

**West Glam Cross Country League - Round 1 - Pembrey Country Park**

Overall	Mens	Womens	Brcode No.	Time	First Name	Surname	Mens Team	Womens Team	Gender
1	1		255	00:24:02	Josh	Griffiths	SWANSEA HARRIERS		Male
2	2		240	00:24:22	Matthew	Harvey	SWANSEA HARRIERS		Male
3	3		317	00:24:48	Michael	Roderick	TRI HARD HARRIERS		Male
4	4		247	00:24:49	Matthew	Verran	SWANSEA HARRIERS		Male
5	5		244	00:25:14	Jack	Turner	SWANSEA HARRIERS		Male
6	6		130	00:25:23	Nicky	Bennett	OGMORE PHOENIX RUNNERS		Male
7	7		161	00:25:33	Ieuan	Griffiths-Davies	PEAK PERFORMANCE WALES		Male
8	8		158	00:25:43	Mark	Harrison	PEAK PERFORMANCE WALES		Male
9	9		120	00:25:53	Scott	Williams	NEATH HARRIERS		Male
10	10		26	00:25:59	Rob	Davies	AMMAN VALLEY HARRIERS		Male
11	11		121	00:26:01	Shane	Williams	NEATH HARRIERS		Male
12	12		119	00:26:03	Tom	Callard	NEATH HARRIERS		Male
13	13		78	00:26:39	Geraint	Lewis	CORNELLY STRIDERS		Male
14	14		116	00:26:40	Martyn	Ogrady	NEATH HARRIERS		Male
15	15		36	00:26:44	John	Perkins	AMMAN VALLEY HARRIERS		Male
16	16		243	00:26:49	Daniel	Newton	SWANSEA HARRIERS		Male
17	17		321	00:26:51	Tony	Davies	TRI HARD HARRIERS		Male
18	18		324	00:26:55	Myles	Kenealy	TRI HARD HARRIERS		Male
19	19		221	00:27:04	Chris	Tones	RUN4ALL NEATH BLACKS		Male
20	20		184	00:27:06	Sam	Hopkins	PORT TALBOT HARRIERS		Male
21	21		251	00:27:15	Patrick	Tudor	SWANSEA HARRIERS		Male
22	22		265	00:27:23	nino	gatti	SWANSEA VALE TRI		Male
23	23		344	00:27:29	Ben	Hutchison	TROTS		Male
24	24		118	00:27:30	Nathan	Daniel	NEATH HARRIERS		Male
25	25		138	00:27:35	Kyle	Blackmore	OGMORE PHOENIX RUNNERS		Male
26	26		109	00:27:39	John	Breslin	LLANELLI AC		Male
27	27		30	00:27:45	Henry	Drake	AMMAN VALLEY HARRIERS		Male
28	28		270	00:27:49	Iestyn	Evans	SWANSEA VALE TRI		Male
29		1	475	00:27:52	Alexandra	Cawthra		PEAK PERFORMANCE WALES	Female
30	29		262	00:27:54	Ifan	Lloyd	SWANSEA HARRIERS		Male
31	30		128	00:27:56	Steve	Holloway	OGMORE PHOENIX RUNNERS		Male
32	31		103	00:28:01	Matthew	Phillips	LLANELLI AC		Male
33	32		29	00:28:02	Mart	Flear	AMMAN VALLEY HARRIERS		Male
34	33		213	00:28:05	Meirion	Evans	RUN4ALL NEATH BLACKS		Male
35	34		164	00:28:07	Mark	Thomas	PEAK PERFORMANCE WALES		Male
36	35		342	00:28:18	Luke	Evans	TROTS		Male
37	36		258	00:28:21	Alan	Davies	SWANSEA HARRIERS		Male
38	37		179	00:28:24	Scott	Elvins	PORT TALBOT HARRIERS		Male
39	38		177	00:28:27	Adrian	Weaver	PORT TALBOT HARRIERS		Male
40	39		215	00:28:32	Lloyd	Jones	RUN4ALL NEATH BLACKS		Male
41	40		176	00:28:34	Sam	Figgures	PORT TALBOT HARRIERS		Male
42	41		242	00:28:36	Alex	John	SWANSEA HARRIERS		Male
43	42		319	00:28:37	Thomas	Williams	TRI HARD HARRIERS		Male
44	43		10	00:28:38	Pete	Lloyd	3MS GORSEINON RR		Male
45	44		252	00:28:39	Owen	Davies	SWANSEA HARRIERS		Male
46	45		322	00:28:41	Gareth	Thomas	TRI HARD HARRIERS		Male
47	46		217	00:28:53	Lewis	Hackney	RUN4ALL NEATH BLACKS		Male
48	47		249	00:28:54	Paul	Flynn	SWANSEA HARRIERS		Male
49	48		182	00:28:57	Matthew	Blackmore	PORT TALBOT HARRIERS		Male
50	49		256	00:28:59	Martyn	Hughes-Dowdle	SWANSEA HARRIERS		Male
51	50		327	00:29:01	Adam	Jenkins	TRI HARD HARRIERS		Male
52	51		156	00:29:04	Daniel	Maclachlan	PEAK PERFORMANCE WALES		Male
53	52		7	00:29:12	Simon	Jones	3MS GORSEINON RR		Male
54	53		273	00:29:14	Dylan	Jones	SWANSEA VALE TRI		Male
55	54		133	00:29:14	John	Burridge	OGMORE PHOENIX RUNNERS		Male
56	55		208	00:29:15	Martin	Cole	RUN4ALL NEATH BLACKS		Male
57	56		181	00:29:18	Andrew	Poston	PORT TALBOT HARRIERS		Male
58	57		54	00:29:26	Chris	williams	CELTIC TRI		Male
59	58		311	00:29:27	Alastair	Massey	SWANSEA VALE TRI		Male
60	59		189	00:29:31	Adrian	Cartlidge	PORTHCAWL RUNNERS		Male
61		2	548	00:29:32	Joanna	Callan		SWANSEA HARRIERS LADIES	Female
62	60		261	00:29:36	Tom	Bacon	SWANSEA HARRIERS		Male
63	61		159	00:29:39	Stefan	James	PEAK PERFORMANCE WALES		Male
64	62		87	00:29:41	Lewis	Bradley	FERRY FLATLINERS		Male
65	63		129	00:29:42	Jamie	Verran	OGMORE PHOENIX RUNNERS		Male
66	64		131	00:29:44	Connor	Panting	OGMORE PHOENIX RUNNERS		Male

