

# Gwent Cross Country League 2014-2015

## 08 February 2015 : Blaise Castle, Bristol

### Senior Men (291 Starters)

Pos	Athlete	Club	Time	Pts
1	P. Matthews	(35) Swansea Harriers Athletic Club	33.44	291
2	D. Nash	(23) Cardiff University Harriers	34.11	290
3	N. Young	(23) Wells City Harriers	34.12	289
4	M. Burton	Team Bath A.C.	34.35	288
5	M. Jennings (ind)	(40) Micky Morris Running Teams	34.42	287
6	K. Young	(23) Wells City Harriers	35.00	286
7	J. Davis	Taunton Athletic Club	35.07	285
8	H. Evans	(40) Les Croupiers Running Club	35.20	284
9	M. Collins	Micky Morris Running Teams	35.33	283
10	D. Bodman	Aberdare Valley A. A. C.	35.36	282
11	R. Boorman	(23) Aberdare Valley A. A. C.	35.37	281
12	M. Battensby	Bristol and West Athletic Club	35.38	280
13	J. McKenna	Bristol and West Athletic Club	35.39	279
14	T. Elson	Bristol and West Athletic Club	35.43	278
15	S. Campbell	Westbury Harriers	35.47	277
16	S. Simms	(45) Micky Morris Running Teams	35.48	276
17	A. Woods	(50) Bristol and West Athletic Club	35.51	275
18	M. Towler	Avon Valley Runners	35.52	274
19	L. Winfield-Young	Guest	35.58	Guest
20	A. Davies	(50) Brecon Athletic Club	36.03	273
21	A. Phelps	(23) Stroud & District Athletic Club	36.10	272
22	L. Aherne	(45) Parc Bryn Bach Runners	36.20	271
23	R. Weeks	Bristol and West Athletic Club	36.20	270
24	D. Chesworth	(23) Cardiff Metropolitan University	36.21	269
25	D. Awde	Bristol and West Athletic Club	36.26	268
26	D. Johnston	(35) Neath Harriers	36.27	267
27	D. Coales	(40) Team Bath A.C.	36.31	266
28	D. Barnby	Fairwater Runners	36.38	265

29	M. Bialogonski	Bristol and West Athletic Club	36.47	264
30	R. Ayling	Avon Valley Runners	36.52	263
31	R. Lowe	(40) Bristol and West Athletic Club	36.54	262
32	M. Edwards	Bristol and West Athletic Club	36.58	261
33	M. Edmunds	Newport Harriers Athletic Club	37.03	260
34	L. Murray	(35) Clevedon Athletic Club	37.04	259
35	I. Lloyd	(55) Swansea Harriers Athletic Club	37.08	258
36	A. Harper	(23) Aberdare Valley A. A. C.	37.10	257
37	O. Stepney	(23) University of Wales - Swansea	37.20	256
38	J. Bancroft	(23) Wells City Harriers	37.27	255
39	I. Morton	(50) Pont-y-Pwl & District Runners	37.30	254
40	T. Jeffery	Les Croupiers Running Club	37.34	253
41	O. Williams	Les Croupiers Running Club	37.36	252
42	S. Goss	(45) Bristol and West Athletic Club	37.38	251
43	P. Radford	(23) Bristol University	37.42	250
44	J. Dean	Swansea Harriers Athletic Club	37.47	249
45	M. Evans	Aberdare Valley A. A. C.	37.52	248
46	J. James	(50) Wells City Harriers	37.54	247
47	B. Moon	Cardiff Harlequins	37.59	246
48	S. Richards	(23) Pontypridd Athletic Club	38.08	245
49	C. McQuade	Bristol and West Athletic Club	38.15	244
50	C. Green	Bristol and West Athletic Club	38.17	243
51	L. Rawlinson	Micky Morris Running Teams	38.19	242
52	C. Moore	Team Bath A.C.	38.21	241
53	A. Salmon	(23) Bristol and West Athletic Club	38.28	240
54	S. Ryall	(40) Pontypridd Athletic Club	38.32	239
55	P. Coles	(50) Pontypridd Athletic Club	38.36	238
56	G. Brown	Penarth and Dinas Runners	38.39	237
57	G. Lewis	Micky Morris Running Teams	38.40	236
58	R. Annett	(23) San Domenico Road Runners Club	38.41	235
59	J. Blore	Chepstow Harriers	38.45	234
60	S. Llewellyn	(23) University of Wales - Swansea	38.48	233
61	A. Haq	Quantock Harriers	38.49	Guest
62	D. Triggs	Neath Harriers	39.03	232
63	N. Brenchley	Bristol and West Athletic Club	39.04	231
64	A. Pilat	(23) Cardiff University Harriers	39.06	230
65	C. Harrhy	(45) Pont-y-Pwl & District Runners	39.08	229
66	C. Penny	(40) Forest of Dean Athletic Club	39.11	228
67	A. Pritchard	(23) Cardiff Metropolitan University	39.12	227

