

# Gwent Cross Country League 2015-2016

## 11 October 2015 : Newbridge Fields, Bridgend

Senior Women (257 Starters)

Pos	Athlete	Club	Time	Pts
1	B. Hawling	(23) Cardiff University Harriers	23.24	257
2	K. Roberts	Swansea Harriers Athletic Club	24.12	256
3	K. Matthews	(35) Chepstow Harriers	24.25	255
4	C. Barnes	(23) Cardiff Amateur Athletic Club	24.28	254
5	C. Evans	(23) Pontypridd Athletic Club	24.33	253
6	M. McBrien	(23) Cardiff University Harriers	24.35	252
7	E. Wookey	Lliswerry Runners	24.41	251
8	C. Hughes	Les Croupiers Running Club	25.02	250
9	E. Journeaux	(23) Bristol University	25.34	249
10	J. Horler	(40) Chepstow Harriers	25.44	248
11	E. Brown	Cardiff Amateur Athletic Club	25.51	247
12	A. Jones	(45) Fairwater Runners	25.52	246
13	F. Bussell	(35) San Domenico Road Runners Club	25.53	245
14	R. Jinney-Jones	Bristol and West Athletic Club	25.58	244
15	H. Marshall	(35) Swansea Harriers Athletic Club	26.00	243
16	S. Leech	(45) Carmarthen & District Harriers A.C.	26.11	242
17	J. Gallagher	(35) Clevedon Athletic Club	26.15	241
18	N. Gething	(45) Parc Bryn Bach Runners	26.18	240
19	C. Jolliffe	(45) Bristol and West Athletic Club	26.23	239
20	L. Howells	(35) Lliswerry Runners	26.36	238
21	A. Newton	(23) Cardiff University Harriers	26.47	237
22	F. Eddy	Bristol and West Athletic Club	26.48	236
23	S. Wilder	(35) San Domenico Road Runners Club	26.53	235
24	L. Pankhurst	Bristol and West Athletic Club	27.03	234
25	A. Nixon	(55) Forest of Dean Athletic Club	27.09	233
26	M. Watson	(50) Taf Running & Orienteering Teams	27.21	Guest
27	F. Emond	(23) Bristol and West Athletic Club	27.23	232
28	E. Ferguson	Pontypridd Athletic Club	27.29	231
29	H-M. Davies	(35) Swansea Harriers Athletic Club	27.35	230

30	R. Matthews	(40)	Cardiff Amateur Athletic Club	27.36	229
31	C. Bruce	(35)	Les Croupiers Running Club	27.37	228
32	K. Elliot		Westbury Harriers	27.38	227
33	L. Cooper		Parc Bryn Bach Runners	27.39	226
34	J. Jones	(35)	Cardiff Triathletes	27.40	225
35	A. Dumayne		Lliswerry Runners	27.41	224
36	R. Evans	(40)	Run4All Neath	27.52	223
37	A. Parker	(23)	Bristol and West Athletic Club	27.59	222
38	K. Winstone		Westbury Harriers	28.01	221
39	J. Holmes		Les Croupiers Running Club	28.02	220
40	A. Doggrell	(35)	Bristol and West Athletic Club	28.04	219
41	E. Milbourne	(23)	University of Wales - Swansea	28.07	218
42	T. Allan	(50)	Bristol and West Athletic Club	28.09	217
43	L. Davies		Cardiff Amateur Athletic Club	28.13	216
44	L. Jones-Evans	(45)	Carmarthen & District Harriers A.C.	28.14	215
45	Z. Barrett	(23)	Cardiff Metropolitan University	28.15	214
46	C. Stephens	(35)	Bridgend Athletic Club	28.19	213
47	S. Chipper	(40)	Lliswerry Runners	28.20	212
48	G. Hardman	(45)	Bridgend Athletic Club	28.24	211
49	C. Peers	(23)	Cardiff University Harriers	28.26	210
50	R. Giancola	(23)	Cardiff University Harriers	28.29	209
51	J. Tucker	(40)	Les Croupiers Running Club	28.31	208
52	C. Norris		Pembrokeshire Harriers	28.35	207
53	R. Mushens	(50)	Bristol and West Athletic Club	28.36	206
54	G. Prior		Chepstow Harriers	28.37	205
55	K. Dicks		Great Western Runners	28.38	204
56	M. Turner	(23)	University of Wales - Swansea	28.39	203
57	K. Wright		Swansea Harriers Athletic Club	28.45	202
58	K. Prior	(35)	Wells City Harriers	28.48	201
59	E. Lagomarsino		San Domenico Road Runners Club	28.49	200
60	M. Hobbs	(45)	Westbury Harriers	28.54	199
61	B. Miller	(23)	University of Wales - Swansea	28.55	198
62	N. Morgan	(45)	Chepstow Harriers	28.56	197
63	D. Brownhill	(35)	Swansea Harriers Athletic Club	29.01	196
64	L. Bohemen	(45)	Les Croupiers Running Club	29.02	195
65	D. Phillips		Parc Bryn Bach Runners	29.03	194
66	L. Summers	(45)	Pont-y-Pwl & District Runners	29.07	193
67	S. Munford	(45)	Great Western Runners	29.08	192
68	G. Roche-Clarke	(35)	Bridgend Athletic Club	29.12	191