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Overall	Mens	Womens	Brcode No.	Time	First Name	Surname	Mens Team	Womens Team	Gender
67	65		328	00:29:49	Oliver	Gray	TRI HARD HARRIERS		Male
68	66		134	00:29:50	Aled	Hughes	OGMORE PHOENIX RUNNERS		Male
69		3	582	00:29:56	Stephanie	Gibson		TRI HARD HARRIERS	Female
70	67		209	00:30:00	Jonathan	James	RUN4ALL NEATH BLACKS		Male
71	68		58	00:30:06	Jonathan	Carrick	CELTIC TRI		Male
72	69		143	00:30:08	Stephen	Arnold	PAUL POPHAM RUNNING CLUB		Male
73	70		269	00:30:10	Andrew	Marvelley	SWANSEA VALE TRI		Male
74	71		318	00:30:13	Karl	Randell	TRI HARD HARRIERS		Male
75	72		185	00:30:14	Chris	Lewis	PORT TALBOT HARRIERS		Male
76	73		343	00:30:16	Simon	Williams	TROTS		Male
77	74		88	00:30:20	James	Curtis	FERRY FLATLINERS		Male
78	75		219	00:30:20	Michael	Houlding	RUN4ALL NEATH BLACKS		Male
79	76		125	00:30:23	John	Hiddlestone	NORTH DOCK DREDGERS		Male
80	77		241	00:30:23	Jamie	Cameron	SWANSEA HARRIERS		Male
81	78		112	00:30:26	Royston	Whitehouse	NEATH BLACK TUESDAY		Male
82	79		278	00:30:26	Marc	Barrow	SWANSEA VALE TRI		Male
83	80		254	00:30:27	Gabrielius	Stuokus	SWANSEA HARRIERS		Male
84	81		259	00:30:28	Anthony	Jones	SWANSEA HARRIERS		Male
85		4	481	00:30:30	Heidi	Waters		PORT TALBOT HARRIERS	Female
86	82		31	00:30:32	Ashley	Ramsden	AMMAN VALLEY HARRIERS		Male
87	83		291	00:30:35	Daniel	Grimshaw	SWANSEA VALE TRI		Male
88	84		214	00:30:36	Arwel	Roberts	RUN4ALL NEATH BLACKS		Male
89	85		50	00:30:39	Llywelyn	Williams	CELTIC TRI		Male
90	86		264	00:30:41	ANDY	Morrissey	SWANSEA VALE TRI		Male
91	87		260	00:30:41	Paul	Llewellyn	SWANSEA HARRIERS		Male
92	88		231	00:30:44	Hugh	Janney	SOSPAN RR		Male
93	89		43	00:30:48	Ryan	Bunce	BRACKLA HARRIERS		Male
94	90		188	00:30:50	Christian	Bold	PORTHCAWL RUNNERS		Male
95	91		211	00:30:51	Adrian	Rees	RUN4ALL NEATH BLACKS		Male
96	92		210	00:30:56	Jonathan	Jarvis	RUN4ALL NEATH BLACKS		Male
97		5	565	00:30:58	Carys	Jones		SWANSEA VALE TRI	Female
98		6	495	00:31:04	Tracy	Jenkins		PORTHCAWL RUNNERS	Female
99	93		34	00:31:09	Steven	Rees-Smith	AMMAN VALLEY HARRIERS		Male
100	94		137	00:31:10	Dylan	Panting	OGMORE PHOENIX RUNNERS		Male
101	95		299	00:31:11	Josh	Green	SWANSEA VALE TRI		Male
102	96		73	00:31:14	Richard	Baker	CLWB RHEDEG PONTARDAWE		Male
103	97		27	00:31:15	Andy	McCall	AMMAN VALLEY HARRIERS		Male
104		7	592	00:31:17	Kayleigh	Bagshaw		TROTS	Female
105	98		59	00:31:22	Michael	Bohan	CELTIC TRI		Male
106	99		326	00:31:23	Tenniel	O'Brien	TRI HARD HARRIERS		Male
107	100		180	00:31:27	Gareth	Evans	PORT TALBOT HARRIERS		Male
108	101		35	00:31:30	Philip	England	AMMAN VALLEY HARRIERS		Male
109	102		16	00:31:33	Mark	Gosney	3MS GORSEINON RR		Male
110	103		212	00:31:34	Graham	Vyner	RUN4ALL NEATH BLACKS		Male
111	104		166	00:31:35	Fred	Guillet	PEAK PERFORMANCE WALES		Male
112	105		246	00:31:36	Simon	Coombes	SWANSEA HARRIERS		Male
113		8	546	00:31:36	Kristy	Smith		SWANSEA HARRIERS LADIES	Female
114	106		66	00:31:46	Steve	Hayward	CELTIC TRI		Male
115		9	427	00:31:47	Kelcy	Hooper		LLANELLI AC	Female
116		10	364	00:31:48	Clara	Davies		AMMAN VALLEY HARRIERS	Female
117	107		300	00:31:51	Craig	Hellier	SWANSEA VALE TRI		Male
118	108		329	00:31:56	Andrew	Silk	TRI HARD HARRIERS TITANS		Male
119	109		23	00:31:59	Lee	Morris	3MS GORSEINON RR		Male
120	110		292	00:32:03	Matt	Waldron	SWANSEA VALE TRI		Male
121	111		290	00:32:05	Alex	Thomas	SWANSEA VALE TRI		Male
122	112		102	00:32:08	Peter	Osborne	LLANELLI AC		Male
123		11	549	00:32:10	Sharon	Leech		SWANSEA HARRIERS LADIES	Female
124	113		218	00:32:17	Idris	Hanmer	RUN4ALL NEATH BLACKS		Male
125	114		67	00:32:19	Lea	Farrington	CELTIC TRI		Male
126	115		245	00:32:21	Daniel	Thomas	SWANSEA HARRIERS		Male
127	116		42	00:32:26	Henry (Harri)	Lloyd Davies	AMMAN VALLEY HARRIERS		Male
128		12	394	00:32:28	Bethan	Marks		CELTIC TRI	Female
129	117		80	00:32:31	Paul	Chappell	CORNELLY STRIDERS		Male
130	118		284	00:32:34	Ray	Castle	SWANSEA VALE TRI		Male
131		13	439	00:32:35	Olivia	Michael		NEATH HARRIERS	Female
