samuel Martin (Swansea Harriers) 12.36
- 6 Osian Thomas (Carmarthen Harriers) 12.41
- 7 Sam Woodnutt (Amman Valley Harriers) 12.59
- 8 Finn Thompson (Pembrokeshire Harriers) 13.17
- 9 Fraser Robertson (Llandovery College) 13.28
- 10 Pip Hancock (Swansea Harriers) 14.04

Under 13 Girls (2.8km)

- 1 Emily Thomas (Aberystwyth A.C.) 12.04
- 2 Caitlin Page (Sarn Helen) 12.34
- 3 Shannon Desmet (Carmarthen Harriers) 12.36
- 4 Katie Parfitt (Swansea Harriers) 12.47
- 5 Ffion Quan (Sarn Helen) 12.54
- 6 Tegan Harrison (Pembrokeshire Harriers) 13.04
- 7 Siobahn Eleri (Carmarthen Harriers) 13.16
- 8 Jessica Bradley (Pembrokeshire Harriers) 13.18
- 9 Ffion Jenkins (Amman Valley Harriers) 13.31
- 10 Alice Russell-Stretch (Pembrokeshire Harriers) 13.39
- 11 Anna Garvey (Pembrokeshire Harriers) 13.54
- 12 Jessica Williams (Carmarthen Harriers) 14.23
- 13 Amber Howell (Amman Valley Harriers) 14.29
- 14 Ellie Coates (Swansea Harriers) 14.51
- 15 Bethan Harris (Swansea Harriers) 15.05
- 16 Kylie Richards (Swansea Harriers) 15.13
- 17 Kelsey Rabaiotti (Swansea Harriers) 15.15
- 18 Jenna Gallivan-Clash (Pembrokeshire Harriers) 15.19
- 19 Emily Jones (Swansea Harriers) 15.23
- 20 Rhiannon Fenn (Swansea Harriers) 15.24
- 21 Sophie Rees (Pembrokeshire Harriers) 15.47
- 22 Maryanne Eve (Swansea Harriers) 16.05

Under 15 Girls (2.8km)

- 1 Olivia Gwynn (Swansea Harriers) 11.27
- 2 Elin Davies (Swansea Harriers) 12.05
- 3 Caitlin Thompson (Pembrokeshire Harriers) 12.19
- 4 Lara Philippart (Swansea Harriers) 12.24
- 5 Iona Evans (Swansea Harriers) 12.29
- 6 Rhian Homer (Pembrokeshire Harriers) 12.33
- 7 Megan Thomas (Carmarthen Harriers) 12.35
- 8 Ffion Haf Harrett (Celtic Tri) 12.37
- 9 Poppy Lewis (Pembrokeshire Harriers) 12.57
- 10 Rebecca Lewis (Carmarthen Harriers) 13.03
- 11 Lowri Heckler (Carmarthen Harriers) 13.05
- 12 Niamh Elain (Carmarthen Harriers) 13.06

- 13 Charlotte Rees (Pembrokeshire Harriers) 13.25
- 14 Ellie Dainton (Llanelli A.C.) 13.59
- 15 Cara Watson (T.R.O.T.S.) 14.07

Under 15 Boys (4.1km)

- 1 Kieran Roberts (Carmarthen Harriers) 15.08
- 2 Christian Lovatt (Carmarthen Harriers) 15.57
- 3 Laurie Haworth (Pembrokeshire Harriers) 16.14
- 4 Daniel Hall (Swansea Harriers) 16.24
- 5 Deri Stewart (Celtic Tri) 16.29
- 6 Liam Bradley (Pembrokeshire Harriers) 17.01
- 7 Zak Lewis (Llanelli A.C.) 17.26
- 8 Ashley Hopkins (Swansea Harriers) 17.29
- 9 Joe Lingard (Swansea Harriers) 17.36
- 10 Thomas John (Neath Harriers) 17.39
- 11 Samuel Withers (Pembrokeshire Harriers) 17.45
- 12 Stephen Williams (Aberystwyth A.C.) 17.59
- 13 Ruairidh Cox (Pembrokeshire Harriers) 18.31
- 14 Jack Rees (Pembrokeshire Harriers) 18.46
- 15 Rhydian Jones (Swansea Harriers) 19.51
- 16 James Colburn (Celtic Tri) 20.41
- 17 Robert J Curry (Swansea Harriers) 22.27