69	H. Oliver (ind)		Les Croupiers Running Club	29.13	190
70	K-L. Jones	(40)	Lliswerry Runners	29.16	189
71	C. Cox	(23)	Cardiff University Harriers	29.21	188
72	C. Roberts	(45)	Les Croupiers Running Club	29.26	187
73	T. Robson	(55)	Westbury Harriers	29.29	186
74	J. Phillips	(45)	Llanelli Amateur Athletic Club	29.32	185
75	G. Dando	(35)	Bridgend Athletic Club	29.36	184
76	C. Tailby	(45)	Penarth and Dinas Runners	29.39	183
77	K. Bleasdale	(45)	Taf Running & Orienteering Teams	29.40	Guest
78	M. Morris	(40)	Port Talbot Harriers & A. C.	29.47	182
79	M. Anthony	(45)	Chepstow Harriers	29.48	181
80	K. Price	(23)	Cardiff University Harriers	29.56	180
81	H. Lipscombe	(35)	Forest of Dean Athletic Club	29.57	179
82	S. Lauder	(35)	Lliswerry Runners	29.58	178
83	C. Davies		Sarn Helen Orienteering & R. C.	30.01	177
84	A. Hurman	(45)	Penarth and Dinas Runners	30.03	176
85	C. Rees	(40)	Les Croupiers Running Club	30.04	175
86	H. Andrews	(35)	Bridgend Athletic Club	30.06	174
87	R. Rowland	(45)	Thornbury Running Club	30.08	173
88	J. Scholey	(55)	Les Croupiers Running Club	30.09	172
89	N. Winstone	(35)	Aberdare Valley A. A. C.	30.10	171
90	A. Kenny		Les Croupiers Running Club	30.18	170
91	H. Pretty		Cardiff Amateur Athletic Club	30.19	169
92	L. Faulkes		Les Croupiers Running Club	30.20	168
93	N. Haines-Jones	(50)	Lliswerry Runners	30.27	167
94	L. Jeffrey	(40)	Chepstow Harriers	30.28	166
95	F. Cockley	(40)	Bristol and West Athletic Club	30.29	165
96	M. Wright	(35)	Lliswerry Runners	30.30	164
97	L. Miskell	(40)	3M Gorseinon Road Runners	30.31	163
98	D. Evans	(45)	Penarth and Dinas Runners	30.36	162
99	A. Scrivens	(45)	Caerleon Running Club	30.38	161
100	A. Hurford	(55)	Bristol and West Athletic Club	30.39	160
101	S. Davies	(50)	Croft Ambrey	30.40	Guest
102	T. Chick	(35)	Westbury Harriers	30.40	159
103	A. Heard	(50)	3M Gorseinon Road Runners	30.46	158
104	S. Phillips	(50)	Swansea Harriers Athletic Club	30.49	157
105	B. Collins		White Rock Runners	30.55	156
106	P. Williams	(55)	Port Talbot Harriers & A. C.	30.56	155
107	N. Howls	(35)	Islwyn Running Club	31.00	154