132	119		122	00:32:35	David	Jackson	NORTH DOCK DREDGERS		Male

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Overall	Mens	Womens	Brcode No.	Time	First Name	Surname	Mens Team	Womens Team	Gender
133	120		69	00:32:42	Ethan	Matthews	CELTIC TRI		Male
134	121		93	00:32:47	Craig	Ranft	FERRY FLATLINERS		Male
135	122		160	00:32:49	Chris	Davies	PEAK PERFORMANCE WALES		Male
136	123		96	00:32:54	Craig	Jones	FERRY FLATLINERS		Male
137	124		336	00:32:56	Philip	Cheater	TRI HARD HARRIERS TITANS		Male
138	125		152	00:32:58	Andrew	Golley	PAUL POPHAM RUNNING CLUB		Male
139		14	483	00:33:00	Samantha	Healy		PORT TALBOT HARRIERS	Female
140	126		33	00:33:02	Guto	Evans	AMMAN VALLEY HARRIERS		Male
141	127		340	00:33:03	Robert	Stewart	TRI HARD HARRIERS TITANS		Male
142		15	547	00:33:04	Diane	Brownhill		SWANSEA HARRIERS LADIES	Female
143		16	358	00:33:07	Katie	Williams		3MS GORSEINON RR	Female
144	128		333	00:33:10	James	Hole	TRI HARD HARRIERS TITANS		Male
145	129		74	00:33:12	Mark	Williams	CLWB RHEDEG PONTARDAWE		Male
146	130		2	00:33:16	Stephen	Lisk	3MS GORSEINON RR		Male
147		17	357	00:33:18	Haley	Lawton		3MS GORSEINON RR	Female
148		18	368	00:33:21	Tifanie	Lewis		AMMAN VALLEY HARRIERS	Female
149		19	584	00:33:23	Jessica	Harrison		TRI HARD HARRIERS	Female
150	131		263	00:33:24	Michael	Williams	SWANSEA HARRIERS		Male
151	132		202	00:33:28	Wes	SHELDON	PTH REDS		Male
152	133		97	00:33:31	Matthew	Phillips	LLANELLI AC		Male
153	134		323	00:33:34	Samuel	Grove	TRI HARD HARRIERS		Male
154	135		77	00:33:34	Carl	Feiven	CORNELLY STRIDERS		Male
155		20	597	00:33:35	Jenny	Tanner		TROTS	Female
156		21	594	00:33:37	MEL	HOLLIDAY		TROTS	Female
157	136		277	00:33:42	Eli	Johnson	SWANSEA VALE TRI		Male
158		22	484	00:33:45	Cathryn	Williams		PORT TALBOT HARRIERS	Female
159	137		253	00:33:50	Heath	Brett	SWANSEA HARRIERS		Male
160	138		220	00:33:51	Alex	Tovey	RUN4ALL NEATH BLACKS		Male
161	139		91	00:33:52	Michael	Gunter	FERRY FLATLINERS		Male
162	140		60	00:33:53	Christopher	Smith	CELTIC TRI		Male
163		23	369	00:33:55	Rosie	Lewis		AMMAN VALLEY HARRIERS	Female
164		24	473	00:33:58	Laura	Borrelli		PEAK PERFORMANCE WALES	Female
165		25	359	00:34:00	Laura	Hughes-Dowdle		3MS GORSEINON RR	Female
166	141		84	00:34:00	Paul	May	CORNELLY STRIDERS		Male
167	142		192	00:34:03	Rhys	Mumford	PORTHCAWL RUNNERS		Male
168	143		111	00:34:04	Dean	Morris	NEATH BLACK TUESDAY		Male
169		26	487	00:34:07	Emily	O'Neill		PORTHCAWL RUNNERS	Female
170	144		157	00:34:08	Joseph	Bailey	PEAK PERFORMANCE WALES		Male
171	145		268	00:34:09	Kyle	Evans	SWANSEA VALE TRI		Male
172	146		139	00:34:11	Kevin	Archie Raymond	OGMORE PHOENIX RUNNERS		Male
173	147		57	00:34:12	Daniel	Evans	CELTIC TRI		Male
174	148		206	00:34:12	Steve	Davies	PTH WIZARDS		Male
175	149		297	00:34:13	Paul	Seppman	SWANSEA VALE TRI		Male
176	150		46	00:34:15	John	Lloyd	BRACKLA HARRIERS		Male
177	151		337	00:34:22	Stuart	Felton	TRI HARD HARRIERS TITANS		Male
178		27	519	00:34:23	Cheryl	Tanner		RUN4ALL NEATH BLACKS	Female
179	152		83	00:34:26	Anthony	Wilkinson	CORNELLY STRIDERS		Male
180		28	558	00:34:30	Jade	Evans		SWANSEA VALE TRI	Female
181	153		100	00:34:34	Nicholas	Collins	LLANELLI AC		Male
182	154		228	00:34:35	Mark	Kinson	RUN4ALL NEATH YELLOWS		Male
183	155		224	00:34:36	Benjamin	Jenkins	RUN4ALL NEATH YELLOWS		Male
184	156		200	00:34:37	Garry	Evans	PTH REDS		Male
185		29	381	00:34:37	Charlotte	Johns		BRACKLA HARRIERS	Female
186	157		298	00:34:41	Euan	Wheel	SWANSEA VALE TRI		Male
187	158		92	00:34:42	Edward Mark	Davies	FERRY FLATLINERS		Male
188	159		325	00:34:42	Angus	Humber	TRI HARD HARRIERS		Male
189	160		79	00:34:45	Greg	Morgan	CORNELLY STRIDERS		Male
190	161		44	00:34:46	Adrian	Lewis	BRACKLA HARRIERS		Male
191	162		101	00:34:48	Paul	Lock	LLANELLI AC		Male
192	163		276	00:34:48	Antony	Andrus	SWANSEA VALE TRI		Male
193	164		21	00:34:49	Dean	Hardie	3MS GORSEINON RR		Male
194	165		1	00:34:50	Kevin	Watson	3MS GORSEINON RR		Male
195	166		63	00:34:52	Sy	Bromham	CELTIC TRI		Male