68	A. Malloy	(40)	Bristol and West Athletic Club	39.15	226
69	R. Phillips	(40)	Westbury Harriers	39.22	225
70	P. Talbot	(45)	Neath Harriers	39.26	224
71	T. Dukes	(35)	Wells City Harriers	39.27	223
72	C. Melbourne		Neath Harriers	39.33	222
73	S. Swanson		Bristol and West Athletic Club	39.34	221
74	J. Roberts	(23)	Bristol University	39.39	220
75	V. Edwards		Cardiff Harlequins	39.40	219
76	A. Whittaker		Bristol and West Athletic Club	39.41	218
77	M. Burley		Bristol and West Athletic Club	39.42	217
78	S. Masters	(50)	Wells City Harriers	39.43	216
79	I. Owen		San Domenico Road Runners Club	39.44	215
80	A. Hiscock	(23)	Cardiff University Harriers	39.47	214
81	P. White	(35)	Pont-y-Pwl & District Runners	39.48	213
82	A. Reynolds		Neath Harriers	39.56	212
83	B. Butler-Madden		Penarth and Dinas Runners	39.57	211
84	C. Parker	(45)	Port Talbot Harriers & A. C.	39.58	210
85	D. Penney	(23)	Cardiff University Harriers	39.58	209
86	A. Lyndsay	(40)	Wells City Harriers	39.59	208
87	J. Casburn		Micky Morris Running Teams	40.02	207
88	J. O'Dwyer		Bristol and West Athletic Club	40.04	206
89	G. Knight		Newport Harriers Athletic Club	40.07	205
90	S. Davies	(55)	Pont-y-Pwl & District Runners	40.08	204
91	A. Lewis	(23)	Cardiff University Harriers	40.09	203
92	G. Davey	(35)	Neath Harriers	40.10	202
93	S. Groome		Cardiff Metropolitan University	40.11	201
94	O. Frost		Wells City Harriers	40.36	200
95	H. Kleiman	(23)	Bristol University	40.45	199
96	L. Kite (ind)	(23)	Bristol University	40.47	198
97	A. Dishman		Thornbury Running Club	40.48	197
98	B. Andrews		Bristol and West Athletic Club	40.49	196
99	C. Fulcher	(45)	Neath Harriers	40.52	195
100	M. Bull	(23)	Cardiff University Harriers	40.56	194
101	R. Bullen	(50)	Les Croupiers Running Club	40.57	193
102	D. Taylor		Westbury Harriers	40.58	192
103	S. Joseph	(23)	Swansea Harriers Athletic Club	41.00	191
104	R. Lloyd		Fairwater Runners	41.04	190
105	G. Betty		Bristol and West Athletic Club	41.09	189
106	C. Walsh	(40)	Port Talbot Harriers & A. C.	41.13	188