108	E. Wharmby	(50)	Pegasus Running Club Cardiff	31.07	153
109	C. Nelmes	(35)	Parc Bryn Bach Runners	31.08	152
110	V. Singleton	(55)	Les Croupiers Running Club	31.09	151
111	H. Duffield	(40)	Chepstow Harriers	31.10	150
112	V. Belcher		Newport Harriers Athletic Club	31.11	149
113	S. Davies	(23)	Pontypridd Athletic Club	31.14	148
114	R. Poole		Fairwater Runners	31.15	147
115	K. Felstead	(35)	Islwyn Running Club	31.16	146
116	C. Morgan		Llanelli Amateur Athletic Club	31.20	145
117	K. Luff		Caldicot Running Club	31.23	144
118	A. Saxena	(60)	Newport Harriers Athletic Club	31.32	143
119	B. Tucker	(50)	Brecon Athletic Club	31.33	142
120	R. Lewis	(35)	Parc Bryn Bach Runners	31.34	141
121	O. Bullock	(23)	Cardiff University Harriers	31.35	140
122	A. Price		Cardiff Amateur Athletic Club	31.43	139
123	M. Davies	(23)	Cardiff University Harriers	31.45	138
124	E. McCarrow		White Rock Runners	31.47	137
125	L. Cleary	(50)	Penarth and Dinas Runners	31.49	136
126	P. Christley	(23)	Brecon Athletic Club	32.03	135
127	C. Gilbert	(40)	Brecon Athletic Club	32.08	134
128	L. Woodland	(55)	Guest	32.09	Guest
129	L. Hockey		White Rock Runners	32.10	133
130	A. Bull	(45)	Westbury Harriers	32.12	132
131	N. Johnstone	(40)	Brecon Athletic Club	32.16	131
132	J. Cashell	(35)	Parc Bryn Bach Runners	32.17	130
133	C. Mills		Great Western Runners	32.20	129
134	A. Earl	(23)	Bristol University	32.21	128
135	R. Nutal	(23)	Bristol University	32.22	127
136	S. Grant	(40)	Chepstow Harriers	32.32	126
137	S. Hume	(55)	Westbury Harriers	32.33	125
138	R. Owens		Penarth and Dinas Runners	32.35	124
139	J. Martin	(35)	Les Croupiers Running Club	32.41	123
140	Z. Plant	(23)	Cardiff University Harriers	32.42	122
141	V. Ford	(55)	Great Western Runners	32.43	121
142	K. Amos		Rhondda Valley Runners	32.44	120
143	H. Williams	(35)	Fairwater Runners	32.49	119
144	G. Sheppard	(35)	Lliswerry Runners	32.55	118
145	N. Ritterskamp		Les Croupiers Running Club	32.59	117
146	R. Deards	(45)	Les Croupiers Running Club	33.04	116

147	S. Pryor	(40) Pegasus Running Club Cardiff	33.07	115
148	L. Hunt	Penarth and Dinas Runners	33.08	114
149	A. Jones	(35) Cwm Ogwr	33.09	Guest
150	B. Lee	(35) Cwm Ogwr	33.10	Guest
151	R. Loudon	(50) Newport Harriers Athletic Club	33.16	113
152	C. Morgan	(45) Carmarthen & District Harriers A.C.	33.17	112
153	P. Allen	(35) Pegasus Running Club Cardiff	33.19	111
154	E. Stevenson	(23) Cardiff University Harriers	33.21	110
155	S. Sofaza	(45) Westbury Harriers	33.24	109
156	C. Burren	(50) Bristol and West Athletic Club	33.25	108
157	N. Sinclair	(35) Lliswerry Runners	33.26	107
158	S. Methuen	(35) Islwyn Running Club	33.27	106
159	J. Jenkins	(50) Fairwater Runners	33.28	105
160	M. Pearce	(45) Blaenau Gwent	33.33	104
161	S. Francis	(50) Forest of Dean Athletic Club	33.41	103
162	C. Bourion	Pontypridd Athletic Club	33.42	102
163	D. Howells	(45) Barry & Vale Harriers A. A. C.	33.47	101
164	S. Tucker	(45) Westbury Harriers	33.52	100
165	M. Amblin	(35) Les Croupiers Running Club	33.54	99
166	M. Monk	(60) Parc Bryn Bach Runners	33.58	98
167	F. Drysdale	(45) Cwm Ogwr	34.04	Guest
168	K. Jones	Caldicot Running Club	34.07	97
169	S. Jones	(45) Westbury Harriers	34.13	96
170	L. Park	(50) Forest of Dean Athletic Club	34.14	95
171	H. Cooper	(45) Bristol and West Athletic Club	34.15	94
172	A. James	(65) Les Croupiers Running Club	34.16	93
173	S. Ghosh	(35) Westbury Harriers	34.17	92
174	C. Dallimore	(60) Les Croupiers Running Club	34.19	91
175	B. Jones	(40) Fairwater Runners	34.31	90
176	J. Roche	(45) Fairwater Runners	34.32	89
177	A. Whittaker	(45) Les Croupiers Running Club	34.36	88
178	Z. Holloway	(23) San Domenico Road Runners Club	34.40	87
179	A. Forde	(23) Cardiff University Harriers	34.41	86
180	L. Boorman	(45) Pembrokeshire Harriers	34.42	85
181	Y. Bullen	(50) Les Croupiers Running Club	34.43	84
182	S. Khalil	(45) Pontypridd Athletic Club	34.44	83
183	F. Lang	Great Western Runners	34.47	82
184	H. Ford	San Domenico Road Runners Club	34.49	81
185	R. Havers	Chepstow Harriers	34.54	80