196	167		238	00:34:52	Liam	Andrews	SOSPAN RR		Male
197		30	515	00:34:55	Abigail	Ryan		RUN4ALL NEATH BLACKS	Female
198		31	430	00:34:56	Louise	Rees james		LLANELLI AC	Female

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Overall	Mens	Womens	Brcode No.	Time	First Name	Surname	Mens Team	Womens Team	Gender
199	168		266	00:34:58	Ash	Mckavett	SWANSEA VALE TRI		Male
200	169		305	00:35:00	Tom	Blackler	SWANSEA VALE TRI		Male
201	170		110	00:35:02	Steve	Williams	NEATH BLACK TUESDAY		Male
202	171		40	00:35:03	Nick	Venables	AMMAN VALLEY HARRIERS		Male
203	172		301	00:35:05	Matthew	Thomas	SWANSEA VALE TRI		Male
204		32	488	00:35:07	Deb	Roberts		PORTHCAWL RUNNERS	Female
205		33	491	00:35:09	Louise	Mordue		PORTHCAWL RUNNERS	Female
206	173		32	00:35:10	Wayne	Fowler	AMMAN VALLEY HARRIERS		Male
207		34	476	00:35:13	Katie	Bowler		PEAK PERFORMANCE WALES	Female
208		35	482	00:35:14	Rachel	Monks		PORT TALBOT HARRIERS	Female
209	174		201	00:35:16	Tony	Spiller	PTH REDS		Male
210	175		49	00:35:17	Richard	Steele	BRACKLA HARRIERS		Male
211	176		61	00:35:17	Mark	Walker	CELTIC TRI		Male
212	177		173	00:35:22	Ieuan	Owens	PEAK PERFORMANCE WALES		Male
213	178		309	00:35:23	Richard	Hughes	SWANSEA VALE TRI		Male
214	179		271	00:35:25	Iestyn	Thomas	SWANSEA VALE TRI		Male
215		36	480	00:35:26	Viki	Evans		PORT TALBOT HARRIERS	Female
216	180		95	00:35:28	Adam	Frey	FERRY FLATLINERS		Male
217	181		89	00:35:29	Jason	Smith	FERRY FLATLINERS		Male
218		37	418	00:35:31	Louise	Attwood		CORNELLY STRIDERS	Female
219	182		226	00:35:32	Jac	Donovan	RUN4ALL NEATH YELLOWS		Male
220	183		3	00:35:33	Dewi	West	3MS GORSEINON RR		Male
221	184		257	00:35:34	Richard	Jones	SWANSEA HARRIERS		Male
222	185		193	00:35:35	Ian	Broderick	PORTHCAWL RUNNERS		Male
223	186		45	00:35:36	Matthew	Bunce	BRACKLA HARRIERS		Male
224	187		207	00:35:38	John	Hopkins	PTH WIZARDS		Male
225	188		126	00:35:42	Rob	Jenkins	NORTH DOCK DREDGERS		Male
226	189		341	00:35:44	Matthew	Williams	TROTS		Male
227	190		187	00:35:44	Steven	Sleep	PORTHCAWL RUNNERS		Male
228	191		154	00:35:47	Dean	Matthews	PAUL POPHAM RUNNING CLUB		Male
229	192		114	00:35:49	Chris	Richards	NEATH BLACK TUESDAY		Male
230		38	568	00:35:51	Jordan	Hart		SWANSEA VALE TRI	Female
231	193		151	00:35:51	Ian	Harris	PAUL POPHAM RUNNING CLUB		Male
232	194		275	00:35:52	Christopher	Anthony Jones	SWANSEA VALE TRI		Male
233	195		53	00:35:55	Mark	Gabb	CELTIC TRI		Male
234	196		162	00:35:56	Phillip	Morgan	PEAK PERFORMANCE WALES		Male
235		39	566	00:35:57	Hannah	Saitch		SWANSEA VALE TRI	Female
236	197		306	00:35:58	Ben	Reid	SWANSEA VALE TRI		Male
237	198		332	00:36:01	James	Cutler	TRI HARD HARRIERS TITANS		Male
238	199		272	00:36:02	Karac	Worley	SWANSEA VALE TRI		Male
239		40	562	00:36:02	Abbie	Evans		SWANSEA VALE TRI	Female
240	200		86	00:36:03	Evan	Phillips	CORNELLY STRIDERS		Male
241	201		142	00:36:04	Simon	Treharne	PAUL POPHAM RUNNING CLUB		Male
242	202		304	00:36:04	Brendan	Castle	SWANSEA VALE TRI		Male
243	203		296	00:36:08	Adrian	Evans	SWANSEA VALE TRI		Male
244		41	438	00:36:09	Sian	Stephens		NEATH HARRIERS	Female
245	204		71	00:36:16	Darren	Harris	CLWB RHEDEG PONTARDAWE		Male
246	205		315	00:36:18	Jack	Arnold	SWANSEA VALE TRI		Male
247	206		113	00:36:19	Howard	Carpenter	NEATH BLACK TUESDAY		Male
248	207		81	00:36:19	Ceri	Windos	CORNELLY STRIDERS		Male
249		42	541	00:36:20	Claire	Morgan		SOSPAN ROAD RUNNERS	Female
250		43	552	00:36:26	Caroline	Morgan		SWANSEA HARRIERS LADIES	Female
251	208		191	00:36:28	Alun	Jones	PORTHCAWL RUNNERS		Male
252	209		235	00:36:33	DAVID	Thomas	SOSPAN RR		Male
253		44	425	00:36:36	C	Protheroe		LLANELLI AC	Female
254	210		99	00:36:37	Anthony	Heald	LLANELLI AC		Male
255	211		56	00:36:38	Matthew	Cox	CELTIC TRI		Male
256	212		146	00:36:39	Simon	Thomas	PAUL POPHAM RUNNING CLUB		Male
257		45	419	00:36:41	Tracey	Bond		CORNELLY STRIDERS	Female
258	213		140	00:36:45	Leigh	Besley	PAUL POPHAM RUNNING CLUB		Male
259	214		52	00:36:45	Phil	Whitney	CELTIC TRI		Male