Under 17 Girls (4.1km)

- 1 Megan Withers (Pembrokeshire Harriers) 16.47
- 2 Jemima Osborn (Swansea Harriers) 17.16
- 3 Megan Turner (Aberystwyth A.C.) 18.02
- 4 Stacey Webber (Llanelli A.C.) 18.16
- 5 Elysia Pearson (Swansea Harriers) 18.22
- 6 Lauren Bell (Pembrokeshire Harriers) 18.41
- 7 Josie Lewis (Pembrokeshire Harriers) 18.58
- 8 Meghan Good (Pembrokeshire Harriers) 21.12

Under 17 Boys (5.1km)

- 1 Liam Lloyd (Swansea Harriers) 17.42
- 2 Josh Griffiths (Carmarthen Harriers) 17.54
- 3 Matthew O'Leary (Neath Harriers) 18.04
- 4 Lloyd Heckler (Carmarthen Harriers) 18.21
- 5 Ronan Llyr (Carmarthen Harriers) 18.51
- 6 Sean White (Swansea Harriers) 19.12
- 7 Daniel Lewis (Neath Harriers) 20.54

Under 20 Women (5.1km)

- 1 Lauren Harries (Aberystwyth A.C.) 23.31
- 2 Ffion Evans (Amman Valley Harriers) 25.39

WEST GLAMORGAN CROSS COUNTRY LEAGUE



Senior Ladies & V70 Men (5.1km)

- 1 Alaw Beynon-Thomas (Guest) 20.13
- 2 Hannah Jarvis (Guest) 21.12
- 3 Helen Marshall (Aberystwyth A.C.) 21.18
- 4 Verity Ockenden (Swansea University) 21.36 (U20)
- 5 Jenny Phillips (Guest) 22.37 (F40)
- 6 Joanne Thatcher (Aberystwyth A.C.) 22.44 (F40)
- 7 Sandra Pinkham (Port Talbot Harriers) 22.49 (F45)
- 8 Debbie Reed (3M's Gorseinon R.R.) 23.06 (F45)
- 9 Lauren Harries (Aberystwyth A.C.) 23.31 (U20)
- 10 Claire Cleathero (Tata Steel) 23.37 (F35)
- 11 Carol Moseley (Port Talbot Harriers) 23.49
- 12 Jayne Arnold (Celtic Tri) 24.13 (F35)
- 13 Christine Jones (Celtic Tri) 24.15 (F50)
- 14 Gabriela Maine (Porthcawl Runnerslife) 24.18
- 15 Michelle Grey (Port Talbot Harriers) 24.34
- 16 Nina Brocklebak (3M's Gorseinon R.R.) 24.43 (F35)
- 17 Caroline Sandles (3M's Gorseinon R.R.) 24.56 (F40)
- 18 Christina Smith (3M's Gorseinon R.R.) 25.05 (F50)
- 19 Lianne Gibbs (Celtic Tri) 25.09 (F35)
- 20 Sharon Ford (Porthcawl Runnerslife) 25.16 (F40)
- 21 Sian Phillips (Swansea Harriers A.C.) 25.25 (F45)
- 22 Ffion Evans (Amman Valley Harriers) 25.39 (U20)
- 23 Andrea Williams (Port Talbot Harriers) 25.45 (F35)
- 24 Pauline Williams (Port Talbot Harriers) 25.46 (F50)
- 25 Cordelia Jones (3M's Gorseinon R.R.) 25.55
- 26 David Naylor (Swansea University) 26.01 (V70)
- 27 Caryl Davies (Guest) 26.16
- 28 Helen Eve (Swansea Harriers A.C.) 26.34 (F40)
- 29 Judith Oakley (Port Talbot Harriers) 26.43 (F45)
- 30 Gwen Smith (Swansea Harriers A.C.) 26.49 (F45)