186	A. Helsing	(50) Penarth and Dinas Runners	34.59	79
187	A. Garnish	(40) Bristol and West Athletic Club	35.02	78
188	L. Kirby	(45) Parc Bryn Bach Runners	35.09	77
189	G. Edwards	(45) Carmarthen & District Harriers A.C.	35.12	76
190	B. Evans	(23) Bristol and West Athletic Club	35.17	75
191	S. Adkins	(65) Caerleon Running Club	35.18	74
192	E. Gardner	University of the West of England	35.19	73
193	L. Bateman	(45) Lliswerry Runners	35.20	72
194	A. Rowell	(60) Taf Running & Orienteering Teams	35.21	Guest
195	E. Arwyn	(60) Les Croupiers Running Club	35.28	71
196	B. Ford	Pontypridd Athletic Club	35.34	70
197	C. Fee	(35) Westbury Harriers	35.36	69
198	E. Noonan	(55) Westbury Harriers	35.44	68
199	R. Wallace	(23) University of Wales - Swansea	35.52	67
200	P. Luff	Caldicot Running Club	36.03	66
201	T. Evans	(35) Rhondda Valley Runners	36.07	65
202	R. Walters	(35) Rhondda Valley Runners	36.10	64
203	G. Richards	Pontypridd Athletic Club	36.15	63
204	R. Junaideen	(23) Cardiff University Harriers	36.16	62
205	V. Sloan	(35) Westbury Harriers	36.19	61
206	B. Davies	(40) Caerleon Running Club	36.20	60
207	L. Phillips	(40) Lliswerry Runners	36.21	59
208	J. Stone	(45) Cardiff Amateur Athletic Club	36.28	58
209	E. Williams	Blaenau Gwent	36.35	57
210	J. Lewis	(45) Fairwater Runners	36.41	56
211	A. Llewellyn	Caldicot Running Club	36.44	55
212	K. Chadwell	(45) Les Croupiers Running Club	36.45	54
213	B. Lovegrove-Owen	(35) Pontypridd Athletic Club	36.48	53
214	A. Lewis	(35) Pontypridd Athletic Club	36.50	52
215	S. Pope	(50) Penarth and Dinas Runners	36.51	51
216	K. Jervis	(55) Parc Bryn Bach Runners	37.06	50
217	R. Hopkins	(35) Pontypridd Athletic Club	37.07	49
218	M. Harris	White Rock Runners	37.08	48
219	T. Rossiter	(50) Les Croupiers Running Club	37.12	47
220	J. Green	(55) Forest of Dean Athletic Club	37.19	46
221	R. Davies	(60) Great Western Runners	37.34	45
222	M. Jones	(55) Caldicot Running Club	37.40	44
223	S. Perons	(50) Les Croupiers Running Club	38.06	43
224	P. Massy	Caldicot Running Club	38.10	42

225	C. Pearse	(45)	Penarth and Dinas Runners	38.15	41
226	N. Davies	(40)	White Rock Runners	38.16	40
227	E. Wrennall	(23)	Cardiff University Harriers	38.34	39
228	F. Sharpe	(55)	3M Gorseinon Road Runners	38.44	38
229	M. Best	(35)	Pont-y-Pwl & District Runners	39.04	37
230	Y. Forsey	(55)	Lliswerry Runners	39.19	36
231	S. Williams	(45)	Fairwater Runners	39.34	35
232	H. Gittins	(35)	Rhondda Valley Runners	39.35	34
233	A. Richards	(45)	Lliswerry Runners	39.39	33
234	A. Thompson	(55)	Les Croupiers Running Club	40.03	32
235	E. Arfon	(23)	Cardiff University Harriers	40.09	31
236	S. Symons	(50)	Fairwater Runners	40.14	30
237	M. James	(40)	Cardiff Amateur Athletic Club	40.19	29
238	P. Parr	(60)	Great Western Runners	40.23	28
239	C. Vorres	(55)	Pont-y-Pwl & District Runners	40.25	27
240	K. Minto	(50)	White Rock Runners	40.29	26
241	S. Mann	(45)	Fairwater Runners	40.36	25
242	S. Meah	(50)	Les Croupiers Running Club	41.55	24
243	L. Turner	(55)	Caldicot Running Club	43.36	23
244	G. Handley	(50)	Lliswerry Runners	43.44	22
245	G. Hoskin	(23)	Cardiff University Harriers	44.22	21
246	H. Pugh	(35)	Pontypridd Athletic Club	45.23	20
247	K. Foward	(23)	Pegasus Running Club Cardiff	47.46	19
248	K. Bowles		Caldicot Running Club	47.56	18
249	R. Davies		Caldicot Running Club	51.44	17
250	K. Bassett (ind)		Pegasus Running Club Cardiff	52.08	16
251	H. Williams	(40)	Les Croupiers Running Club	56.41	15