260	215		294	00:36:48	Scott	Wemyss	SWANSEA VALE TRI		Male
261	216		41	00:36:49	Anthony	Warden	AMMAN VALLEY HARRIERS		Male
262	217		22	00:36:54	Karl	Johns	3MS GORSEINON RR		Male
263		46	416	00:36:55	Kate	Ashton		CORNELLY STRIDERS	Female
264	218		313	00:37:00	Elliott	Martin-Jewell	SWANSEA VALE TRI		Male

**West Glam Cross Country League - Round 1 - Pembrey Country Park**

Overall	Mens	Womens	Brcode No.	Time	First Name	Surname	Mens Team	Womens Team	Gender
265		47	538	00:37:01	Ffion	Randell		SOSPAN ROAD RUNNERS	Female
266	219		286	00:37:05	Ryan	Randall	SWANSEA VALE TRI		Male
267	220		288	00:37:06	Kieran	Bennett	SWANSEA VALE TRI		Male
268	221		174	00:37:07	Gareth	Curtis	PEAK PERFORMANCE WALES		Male
269		48	387	00:37:14	Tara	williams		CELTIC TRI	Female
270	222		147	00:37:16	Derek	Claydon	PAUL POPHAM RUNNING CLUB		Male
271		49	409	00:37:17	Paula	Wilfort		CORNELLY STRIDERS	Female
272	223		105	00:37:19	Hugh	Evans	LLANELLI AC		Male
273		50	365	00:37:21	Catharine	Bleasdale		AMMAN VALLEY HARRIERS	Female
274	224		233	00:37:25	Andrew	Thomas	SOSPAN RR		Male
275		51	383	00:37:25	Linzi	Byrne		CELTIC TRI	Female
276	225		308	00:37:26	Mark	Bamford	SWANSEA VALE TRI		Male
277		52	595	00:37:30	Janine	Owen		TROTS	Female
278		53	376	00:37:31	Ffion	Griffiths		AMMAN VALLEY HARRIERS	Female
279		54	384	00:37:32	Sandra	Jones		CELTIC TRI	Female
280	226		225	00:37:34	Brian	Saxby	RUN4ALL NEATH YELLOWS		Male
281	227		274	00:37:36	Neil	Helling	SWANSEA VALE TRI		Male
282		55	406	00:37:39	Isabel	Hendry		CLWB RHEDEG PONTARDAWE	Female
283	228		330	00:37:40	Garin	Edwards	TRI HARD HARRIERS TITANS		Male
284	229		282	00:37:41	Simon	Smith	SWANSEA VALE TRI		Male
285		56	443	00:37:42	Sarah	Davies		OGMORE PHOENIX RUNNERS	Female
286		57	347	00:37:43	Clare	Baxter		3MS GORSEINON RR	Female
287		58	551	00:37:44	Angela	Delaney		SWANSEA HARRIERS LADIES	Female
288	230		48	00:37:49	GRAHAM	FOSTER	BRACKLA HARRIERS		Male
289		59	517	00:37:50	Debra	Clarke		RUN4ALL NEATH BLACKS	Female
290		60	378	00:37:53	Donna	Morgan		AMMAN VALLEY HARRIERS	Female
291	231		55	00:37:55	Huw	Hamer	CELTIC TRI		Male
292	232		222	00:37:57	Derek	Spear	RUN4ALL NEATH YELLOWS		Male
293	233		310	00:38:00	Owain	Humphreys	SWANSEA VALE TRI		Male
294	234		11	00:38:06	Steve	Jones	3MS GORSEINON RR		Male
295		61	420	00:38:10	Lorraine	Colton		CORNELLY STRIDERS	Female
296		62	591	00:38:11	mair	morgan		TROTS	Female
297	235		38	00:38:17	Kevin	Taylor	AMMAN VALLEY HARRIERS		Male
298		63	530	00:38:18	Mandy	Jack		SOSPAN ROAD RUNNERS	Female
299		64	581	00:38:23	Alice	Surgy		TRI HARD HARRIERS	Female
300	236		51	00:38:25	Adam	Demery	CELTIC TRI		Male
301	237		230	00:38:26	Anthony	Johansen	SOSPAN RR		Male
302	238		289	00:38:38	Gareth	Thomas	SWANSEA VALE TRI		Male
303		65	544	00:38:40	Sian	Phillips		SWANSEA HARRIERS LADIES	Female
304		66	579	00:38:47	Hannah	Buckland		TRI HARD HARRIERS	Female
305		67	583	00:38:50	Helen	Ryan		TRI HARD HARRIERS	Female
306	239		123	00:38:53	Steve	Short	NORTH DOCK DREDGERS		Male
307		68	512	00:38:55	Lorna	Johnson		RUN4ALL NEATH BLACKS	Female
308		69	570	00:38:57	Jacquie	Fagan-Fox		SWANSEA VALE TRI	Female
309		70	501	00:38:58	Laura	Miles		PTH REDS	Female
310		71	352	00:39:00	Diane	Ridgeway		3MS GORSEINON RR	Female
311		72	437	00:39:03	Megan	Symons		NEATH HARRIERS	Female
312	240		115	00:39:04	Robert	Bamsey	NEATH BLACK TUESDAY		Male
313		73	486	00:39:05	Carrie Ann	John		PORT TALBOT HARRIERS	Female
314		74	563	00:39:10	Suzi	Sloan		SWANSEA VALE TRI	Female
315		75	372	00:39:12	Ria	Burton		AMMAN VALLEY HARRIERS	Female
316		76	510	00:39:12	Katie	Morris		RUN4ALL NEATH BLACKS	Female
317		77	366	00:39:20	Holly	Lewis		AMMAN VALLEY HARRIERS	Female
318	241		39	00:39:20	Geraint	Jenkins	AMMAN VALLEY HARRIERS		Male
319	242		165	00:39:22	Dale	Newell	PEAK PERFORMANCE WALES		Male
320		78	467	00:39:25	Martina	Ruzzier		PAUL POPHAM RUNNING CLUB	Female
321		79	559	00:39:32	Lynsey	Hitt		SWANSEA VALE TRI	Female
322	243		203	00:39:33	Jonathan	Gibbs	PTH WIZARDS		Male
323	244		232	00:39:38	Graham	Daniels	SOSPAN RR		Male