- 31 Del Eyre (3M's Gorseinon R.R.) 26.53 (F45)
- 32 Nicola Thomas (Porthcawl Runnerslife) 27.07 (F40)
- 33 Kirsten Tucker (Port Talbot Harriers) 27.31
- 34 Carole Vaughan (Porthcawl Runnerslife) 27.41 (F45)
- 35 Katie Waite (Swansea University) 27.42 (U20)
- 36 Julia Rees (Port Talbot Harriers) 28.02
- 37 Helen Parry (Tata Steel) 28.12 (F55)
- 38 Salli Davies (3M's Gorseinon R.R.) 28.13 (F35)
- 39 Debbie Veck (3M's Gorseinon R.R.) 28.15 (F40)
- 40 Donna Morgan (Amman Valley Harriers) 28.18 (F35)
- 41 Rebecca Hanbrook (Porthcawl Runnerslife) 28.37 (F60)
- 42 Allan Smith (3M's Gorseinon R.R.) 28.49 (V70)
- 43 Lisa Williams (3M's Gorseinon R.R.) 28.55
- 44 Chris Hurdidge (3M's Gorseinon R.R.) 29.59 (F55)
- 45 Linda Rees (3M's Gorseinon R.R.) 29.59 (F50)
- 46 Julie Noble (Celtic Tri) 30.32 (F45)
- 47 Clare Davies (Celtic Tri) 30.49
- 48 Linda Waller (3M's Gorseinon R.R.) 31.05 (F55)
- 49 Allenca Harrington (Swansea University) 31.26 (U20)
- 50 Carol Vyner (Celtic Tri) 31.56 (F40)
- 51 Sarah Dunscombe (Porthcawl Runnerslife) 32.29 (F35)
- 52 Jan Bell (Pembrokeshire Harriers) 32.47 (F65)
- 53 Tracy Williams (Celtic Tri) 33.02 (F45)
- 54 Karen Burrows (Celtic Tri) 33.38 (F50)
- 55 Barbara Thomas (Pembrokeshire Harriers) 34.07 (F65)
- 56 Lynn Holmes (3M's Gorseinon R.R.) 34.26 (F45)
- 57 Linda Owens (3M's Gorseinon R.R.) 35.08 (F55)
- 58 Fay Sharpe (3M's Gorseinon R.R.) 35.23 (F50)
- 59 Nicola Baker (Porthcawl Runnerslife) 36.15 (F40)
- 60 Melanie Colburn (Celtic Tri) 36.39 (F40)
- 61 Janet Harris (Porthcawl Runnerslife) 38.47 (F50)

Ladies Match Result

- 1 Port Talbot Harriers 215
- 2 3M's Gorseinon R.R. 211
- 3 Celtic Tri 164
- 4 Aberystwyth A.C. 158
- 5 Porthcawl Runnerslife 126
- 6 Swansea Harriers 102
- 7 Swansea University 93
- 8 Tata Steel 73
- 9 Amman Valley Harriers 58
- 10 Pembrokeshire Harriers 17

Senior Men (9.9km)

- 1 Dewi Griffiths (Swansea University) 34.37 (U20)
- 2 Wynne Evans (Swansea University) 37.01
- 3 Matthew Richards (Pembrokeshire Harriers) 37.26 (U20)