107	D. Tomlinson	(23)	Neath Harriers	41.14	187
108	G. Robinson		Stroud & District Athletic Club	41.15	186
109	R. Dallman		Bristol and West Athletic Club	41.20	185
110	P. Gandon		Bristol and West Athletic Club	41.21	184
111	J. Russell	(45)	Forest of Dean Athletic Club	41.22	183
112	G. Wise		Cardiff University Harriers	41.23	182
113	L. Pole	(40)	Pontypridd Athletic Club	41.24	181
114	T. Webb	(23)	Cardiff University Harriers	41.25	180
115	G. Lynch	(40)	Les Croupiers Running Club	41.26	179
116	M. Crocker	(35)	Clevedon Athletic Club	41.27	178
117	J. Lam	(40)	San Domenico Road Runners Club	41.31	177
118	J. Bailey-Gard (Jun)		Westbury Harriers	41.32	176
119	M. Glover	(45)	Wells City Harriers	41.39	175
120	B. Hull	(40)	Bristol and West Athletic Club	41.40	174
121	R. Morgan		Pont-y-Pwl & District Runners	41.41	173
122	H. Saunders	(23)	Cardiff University Harriers	41.42	172
123	I. Ruck	(40)	Westbury Harriers	41.43	171
124	C. Pantlin	(40)	Bristol and West Athletic Club	41.46	170
125	A. Souch	(23)	Cardiff University Harriers	41.48	169
126	P. Chan	(40)	Great Western Runners	41.49	168
127	O. Webb	(23)	University of Wales - Swansea	41.50	167
128	E. Lepore	(60)	Les Croupiers Running Club	41.51	166
129	P. Manning	(55)	Stroud & District Athletic Club	41.53	165
130	B. Burns		Clevedon Athletic Club	41.55	164
131	R. Noble	(45)	Westbury Harriers	42.00	163
132	J. Dobbing		Forest of Dean Athletic Club	42.01	162
133	A. Lewis	(40)	Aberdare Valley A. A. C.	42.02	161
134	D. Lewis		San Domenico Road Runners Club	42.03	160
135	S. Gill		Lliswerry Runners	42.08	159
136	M. Green	(40)	Thornbury Running Club	42.09	158
137	L. Fleet	(40)	Forest of Dean Athletic Club	42.10	157
138	M. Hopkins		Les Croupiers Running Club	42.12	156
139	A. Wilton		San Domenico Road Runners Club	42.17	155
140	R. Jackson-Hookins		Penarth and Dinas Runners	42.22	154
141	T. Hesslenberg	(23)	Cardiff University Harriers	42.23	153
142	D. Lowthian	(45)	Forest of Dean Athletic Club	42.24	152
143	A. Care		San Domenico Road Runners Club	42.29	151
144	T. Owen	(50)	Bridgend Athletic Club	42.30	150
145	D. Schofield		Bristol and West Athletic Club	42.31	149

146	C. Traer	Bristol and West Athletic Club	42.35	148
147	J. Carter	(45) Chepstow Harriers	42.41	147
148	C. Beck	(40) Westbury Harriers	42.48	146
149	R. Hawkins	Wells City Harriers	42.49	145
150	P. Thomas	Pontypridd Athletic Club	42.50	144
151	P. Dodd	(55) Chepstow Harriers	42.51	143
152	G. Cullen	(40) Bristol and West Athletic Club	42.57	142
153	N. Williams	(50) Aberdare Valley A. A. C.	42.58	141
154	R. Self	(45) Les Croupiers Running Club	42.59	140
155	J. Flower	(50) North Somerset	43.01	139
156	C. Emmerson	Bristol and West Athletic Club	43.02	138
157	S. Merrick	(45) Swansea Harriers Athletic Club	43.05	137
158	D. Wintle	(60) Great Western Runners	43.10	136
159	D. Davies	(23) University of Wales - Swansea	43.11	135
160	R. Crane	(23) Cardiff Metropolitan University	43.12	134
161	G. Sansom	(50) San Domenico Road Runners Club	43.18	133
162	R. Evans	Pontypridd Athletic Club	43.21	132
163	M. Richardson	Islwyn Running Club	43.29	131
164	A. Williams	(45) Port Talbot Harriers & A. C.	43.30	130
165	T. Hutchison	(60) Team Bath A.C.	43.36	129
166	S. Lerigo	(23) Cardiff University Harriers	43.37	128
167	P. Hughes	San Domenico Road Runners Club	43.43	127
168	J. Bruce	(40) Les Croupiers Running Club	43.47	126
169	T. Watkins	Bristol and West Athletic Club	43.49	125
170	P. Graham	(23) Pontypridd Athletic Club	43.52	124
171	R. Amos	San Domenico Road Runners Club	43.53	123
172	J. Cox	Great Western Runners	43.58	122
173	E. Cummings	(45) Les Croupiers Running Club	44.16	121
174	S. Power	(40) Aberdare Valley A. A. C.	44.17	120
175	M. Willis	(60) Thornbury Running Club	44.18	119
176	S. Arnold	(45) Wells City Harriers	44.21	118
177	S. Booker	(23) University of Wales - Swansea	44.22	117
178	D. Jones	Cardiff Harlequins	44.29	116
179	D. Smith	(45) Forest of Dean Athletic Club	44.36	115
180	C. Treble	Westbury Harriers	44.37	114
181	R. Powles	(40) Forest of Dean Athletic Club	44.39	113
182	M. Lawson	(45) Chepstow Harriers	44.44	112
183	A. Murray	(40) Clevedon Athletic Club	44.46	111
184	M. McGeoch	(55) Les Croupiers Running Club	44.49	110