324		80	353	00:39:39	SHARON	TROTMAN		3MS GORSEINON RR	Female
325	245		335	00:39:41	Matthew	Kelly	TRI HARD HARRIERS TITANS		Male
326		81	496	00:39:42	Megan	Hopkins		PORTHCAWL RUNNERS	Female
327	246		15	00:39:44	James	Davies	3MS GORSEINON RR		Male
328		82	585	00:39:47	Sasha	Martin		TRI HARD HARRIERS	Female
329		83	415	00:39:50	Stephanie	Murray		CORNELLY STRIDERS	Female
330		84	452	00:39:54	Angela	Harris		PAUL POPHAM RUNNING CLUB	Female

**West Glam Cross Country League - Round 1 - Pembrey Country Park**

Overall	Mens	Womens	Brcode No.	Time	First Name	Surname	Mens Team	Womens Team	Gender
331		85	371	00:39:58	Caroline	Wright		AMMAN VALLEY HARRIERS	Female
332	247		144	00:39:59	Michael	George	PAUL POPHAM RUNNING CLUB		Male
333		86	423	00:40:00	Eden Rae	Davies		FERRY FLATLINERS	Female
334	248		70	00:40:02	Martin	Stevenson-Cooke	CELTIC TRI		Male
335	249		72	00:40:05	Roger	Silk	CLWB RHEDEG PONTARDAWE		Male
336		87	477	00:40:05	Sarena	Thakkar		PEAK PERFORMANCE WALES	Female
337		88	449	00:40:10	Fiona	Drysdale		OGMORE PHOENIX RUNNERS	Female
338		89	432	00:40:10	Vanessa	Buckler		LLANELLI AC	Female
339		90	532	00:40:11	Charlotte	Morrison		SOSPAN ROAD RUNNERS	Female
340		91	399	00:40:20	Hayley	Harris		CELTIC TRI	Female
341	250		4	00:40:25	Alex	Heron	3MS GORSEINON RR		Male
342		92	489	00:40:31	Daniela	Jones		PORTHCAWL RUNNERS	Female
343	251		82	00:40:32	MARK	Grabham	CORNELLY STRIDERS		Male
344		93	521	00:40:33	Kath	Roberts		RUN4ALL NEATH BLACKS	Female
345		94	386	00:40:41	Kelly	Griffiths		CELTIC TRI	Female
346		95	560	00:40:42	Rosie	Williams		SWANSEA VALE TRI	Female
347		96	454	00:40:45	Frances	Thomas		PAUL POPHAM RUNNING CLUB	Female
348		97	554	00:40:47	Jayne	Arnold		SWANSEA VALE TRI	Female
349		98	451	00:40:54	Denise	Bradley		OGMORE PHOENIX RUNNERS	Female
350	252		68	00:40:55	Kevin	Davies	CELTIC TRI		Male
351	253		127	00:40:56	Kev	Yeo	NORTH DOCK DREDGERS		Male
352		99	574	00:40:57	Kellie	Bateman		SWANSEA VALE TRI	Female
353		100	522	00:40:57	Angie	Ridge		RUN4ALL NEATH BLACKS	Female
354		101	511	00:41:01	Kiri	Griffiths		RUN4ALL NEATH BLACKS	Female
355		102	379	00:41:04	Alison	Meredith-Jones		BRACKLA HARRIERS	Female
356		103	355	00:41:06	Ruth	Salmon		3MS GORSEINON RR	Female
357		104	462	00:41:08	Olivia	Arnold		PAUL POPHAM RUNNING CLUB	Female
358		105	457	00:41:08	Lisa	Arnold		PAUL POPHAM RUNNING CLUB	Female
359		106	349	00:41:14	Bev	Jones		3MS GORSEINON RR	Female
360		107	375	00:41:16	Jen	Morse		AMMAN VALLEY HARRIERS	Female
361	254		236	00:41:17	Steve	James	SOSPAN RR		Male
362	255		153	00:41:21	Jonathan	Scott	PAUL POPHAM RUNNING CLUB		Male
363		108	453	00:41:22	BARBARA	GOMES		PAUL POPHAM RUNNING CLUB	Female
364	256		303	00:41:24	James	Rowland	SWANSEA VALE TRI		Male
365	257		331	00:41:26	Matthew	Taylor	TRI HARD HARRIERS TITANS		Male
366		109	498	00:41:27	Pippa	Davies		PORTHCAWL RUNNERS	Female
367		110	345	00:41:28	Karen	Cuff		3MS GORSEINON RR	Female
368		111	490	00:41:28	Claire	Godfrey		PORTHCAWL RUNNERS	Female
369		112	520	00:41:31	Sian	Wadham		RUN4ALL NEATH BLACKS	Female
370		113	401	00:41:43	Julie	Jones		CELTIC TRI	Female
371	258		64	00:41:43	Craig	Griffiths	CELTIC TRI		Male
372		114	403	00:41:47	Linzi	Soper		CELTIC TRI	Female
373	259		28	00:41:49	Mark	Terry	AMMAN VALLEY HARRIERS		Male
374		115	356	00:41:49	Caroline	Jones		3MS GORSEINON RR	Female
375		116	374	00:41:52	Emma	Williams		AMMAN VALLEY HARRIERS	Female
376		117	444	00:41:57	Julia	Esmond		OGMORE PHOENIX RUNNERS	Female
377		118	400	00:41:57	Kelly	Marie Davies		CELTIC TRI	Female
378		119	392	00:41:58	Lauren	Jones		CELTIC TRI	Female
379		120	474	00:41:58	Catrin	Poole		PEAK PERFORMANCE WALES	Female
380	260		167	00:42:04	Dafydd	Poole	PEAK PERFORMANCE WALES		Male
381	261		141	00:42:06	Anthony	Coker	PAUL POPHAM RUNNING CLUB		Male
382	262		237	00:42:09	Paul	Sands	SOSPAN RR		Male
383		121	516	00:42:10	Gemma	Woolfe		RUN4ALL NEATH BLACKS	Female
384		122	411	00:42:11	Jennet	James		CORNELLY STRIDERS	Female
385		123	410	00:42:15	Sarah	Barrell		CORNELLY STRIDERS	Female