- 4 Matthew Harvey (Neath Harriers) 37.29
- 5 Andrew Reynolds (Port Talbot Harriers) 37.37
- 6 Tom Bowerman (Swansea University) 37.41
- 7 Paul Talbot (Neath Black Tuesday) 37.51 (V40)
- 8 Tom Davies (Porthcawl Runnerslife) 38.15 (U20)
- 9 Daniel Winter (Swansea University) 38.24
- 10 Luke Watson (Guest) 38.26
- 11 Josh Lawless (Swansea University) 38.34
- 12 Chris Parker (Port Talbot Harriers) 38.38 (V45)
- 13 James Hockin (Celtic Tri) 38.39
- 14 David Wilson Evans (Swansea Harriers Vets) 38.49 (V50)
- 15 Tim Butt (Swansea University) 39.02
- 16 Alan Davies (3M's Gorseinon R.R.) 39.24 (V55)
- 17 Roy Whitehouse (Neath Jaguars) 39.45 (V45)
- 18 Chris Fulcher (Port Talbot Harriers) 39.49 (V40)
- 19 David Williams (Tata Steel) 40.15 (V35)
- 20 John Littlewood (Celtic Tri) 40.17
- 21 John Morris (Amman Valley Harriers) 40.21
- 22 Hugh Pascoe (Celtic Tri) 40.41
- 23 Richard Mulvany (Neath Harriers) 40.45
- 24 Ashley Harper (Swansea University) 40.54 (U20)
- 25 Geraint Lewis (Porthcawl Runnerslife) 40.59
- 26 Gareth Petts (Swansea University) 41.14
- 27 Peter Crane (Neath Black Tuesday) 41.23 (V45)
- 28 Lee Sandham (Neath Black Tuesday) 41.26 (V40)
- 29 Peter Osborne (Swansea Harriers Vets) 41.31 (V50)
- 30 Richard Lewis (Celtic Tri) 41.37
- 31 Kevin Lewis (Neath Jaguars) 41.41 (V45)
- 32 Jos Jones (Aberystwyth A.C.) 41.45
- 33 Gary Irving (Swansea Harriers Vets) 41.56 (V50)
- 34 Ian Phillips (3M's Gorseinon R.R.) 41.58
- 35 Daniel Harris (Tata Steel) 41.59
- 36 Jeff Thomas (Porthcawl RL Vets) 42.01 (V40)
- 37 Richard Jones (Swansea Harriers Vets) 42.02 (V50)
- 38 Alex Williams (Port Talbot Harriers) 42.07 (V40)
- 39 Andrew Morrison (Swansea Harriers MMTG) 42.09
- 40 Neil Davies (Cornelly Striders A.C.) 42.11 (V50)
- 41 Nigel Phillips (Tata Steel) 42.15 (V35)
- 42 Richard Thompson (Pembrokeshire Harriers) 42.16 (V45)
- 43 Alun Rees (Neath Harriers) 42.18 (V35)
- 44 Kevin Taylor (Amman Valley Harriers) 42.29 (V50)
- 45 Andrew Smith (Swansea Harriers MMTG) 42.32
- 46 Steve Walsh (Port Talbot Harriers) 42.33 (V40)
- 47 Terry Jones (Porthcawl Runnerslife) 42.38 (V35)
- 48 David John (Swansea University) 43.01
- 49 Steve Williams (Neath Black Tuesday) 43.04 (V50)
- 50 Lyndsey Christopher (Tata Steel) 43.13
- 51 Daniel Davies (Pembrokeshire Harriers) 43.15
- 52 Paul Lewis (3M's Gorseinon R.R.) 43.18 (V45)
- 53 Charles Walsh (Port Talbot Harriers) 43.32 (V35)