185	G. Hardman	(50)	Bridgend Athletic Club	44.59	109
186	R. Evans	(60)	Les Croupiers Running Club	45.07	108
187	J. Mullaney	(23)	Aberdare Valley A. A. C.	45.17	107
188	H. Morgan		Pontypridd Athletic Club	45.34	106
189	J. Marson	(45)	Llanelli Amateur Athletic Club	45.44	105
190	P. Heckles		Guest	45.47	Guest
191	L. Worth	(50)	Pembrokeshire Harriers	45.48	104
192	D. McAtee	(50)	Newport Harriers Athletic Club	45.49	103
193	J. Hanson	(50)	Guest	45.56	Guest
194	N. Clement	(55)	Penarth and Dinas Runners	45.59	102
195	C. O'Brien	(40)	Pont-y-Pwl & District Runners	46.03	101
196	G. Everett		Bristol and West Athletic Club	46.05	100
197	M. Meyrick	(40)	Les Croupiers Running Club	46.08	99
198	D. Griffiths	(45)	Newport Harriers Athletic Club	46.41	98
199	G. Hunt		Great Western Runners	46.48	97
200	C. Seal		Penarth and Dinas Runners	46.53	96
201	G. Cole	(45)	Wells City Harriers	47.00	95
202	C. Osmond	(50)	Les Croupiers Running Club	47.05	94
203	M. Shepherd	(23)	University of Wales - Swansea	47.07	Disq.
204	H. Davies	(45)	Carmarthen & District Harriers A.C.	47.13	93
205	T. Caveney	(55)	Les Croupiers Running Club	47.14	92
206	K. McEntee	(55)	Chepstow Harriers	47.15	91
207	L. Hammond	(40)	Fairwater Runners	47.16	90
208	G. Torrington	(40)	Westbury Harriers	47.17	89
209	A. Cleverley (ind)	(40)	Pegasus Running Club Cardiff	47.18	88
210	P. Chapman	(45)	Les Croupiers Running Club	47.19	87
211	S. Jenkins	(23)	Cardiff University Harriers	47.20	86
212	J. Horner		Les Croupiers Running Club	47.24	85
213	G. Grout	(50)	Bristol and West Athletic Club	47.25	84
214	M. Dunscombe	(50)	Aberdare Valley A. A. C.	47.32	83
215	M. Mewse	(50)	Westbury Harriers	47.34	82
216	J. Boon	(45)	Forest of Dean Athletic Club	47.40	81
217	P. Goncalves		Lliswerry Runners	47.43	80
218	D. Jay		Westbury Harriers	47.44	79
219	N. Langridge	(60)	Thornbury Running Club	47.47	78
220	K. Taylor	(50)	Amman Valley Harriers	47.51	77
221	D. Shields	(45)	San Domenico Road Runners Club	47.56	76
222	S. Hawkes	(55)	Clevedon Athletic Club	47.57	75
223	J. Bailey-Gard (Sen)	(60)	Westbury Harriers	48.03	74