386		124	422	00:42:21	Bethan	Francis-williams		FERRY FLATLINERS	Female
387		125	445	00:42:30	Melanie	Thomas		OGMORE PHOENIX RUNNERS	Female
388	263		307	00:42:34	Spencer	Lawrence	SWANSEA VALE TRI		Male
389	264		124	00:42:38	Dave	Coe	NORTH DOCK DREDGERS		Male
390		126	397	00:42:41	Emma	Jones		CELTIC TRI	Female
391		127	525	00:42:45	Angharad	Davies		SOSPAN ROAD RUNNERS	Female
392		128	576	00:42:47	Elizabeth	Griffiths		TRI HARD HARRIERS	Female
393		129	414	00:42:50	Nikki J	Power		CORNELLY STRIDERS	Female
394		130	431	00:42:55	Christina	Deakin		LLANELLI AC	Female
395		131	509	00:42:55	Amy	Humphreys		PTH REDS	Female
396		132	534	00:42:56	Jessica	Hamer		SOSPAN ROAD RUNNERS	Female

**West Glam Cross Country League - Round 1 - Pembrey Country Park**

Overall	Mens	Womens	Brcode No.	Time	First Name	Surname	Mens Team	Womens Team	Gender
397		133	542	00:43:04	Claire	Morgan		SOSPAN ROAD RUNNERS	Female
398		134	390	00:43:05	Lisa	Walker		CELTIC TRI	Female
399	265		65	00:43:17	Michael	Sturgess	CELTIC TRI		Male
400	266		320	00:43:18	Martyn	Goss	TRI HARD HARRIERS		Male
401	267		283	00:43:22	Josh	Sharp	SWANSEA VALE TRI		Male
402	268		280	00:43:23	Paul	Dorrell	SWANSEA VALE TRI		Male
403	269		223	00:43:29	Jonathan	Pearn	RUN4ALL NEATH YELLOWS		Male
404		135	586	00:43:37	Sarah	Renesto		TRI HARD HARRIERS	Female
405		136	412	00:43:43	Dianna	Tudor		CORNELLY STRIDERS	Female
406	270		18	00:43:49	Leighton	Jones	3MS GORSEINON RR		Male
407		137	440	00:43:54	Nicola	Thomas		NORTH DOCK DREDGERS	Female
408		138	508	00:44:02	Sharon	Penhale		PTH REDS	Female
409	271		90	00:44:10	Sean	Morgan	FERRY FLATLINERS		Male
410		139	463	00:44:19	Rebecca	Allen		PAUL POPHAM RUNNING CLUB	Female
411		140	446	00:44:26	Dawn	Hopkins		OGMORE PHOENIX RUNNERS	Female
412		141	370	00:44:27	Nicola	Parry		AMMAN VALLEY HARRIERS	Female
413		142	441	00:44:32	Anwen	Jenkins		NORTH DOCK DREDGERS	Female
414	272		12	00:44:34	Richard	Donne	3MS GORSEINON RR		Male
415		143	564	00:44:38	Sian	Richards		SWANSEA VALE TRI	Female
416		144	388	00:44:42	Kelly	Hutin		CELTIC TRI	Female
417		145	580	00:44:43	Ellen	Maine		TRI HARD HARRIERS	Female
418		146	346	00:44:51	Linda	Rees		3MS GORSEINON RR	Female
419		147	533	00:44:52	Debbie	Garner		SOSPAN ROAD RUNNERS	Female
420		148	529	00:44:56	Cindy	Nottingham		SOSPAN ROAD RUNNERS	Female
421	273		14	00:44:57	Christian	Fox	3MS GORSEINON RR		Male
422	274		107	00:45:03	Aaryn	Hughes	LLANELLI AC		Male
423	275		229	00:45:05	Peter	Stock	RUN4ALL NEATH YELLOWS		Male
424		149	424	00:45:06	Amanda Jayne	Smith		FERRY FLATLINERS	Female
425	276		171	00:45:12	Eric	Davey	PEAK PERFORMANCE WALES		Male
426		150	382	00:45:19	Lisa	Tustin		CELTIC TRI	Female
427		151	567	00:45:23	Amy	Seppman		SWANSEA VALE TRI	Female
428	277		170	00:45:29	Mark	Kemp	PEAK PERFORMANCE WALES		Male
429	278		190	00:45:37	Nick	Lewis	PORTHCAWL RUNNERS		Male
430		152	531	00:45:42	Johanne	Vass		SOSPAN ROAD RUNNERS	Female
431		153	589	00:45:42	IrenE	Davies		TROTS	Female
432	279		281	00:45:46	Sammy	Phillips	SWANSEA VALE TRI		Male
433	280		94	00:45:49	Ryan	Davies	FERRY FLATLINERS		Male
434		154	402	00:45:50	Lisa	Evans		CELTIC TRI	Female
435		155	578	00:45:52	Victoria	Hawkins		TRI HARD HARRIERS	Female
436		156	398	00:45:58	Debbie	Hannah		CELTIC TRI	Female
437		157	573	00:46:04	Andrea	Griffiths		SWANSEA VALE TRI	Female
438		158	557	00:46:10	Karly	Gorman		SWANSEA VALE TRI	Female
439		159	468	00:46:15	Angharad	Woozley		PAUL POPHAM RUNNING CLUB	Female
440		160	465	00:46:16	Andrea	Harris		PAUL POPHAM RUNNING CLUB	Female
441		161	471	00:46:17	Linsey	Ost		PAUL POPHAM RUNNING CLUB	Female
442		162	373	00:46:22	Nicola	William		AMMAN VALLEY HARRIERS	Female
443	281		205	00:46:32	Anthony	Holling	PTH WIZARDS		Male
444		163	513	00:46:34	Abigail	Hamilton-Shaw		RUN4ALL NEATH BLACKS	Female
445		164	405	00:46:34	Catherine	Walker		CLWB RHEDEG PONTARDAWE	Female
446		165	407	00:46:38	Clare	Cooper		CLWB RHEDEG PONTARDAWE	Female
447		166	524	00:46:45	Hannah	Cox		RUN4ALL NEATH YELLOWS	Female