## Gwent Cross Country League 2015-2016

### 11 October 2015 : Newbridge Fields, Bridgend

Senior Men (421 Starters)

Pos	Athlete	Club	Time	Pts
1	J. Griffiths	Swansea Harriers Athletic Club	31.03	421
2	M. Hobbs	Swansea Harriers Athletic Club	31.28	420
3	D. Nash	(23) Cardiff University Harriers	31.34	419
4	C. Jones	(35) Cardiff Amateur Athletic Club	31.47	418
5	J. Davis	North Somerset	31.56	417
6	J. Morgan	Newport Harriers Athletic Club	32.04	416
7	C. Carpanini	Swansea Harriers Athletic Club	32.08	415
8	A. Phelps	(23) Stroud & District Athletic Club	32.16	414
9	A. Wright	(23) Cardiff University Harriers	32.30	413
10	C. Lovatt	(23) Swansea Harriers Athletic Club	32.35	412
11	A. Teweldebrham	(23) Newport Harriers Athletic Club	32.36	411
12	M. Harvey	(35) Swansea Harriers Athletic Club	32.41	410
13	M. Towler	Avon Valley Runners	32.46	409
14	M. Collins	(35) Micky Morris Running Teams	32.54	408
15	M. Edwards	Bristol and West Athletic Club	33.00	407
16	P. Tobin	(23) Swansea Harriers Athletic Club	33.03	406
17	T. MacSwayne	(23) Cardiff University Harriers	33.09	405
18	J. Rogers	North Somerset	33.11	404
19	D. Bodman	Aberdare Valley A. A. C.	33.19	403
20	R. Webb	(23) Cardiff University Harriers	33.20	402
21	A. Bull	(23) Aberdare Valley A. A. C.	33.21	401
22	R. Adams	(23) University of Bath	33.25	400
23	C. McMillan	Weston Athletic Club	33.26	399
24	J. Bancroft	Wells City Harriers	33.28	398
25	J. McKenna	Bristol and West Athletic Club	33.29	397
26	R. Gardiner	(40) Aberdare Valley A. A. C.	33.31	396
27	M. Jennings	(40) Micky Morris Running Teams	33.36	395
28	S. Paterson	(35) Les Croupiers Running Club	33.47	394
29	O. Williams	Les Croupiers Running Club	33.48	393
30	A. Tuckey	(35) Bridgend Athletic Club	33.48	392
31	C. McQuade	Bristol and West Athletic Club	33.58	391
32	L. Prior	(23) Wells City Harriers	34.07	390
33	D. Awde	Bristol and West Athletic Club	34.17	389
34	R. Stewart	Bristol and West Athletic Club	34.18	388
35	O. Haswell	(23) Cardiff Amateur Athletic Club	34.20	387
36	E. Ibrahim	(40) Cardiff Amateur Athletic Club	34.21	386
37	M. Jackson	(40) Aberdare Valley A. A. C.	34.24	385