224	S. Hazel	(40) Les Croupiers Running Club	48.21	73
225	D. Smout	(65) Parc Bryn Bach Runners	48.38	72
226	W. Rayner	(40) Lliswerry Runners	48.39	71
227	R. Symons	(50) Fairwater Runners	48.57	70
228	P. Morris	(55) Les Croupiers Running Club	49.04	69
229	P. Holder	(50) Cardiff Harlequins	49.08	68
230	S. Julier	(40) Aberdare Valley A. A. C.	49.16	67
231	D. Cornish	(45) Port Talbot Harriers & A. C.	49.20	66
232	S. Berry	(40) Forest of Dean Athletic Club	49.23	65
233	C. Rees	(50) Chepstow Harriers	49.35	64
234	J. Hargreaves	(60) Great Western Runners	49.36	63
235	R. Bowie	(50) Fairwater Runners	49.37	62
236	M. Davies	(60) Les Croupiers Running Club	49.39	61
237	J. Lewis	(50) Barry & Vale Harriers A. A. C.	49.50	60
238	D. Hughes	(45) Bridgend Athletic Club	49.58	59
239	P. Snelling	(60) Weston Athletic Club	50.19	58
240	H. Attwood	(65) Lliswerry Runners	50.38	57
241	R. Perons	(50) Les Croupiers Running Club	50.43	56
242	J. Cant	Westbury Harriers	50.51	55
243	M. Clark	(55) Westbury Harriers	51.00	54
244	N. Pringle	(55) Lliswerry Runners	51.13	53
245	S. Wood	Pegasus Running Club Cardiff	51.18	52
246	M. Harris	(60) Westbury Harriers	51.19	51
247	C. Moore	(60) Forest of Dean Athletic Club	51.22	50
248	R. Roberts	(23) University of Wales - Swansea	51.31	49
249	T. Fenton	(55) Great Western Runners	51.41	48
250	P. Savidge	(23) University of Wales - Swansea	51.49	47
251	D.E. Williams	(50) Les Croupiers Running Club	52.04	46
252	M. Jay	Guest	52.14	Guest
253	G. Robertson	(35) Forest of Dean Athletic Club	52.39	45
254	M. Matthews	(40) Forest of Dean Athletic Club	52.39	44
255	S. Dimond	(60) Thornbury Running Club	52.47	43
256	M. Jenkins	(50) Fairwater Runners	53.08	42
257	R. Newman	(50) Avon Valley Runners	53.12	41
258	J. Ross	(45) San Domenico Road Runners Club	53.15	40
259	H. McPherson	(60) Thornbury Running Club	53.18	39
260	K. Jackson	(50) Dursley & District Athletic Club	53.21	38
261	D. Jones	(40) Lliswerry Runners	53.22	37
262	N. Turner	(55) Forest of Dean Athletic Club	53.23	36

263	N. Simms	Cardiff Harlequins	53.42	35
264	A.N. Unknown	Exeter Harriers	53.47	Guest
265	P. Balmont	(50) Barry & Vale Harriers A. A. C.	53.54	34
266	P. Morfey	(55) Cardiff Harlequins	53.56	33
267	J. Clothier	(65) Thornbury Running Club	54.05	32
268	G. Trueman	(60) Stroud & District Athletic Club	54.21	31
269	J. Davies	Penarth and Dinas Runners	54.36	30
270	E. Davey	(65) Llanelli Amateur Athletic Club	54.42	29
271	J. Sanderson	(50) 3M Gorseinon Road Runners	54.44	28
272	H-P. Kiekuth	(45) Bristol and West Athletic Club	55.30	27
273	R. King	(40) Forest of Dean Athletic Club	55.41	26
274	J. Aston	(65) Les Croupiers Running Club	56.35	25
275	G. Richards	Blaenau Gwent	57.35	24
276	D. McDonald	(45) Les Croupiers Running Club	58.00	23
277	G. Dickens	Westbury Harriers	59.00	22
278	C. Crooks	(50) Pegasus Running Club Cardiff	59.22	21
279	J. Davies	(65) Port Talbot Harriers & A. C.	59.41	20
280	D. Schmaljohann	(45) Les Croupiers Running Club	60.20	19
281	I. Swanson	(60) Port Talbot Harriers & A. C.	60.21	18
282	O. Dmitrov	Guest	63.32	Guest
283	N. Jackson	(50) Lliswerry Runners	63.37	17
284	J. Watt	(50) Thornbury Running Club	65.16	16
285	C. Bennett	(60) Great Western Runners	67.20	15

## Gwent Cross Country League 2014-2015

### 08 February 2015 : Blaise Castle, Bristol

#### Senior Women (191 Starters)

Pos	Athlete	Club	Time	Pts
1	J. Sanzo	(35) Bristol and West Athletic Club	21.20	191