448		167	500	00:46:46	Rhian	Cross		PTH REDS	Female
449		168	539	00:46:47	Susie	Ackroyd		SOSPAN ROAD RUNNERS	Female
450		169	540	00:46:57	Sarah	Wood		SOSPAN ROAD RUNNERS	Female
451		170	429	00:46:58	Rachel	Huggins		LLANELLI AC	Female
452		171	569	00:46:59	Helen	Woodward		SWANSEA VALE TRI	Female
453		172	571	00:47:03	Cheryl	Owen		SWANSEA VALE TRI	Female
454		173	362	00:47:05	Johanne	Hughes-Dowdle		3MS GORSEINON RR	Female
455	282		239	00:47:06	Anthony	Sweetland	SOSPAN RR		Male
456		174	433	00:47:15	Claire	Kearney		LLANELLI AC	Female
457		175	436	00:47:38	Sofiya	Abramchuk-Hussey		LLANELLI AC	Female
458		176	428	00:47:53	Rachel	Evans		LLANELLI AC	Female
459		177	350	00:47:58	Victoria	Holmes		3MS GORSEINON RR	Female
460		178	458	00:48:01	Amber	Brundle		PAUL POPHAM RUNNING CLUB	Female
461		179	466	00:48:05	Andrea	Matthews		PAUL POPHAM RUNNING CLUB	Female
462		180	528	00:48:06	Cathie	Newman		SOSPAN ROAD RUNNERS	Female

**West Glam Cross Country League - Round 1 - Pembrey Country Park**

Overall	Mens	Womens	Brcode No.	Time	First Name	Surname	Mens Team	Womens Team	Gender
463		181	504	00:48:07	Lucy	Jones		PTH REDS	Female
464	283		75	00:48:21	Andrew	Miller	CLWB RHEDEG PONTARDAWE		Male
465	284		293	00:48:30	Andrew	Chilcott	SWANSEA VALE TRI		Male
466		182	460	00:48:30	Jacqueline	Bahzad		PAUL POPHAM RUNNING CLUB	Female
467		183	556	00:48:46	Jo	Barrow		SWANSEA VALE TRI	Female
468		184	391	00:48:49	Adele	Francis		CELTIC TRI	Female
469		185	389	00:48:49	Tracey	Williams		CELTIC TRI	Female
470	285		17	00:48:52	John	Holohan	3MS GORSEINON RR		Male
471		186	417	00:48:53	Wendy	Wright		CORNELLY STRIDERS	Female
472		187	575	00:48:53	Sophie	Day		SWANSEA VALE TRI	Female
473		188	464	00:49:02	Sian	Pascoe		PAUL POPHAM RUNNING CLUB	Female
474		189	572	00:49:07	Helen	Hall		SWANSEA VALE TRI	Female
475		190	363	00:49:23	Meinir	Jones		3MS GORSEINON RR	Female
476	286		149	00:49:33	Pablo	Abrahams	PAUL POPHAM RUNNING CLUB		Male
477	287		104	00:49:40	Craig	Kearney	LLANELLI AC		Male
478		191	404	00:49:47	Maria	Rewston		CLWB RHEDEG PONTARDAWE	Female
479		192	526	00:49:52	Melanie	Evans		SOSPAN ROAD RUNNERS	Female
480		193	503	00:50:21	Paula	Morgan		PTH REDS	Female
481		194	588	00:50:27	June	Warren-Jones		TROTS	Female
482		195	536	00:50:29	Emma	Davies		SOSPAN ROAD RUNNERS	Female
483		196	537	00:50:33	Alison	Ballantine		SOSPAN ROAD RUNNERS	Female
484		197	506	00:50:45	Denise	Cotterell		PTH REDS	Female
485		198	527	00:51:01	Nicola	Jones		SOSPAN ROAD RUNNERS	Female
486		199	459	00:51:40	Debra	Treharne		PAUL POPHAM RUNNING CLUB	Female
487		200	523	00:51:50	Susan	Edwards		RUN4ALL NEATH YELLOWS	Female
488		201	385	00:51:52	Joanna	Evans		CELTIC TRI	Female
489		202	535	00:52:00	Bethan	Hopkins		SOSPAN ROAD RUNNERS	Female
490		203	507	00:52:02	Sarah	Mitchell		PTH REDS	Female
491		204	450	00:52:05	Leanne	Parsons		OGMORE PHOENIX RUNNERS	Female
492		205	593	00:52:21	Sonya	Jones		TROTS	Female
493		206	561	00:52:29	Lesley	McGrotty		SWANSEA VALE TRI	Female
494		207	396	00:52:42	Anna	Rees		CELTIC TRI	Female
495		208	499	00:52:43	Laura	Richards		PORTHCAWL RUNNERS	Female
496	288		195	00:53:30	Mark	James	PORTHCAWL RUNNERS		Male
497	289		314	00:53:36	Tank	Evans	SWANSEA VALE TRI		Male
498	290		285	00:53:37	Jonathan	Hughes	SWANSEA VALE TRI		Male
499		209	348	00:53:42	Fay	Sharpe		3MS GORSEINON RR	Female
500		210	470	00:54:38	Nicola	Davies		PAUL POPHAM RUNNING CLUB	Female
501		211	456	00:54:38	Clare	Rees		PAUL POPHAM RUNNING CLUB	Female
502		212	497	00:54:59	Chloe	Gibbins		PORTHCAWL RUNNERS	Female
503		213	447	00:55:01	Ria	Ross		OGMORE PHOENIX RUNNERS	Female
504		214	448	00:55:08	Caryn	Hicks		OGMORE PHOENIX RUNNERS	Female
505		215	494	00:55:11	Susan	Thomas		PORTHCAWL RUNNERS	Female
506		216	461	00:55:42	Sharon	osborne		PAUL POPHAM RUNNING CLUB	Female
507		217	395	00:55:53	Kelly	Rees		CELTIC TRI	Female
508		218	393	00:55:54	ANGHARAD	Rowe		CELTIC TRI	Female
509		219	380	00:56:05	Tina	Lloyd		BRACKLA HARRIERS	Female
510		220	590	00:56:07	pauline	thomas		TROTS	Female