54 Andrew George (Celtic Tri) 43.33
55 Arron Webb (Swansea University) 43.37 (U20)
56 Dean Hardie (3M's Gorseinon R.R.) 43.59 (V50)
57 John Sinnett (Pembrokeshire Harriers) 44.08 (V50)
58 Huw Roberts (Guest) 44.12 (V50)
59 Scott Davies (Celtic Tri) 44.27
60 Chris Lewis (Port Talbot Harriers Vets) 44.31 (V35)
61 Richard Griffiths (Swansea University) 44.35 (U20)
62 Mark Gosney (3M's Gorseinon R.R.) 44.45
63 Dave Cornish (Port Talbot Harriers) 44.48 (V40)
64 Paul Dyson (Swansea University) 44.51 (V50)
65 Dave Hesketh (Cornelly Striders A.C.) 45.22 (V45)
66 Mike Evans (Neath Black Tuesday) 45.23 (V50)
67 Dave Rose (Porthcawl RL Vets) 45.38 (V45)
68 John Hopkins (Port Talbot Harriers Vets) 45.46 (V45)
69 Steve Thomas (3M's Gorseinon R.R.) 45.49
70 Richard Jones (Cornelly Striders A.C.) 45.52
71 Paul Boxer (Tata Steel) 45.53
72 Ian Hoskin (3M's Gorseinon R.R.) 45.54 (V35)
73 Will Edwards (Porthcawl Runnerslife) 45.59 (V35)
74 Owen Lewis (Guest) 46.17 (V35)
75 Alan Perkins (Port Talbot Harriers Vets) 46.22 (V55)
76 Les Watson (Guest) 46.26 (V45)
77 Gary Howe (3M's Gorseinon R.R.) 46.28 (V50)
78 Howard Carpenter (Neath Harriers Vets) 46.32 (V55)
79 Graham Colvin (Celtic Tri) 46.38 (V45)
80 Robin Withers (Pembrokeshire Harriers) 46.47 (V45)
81 Shaun Broome (Neath Jaguars) 46.52 (V35)
82 Brian Mogford (Amman Valley Harriers) 46.59 (V50)
83 Martin Jones (Tata Steel) 47.01
84 Steve Cable (3M's Gorseinon R.R.) 47.04 (V35)
85 Les Chapman (Amman Valley Harriers) 47.17 (V60)
86 Peter Turner (Cornelly Striders A.C.) 47.23 (V55)
87 Martin Dyde (Pembrokeshire Harriers) 47.44 (V50)
88 Dewi West (3M's Gorseinon R.R.) 47.54 (V45)
89 Paul Arnold (Celtic Tri) 48.12 (V40)
90 Mark Jones (Guest) 48.13 (V50)
91 Miquel Aguirre (Guest) 48.45
92 Uku Kumari (Swansea Harriers Thurs) 48.51 (V55)
93 Dean Webster (3M's Gorseinon R.R.) 48.57
94 Calvin Hold (Swansea Harriers Thurs) 48.59 (V35)
95 Graham Vynner (Celtic Tri) 49.15 (V40)
96 Cyril Walters (Guest) 49.18 (V60)
97 Andrew Dunscombe (Porthcawl RL Vets) 49.42 (V45)
98 Julian Maine (Porthcawl RL Vets) 49.59 (V50)
99 David Griffiths (Pembrokeshire Harriers) 50.04 (V45)
100 Robert Fowler (Amman Valley Harriers) 50.13 (V60)
101 Colin Anthony (Port Talbot Harriers Vets) 50.43 (V65)
102 Laurence Worth (Pembrokeshire Harriers) 50.57 (V45)
103 Terry Jones (Celtic Tri) 51.12 (V55)

- 104 Mario Rabaiotti (Port Talbot Harriers Vets) 51.35 (V45)
- 105 Paul Ford (Porthcawl RL Vets) 51.55
- 106 Dave Breen (Porthcawl RL Vets) 52.04 (V55)
- 107 James Davies (3M's Gorseinon R.R.) 52.37 (V40)
- 108 Rony Seamans (Celtic Tri) 52.51
- 109 Paul Edwards (Pembrokeshire Harriers) 52.57 (V50)
- 110 Ross Poiner (3M's Gorseinon R.R.) 53.21
- 111 Richard Moore (Porthcawl Runnerslife) 56.59
- 112 Tony Holling (Port Talbot Harriers V.V.) 57.32 (V55)
- 113 Ralph Allemanno (Swansea Harriers Thurs) 61.21 (V60)
- 114 Ian Swanson (Port Talbot Harriers V.V.) 62.28 (V60)

Mens Match Result

- 1 Swansea University 517
- 2 Port Talbot Harriers 430
- 3 Celtic Tri 411
- 4 Neath Black Tuesday 373
- 5 Tata Steel 335
- 6 3M's Gorseinon R.R. 331
- 7 Swansea Harriers Veterans 327
- 8 Pembrokeshire Harriers 319
- 9 Porthcawl Runnerslife 292
- 10 Neath Harriers 259
- 11 Amman Valley Harriers 230
- 12 Neath Jaguars 204
- 13 Cornelly Striders A.C. 184
- 14 Porthcawl Runnerslife Veterans 166
- 15 Port Talbot Harriers Veterans 158
- 16 Swansea Harriers MMTG 136
- 17 Aberystwyth A.C. 78
- 18 Swansea Harriers Thursdays 47
- 19 Neath Harriers Veterans 35
- 20 Port Talbot Harriers V.V. 6