2	J. Jagger	Bristol and West Athletic Club	21.32	190
3	F. Price	(23) Cardiff Amateur Athletic Club	22.17	189
4	E. D'Alton	(35) Westbury Harriers	22.19	188
5	K. Matthews	(35) Chepstow Harriers	22.22	187
6	C. Lee	Westbury Harriers	22.35	186
7	T. Greissbaum	(23) Cardiff Metropolitan University	22.41	185
8	A. Granger	(40) Bristol and West Athletic Club	23.04	184
9	L. Marland	Neath Harriers	23.07	183
10	M. McBrien	(23) Cardiff University Harriers	23.16	182
11	K. Hughes	(35) Westbury Harriers	23.26	181
12	B. White	Westbury Harriers	23.27	180
13	G. France	Bristol and West Athletic Club	23.35	179
14	C. Evans	(23) Pontypridd Athletic Club	23.47	178
15	J. Belyavin	(35) Bristol and West Athletic Club	23.56	177
16	E. Baxter	(35) University of Wales - Swansea	23.57	176
17	C. Beatty	(35) Les Croupiers Running Club	23.58	175
18	E. Harrison	Bristol and West Athletic Club	24.05	174
19	C. Jolliffe	(45) Bristol and West Athletic Club	24.12	173
20	J. Rockcliffe	(35) Avon Valley Runners	24.22	172
21	J. Osborn	(23) Swansea Harriers Athletic Club	24.27	171
22	R. Awde	Bristol and West Athletic Club	24.29	170
23	E. Ferguson	Pontypridd Athletic Club	24.36	169
24	F. Emond	(23) Bristol University	24.39	168
25	A. Nixon	(55) Forest of Dean Athletic Club	24.44	167
26	E. Monk	(23) Cardiff Metropolitan University	24.46	166
27	N. Gething	(40) Parc Bryn Bach Runners	25.03	165
28	V. Tester	Westbury Harriers	25.11	164
29	J. Colman	(45) Bristol and West Athletic Club	25.13	163
30	A. Jones	(45) Fairwater Runners	25.14	162
31	L. Manson	(40) Clevedon Athletic Club	25.17	161
32	R. Miller	(23) University of Wales - Swansea	25.21	160
33	G. Prior	Chepstow Harriers	25.22	159
34	C. Cuddihy	(23) University of Wales - Swansea	25.24	158
35	L. Pick	(35) Westbury Harriers	25.32	157
36	T. Allan	(50) Bristol and West Athletic Club	25.37	156
37	S. Wilder	(35) San Domenico Road Runners Club	25.42	155
38	K. Prior	(35) Wells City Harriers	25.42	154
39	M. Turner	(23) University of Wales - Swansea	25.45	153
40	I. Peck	Bristol and West Athletic Club	25.46	152

41	A. Rogers	(35) Westbury Harriers	25.47	151
42	D. Hier	(45) Avon Valley Runners	25.53	150
43	F. Wagenbrenner	(23) University of Wales - Swansea	25.58	149
44	B. Everson	(35) University of Wales - Swansea	25.58	148
45	A. Parker	(23) Bristol and West Athletic Club	26.07	147
46	C. Peers	(23) Cardiff University Harriers	26.14	146
47	K. Winstone	Westbury Harriers	26.16	145
48	L. Summers	(45) Pont-y-Pwl & District Runners	26.17	144
49	H. Bennett	Bristol and West Athletic Club	26.20	143
50	E. Lagomarsino	(23) Cardiff University Harriers	26.21	142
51	K. Dicks	Great Western Runners	26.30	141
52	E. Jolliffe	Bristol and West Athletic Club	26.31	140
53	Z. Plant	(23) Cardiff University Harriers	26.40	139
54	N. Prosser	(23) Cardiff University Harriers	26.46	138
55	J. Tucker	(40) Les Croupiers Running Club	26.46	137
56	S. Hall	(45) Forest of Dean Athletic Club	26.48	136
57	L. Bendan-Morgan	(35) Westbury Harriers	26.55	135
58	B. Tucker	(45) Brecon Athletic Club	26.58	134
59	R. Colquhoun	Bristol and West Athletic Club	27.01	133
60	L. Bright	(35) Pont-y-Pwl & District Runners	27.04	132
61	C. Tailby	(40) Penarth and Dinas Runners	27.06	131
62	C. Evans	Les Croupiers Running Club	27.08	130
63	S. Lavender	(23) Cardiff University Harriers	27.12	129
64	G. Hardman	(45) Bridgend Athletic Club	27.14	128
65	K. Jones	(40) Lliswerry Runners	27.15	127
66	M. Hobbs	(45) Westbury Harriers	27.18	126
67	M. Gouveia	San Domenico Road Runners Club	27.21	125
68	H. Toomey	(23) Cardiff University Harriers	27.22	124
69	S. Chipper	(40) Lliswerry Runners	27.28	123
70	W. Everitt	(45) Bristol and West Athletic Club	27.38	122
71	C. Mills	Great Western Runners	27.40	121
72	T. Chowdhury	Bristol and West Athletic Club	27.41	120
73	H. Mariott	(35) Clevedon Athletic Club	27.45	119
74	H. Anstey	(40) Bristol and West Athletic Club	27.47	118
75	B. McInnes	Thornbury Running Club	27.48	117
76	M. Fryer	Weston Athletic Club	27.49	116
77	K. Royals	(23) Bristol University	27.52	115
78	D. Cleary	Westbury Harriers	27.56	114
79	S. Watson	(45) Les Croupiers Running Club	27.59	113

80	K. Amos		Rhondda Valley Runners	28.00	112
81	C. Rodriguez		Forest of Dean Athletic Club	28.01	111
82	R. Smith	(23)	University of Wales - Swansea	28.02	110
83	A. Hurman	(45)	Penarth and Dinas Runners	28.05	109
84	A. Ferguson		Brecon Athletic Club	28.06	108
85	E. Withers	(45)	Bristol and West Athletic Club	28.16	107
86	A. Doggrell		Bristol and West Athletic Club	28.18	106
87	A. Scrivens	(45)	Caerleon Running Club	28.23	105
88	K. Gormley		Weston Athletic Club	28.24	104
89	L. Miskal	(40)	3M Gorseinon Road Runners	28.24	103
90	J. Scholey	(55)	Les Croupiers Running Club	28.26	102
91	M. Richards	(45)	Pont-y-Pwl & District Runners	28.28	101
92	G. Aldworth	(40)	Brecon Athletic Club	28.33	100
93	R. Newport		Cardiff Amateur Athletic Club	28.38	99
94	L. Comlek	(45)	Bristol and West Athletic Club	28.45	98
95	V. Ford	(55)	Great Western Runners	28.45	97
96	A. Ciolek	(35)	Brecon Athletic Club	28.46	96
97	S. Lauder		Lliswerry Runners	28.48	95
98	M. Morris	(35)	Port Talbot Harriers & A. C.	28.52	94
99	M. Williams	(23)	Bristol University	28.56	93
100	C. Watt	(50)	Thornbury Running Club	29.05	92
101	H. Janes-Thomas		Pont-y-Pwl & District Runners	29.06	91
102	F. Moore		Thornbury Running Club	29.15	90
103	K. Ingleby	(35)	Westbury Harriers	29.16	89
104	C. Eales	(23)	Cardiff University Harriers	29.20	88
105	J. Cooley	(50)	Clevedon Athletic Club	29.23	87
106	F. Beverly	(23)	Bristol University	29.24	86
107	S. Gilbert	(40)	Chepstow Harriers	29.27	85
108	S. Sellars	(35)	Westbury Harriers	29.28	84
109	A. Ling		Westbury Harriers	29.35	83
110	S. Shergold	(45)	Forest of Dean Athletic Club	29.44	82
111	B. Cantwell	(50)	Chepstow Harriers	29.58	81
112	S. Brooke-Smith	(40)	Pontypridd Athletic Club	29.59	80
113	J. Rose		Cardiff University Harriers	30.01	79
114	S. Grant	(40)	Chepstow Harriers	30.05	78
115	P. Williams	(55)	Port Talbot Harriers & A. C.	30.11	77
116	V. Vincze		Great Western Runners	30.12	76
117	H. Griffiths	(35)	Penarth and Dinas Runners	30.15	75
118	L. Williams	(35)	3M Gorseinon Road Runners	30.19	74

119	S. Ghosh	(35) Westbury Harriers	30.24	73
120	I. Bates	Bristol and West Athletic Club	30.25	72
121	C. Jones	Les Croupiers Running Club	30.29	71
122	N. Smith	(45) Pont-y-Pwl & District Runners	30.32	70
123	A. Bull	(45) Westbury Harriers	30.34	69
124	E. Luke	(35) Penarth and Dinas Runners	30.35	68
125	D. Sapsford	(35) Chepstow Harriers	30.38	67
126	R. Lewis	(35) Parc Bryn Bach Runners	30.39	66
127	A. Evans	Bristol and West Athletic Club	30.50	65
128	V. Hamilton	(45) Forest of Dean Athletic Club	30.54	64
129	D. Ball	Thornbury Running Club	31.15	63
130	M. Callas	(45) North Somerset	31.16	62
131	D. Rayner	Penarth and Dinas Runners	31.19	61
132	S. Tucker	(45) Westbury Harriers	31.25	60
133	S. Francis	(45) Forest of Dean Athletic Club	31.30	59
134	J. Martin	(35) Les Croupiers Running Club	31.38	58
135	E. Jenkins	Bristol and West Athletic Club	31.43	57
136	B. Havers	Chepstow Harriers	31.45	56
137	Y. Bullen	(50) Les Croupiers Running Club	31.46	55
138	R. Wallace	(23) University of Wales - Swansea	31.47	54
139	S. Dennis	(35) Clevedon Athletic Club	31.49	53
140	C. Burren	(50) Bristol and West Athletic Club	31.50	52
141	M. Pearce	(45) Blaenau Gwent	31.53	51
142	L. Phillips	(40) Lliswerry Runners	31.58	50
143	M. Baker	Stroud & District Athletic Club	31.59	49
144	D. Howells	(45) Barry & Vale Harriers A. A. C.	31.59	48
145	M. Powles	(55) Forest of Dean Athletic Club	32.11	47
146	T. Browning	(50) Newport Harriers Athletic Club	32.13	46
147	S. Adkins	(65) Caerleon Running Club	32.15	45
148	J. Green	(55) Forest of Dean Athletic Club	32.38	44
149	A. Owen	(35) North Somerset	32.40	43
150	S. Jones	(45) Westbury Harriers	32.57	42
151	C-L. Penny	Blaenau Gwent	33.33	41
152	G. Edwards	(50) Les Croupiers Running Club	33.39	40
153	J. Jenkins	(50) Fairwater Runners	33.44	39
154	K. Ridgewell	(55) Westbury Harriers	33.55	38
155	S. Perons	(50) Les Croupiers Running Club	34.04	37
156	L. Elton-Walters	Bristol and West Athletic Club	34.13	36
157	T. Rossiter	(50) Les Croupiers Running Club	34.15	35

158	E. Williams	Blaenau Gwent	34.17	34
159	J. Mills	(55) Thornbury Running Club	34.18	33
160	M. Aston	(55) Avon Valley Runners	34.20	32
161	E. Noonan	(55) Westbury Harriers	34.27	31
162	D. Hudson	(45) North Somerset	34.32	30
163	G. Edwards	(45) Carmarthen & District Harriers A.C.	34.35	29
164	V. Jeffs	(23) Cardiff University Harriers	34.40	28
165	S. Ashton	(50) Chepstow Harriers	35.01	27
166	S. Williams	(45) Fairwater Runners	35.08	26
167	C. Morgan	(45) Forest of Dean Athletic Club	35.08	25
168	B. Lovegrove-Owen	(35) Pontypridd Athletic Club	35.18	24
169	K. Barnett	(45) Forest of Dean Athletic Club	35.21	23
170	K. Chadwell	(45) Les Croupiers Running Club	35.23	22
171	D. Heys	(45) Westbury Harriers	35.28	21
172	T. Talbot	Great Western Runners	35.34	20
173	Y. Forsey	(55) Lliswerry Runners	36.03	19
174	E. Arwyn	(60) Les Croupiers Running Club	36.16	18
175	C. Vorres	(55) Pont-y-Pwl & District Runners	36.19	17
176	T. Newman	(40) Les Croupiers Running Club	37.00	16
177	J. Dukes	(35) Wells City Harriers	37.11	15
178	R. Davies	(60) Great Western Runners	37.15	14
179	P. Parr	(60) Great Western Runners	37.15	13
180	F. Carroll	(35) Westbury Harriers	37.22	12
181	C. Johnson	(65) Les Croupiers Running Club	37.24	11
182	J. Maragna	(55) Penarth and Dinas Runners	37.33	10
183	S. Dickens	(35) Westbury Harriers	38.02	9
184	M. Rowson	(65) Les Croupiers Running Club	39.40	8
185	S. Mann	(45) Fairwater Runners	40.25	7
186	S. Meah	(50) Les Croupiers Running Club	42.18	6