38	A. Davies	(50) Brecon Athletic Club	34.27	384
39	L. Aherne	(45) Parc Bryn Bach Runners	34.28	383
40	M. Farhan	Cardiff Amateur Athletic Club	34.29	382
41	J. Watson	(40) Taunton Athletic Club	34.29	381
42	P. Ryder	Cardiff Amateur Athletic Club	34.29	380
43	P. Pfeiffer	(50) Brecon Athletic Club	34.35	379
44	N. Bennett	(23) University of Bath	34.37	378
45	O. Stepney	(23) University of Wales - Swansea	34.38	377
46	H. Evans	(40) Les Croupiers Running Club	34.40	376
47	A. Reynolds	Neath Harriers	34.45	375
48	A. Coomber	(23) Cardiff Amateur Athletic Club	34.47	374
49	M. Gaunt	(23) Cardiff University Harriers	34.55	373
50	M. Drury	(23) Cardiff Amateur Athletic Club	34.58	372
51	D. Barnby	Micky Morris Running Teams	35.00	371
52	M. Evans	Aberdare Valley A. A. C.	35.05	370
53	C. Pristavec	Les Croupiers Running Club	35.10	369
54	N. Smart	(45) Westbury Harriers	35.12	368
55	C. Hill	Cardiff Amateur Athletic Club	35.17	367
56	R. Johnson	(40) Pont-y-Pwl & District Runners	35.19	366
57	E. Hardee	(23) Newport Harriers Athletic Club	35.21	365
58	R. Jackson-Hookins	Penarth and Dinas Runners	35.22	364
59	M. Hurford	(40) Les Croupiers Running Club	35.25	363
60	T. Dobra	Bristol and West Athletic Club	35.28	362
61	J. Best	(23) Cardiff University Harriers	35.32	361
62	S. Ryall	(40) Pontypridd Athletic Club	35.37	360
63	M. Thomas	Lliswerry Runners	35.38	359
64	A. Pritchard	(23) Cardiff Metropolitan University	35.39	358
65	C. Coetzee	(23) North Somerset	35.46	357
66	S. Crees	(35) Les Croupiers Running Club	35.48	356
67	J. Scanlon	(40) Pontypridd Athletic Club	35.52	355
68	B. Hayton	(23) Pontypridd Athletic Club	35.54	354
69	P. Coles	(50) Pontypridd Athletic Club	35.57	353
70	G. Lewis	Porthcawl Runners	36.05	Guest
71	E. Kirk	(40) Swansea Harriers Athletic Club	36.08	352
72	D. Tomlinson	(23) Neath Harriers	36.11	351
73	D. Spreckley	Great Western Runners	36.12	350
74	R. Dando	(35) Bridgend Athletic Club	36.15	349
75	I. Lloyd	(55) Swansea Harriers Athletic Club	36.20	348
76	S. Richards	Pontypridd Athletic Club	36.23	347

77	R. Whitehouse	(50)	Neath Harriers	36.26	346
78	G. Ayres		Port Talbot Harriers & A. C.	36.29	345
79	N. Tulp		Les Croupiers Running Club	36.31	344
80	D. Nicholls	(35)	San Domenico Road Runners Club	36.32	343
81	A. Hodgeson	(40)	Bridgend Athletic Club	36.33	342
82	R. Hunt	(50)	Bridgend Athletic Club	36.33	341
83	J. Peters	(45)	Avon Valley Runners	36.33	340
84	A. Salmon		Bristol and West Athletic Club	36.36	339
85	A. Hall		Bristol and West Athletic Club	36.39	338
86	J. Edwards	(40)	Les Croupiers Running Club	36.40	337
87	P. Graham		Pontypridd Athletic Club	36.41	336
88	C. Walsh	(40)	Port Talbot Harriers & A. C.	36.42	335
89	D. Chesworth	(23)	Newport Harriers Athletic Club	36.44	334
90	P. Osborne	(55)	Llanelli Amateur Athletic Club	36.45	333
91	M. O'Leary	(23)	Neath Harriers	36.45	332
92	D. Richardson	(23)	Cardiff University Harriers	36.46	331
93	P. Slade	(35)	Avon Valley Runners	36.46	330
94	C. Jenkins	(35)	Neath Harriers	36.47	329
95	G. Gates	(35)	Bridgend Athletic Club	36.47	328
96	J. Jones		Griffithstown Harriers A. A. C.	36.48	327
97	L. Jones	(35)	Rhondda Valley Runners	36.53	326
98	J. Roberts	(23)	Bristol University	36.55	325
99	D. James	(55)	Les Croupiers Running Club	36.55	324
100	V. Edwards		Cardiff Harlequins	36.59	323
101	D. Smith	(23)	University of the West of England	37.01	322
102	G. Knight		Newport Harriers Athletic Club	37.02	321
103	J. Lewis	(23)	Bristol University	37.05	320
104	A. Vessey	(23)	University of Wales - Swansea	37.07	319
105	B. Butler-Madden		Penarth and Dinas Runners	37.08	318
106	R. John	(40)	Fairwater Runners	37.11	317
107	S. Masters	(50)	Wells City Harriers	37.12	316
108	J. Cox		Great Western Runners	37.15	315
109	C. Walker	(23)	Cardiff Amateur Athletic Club	37.16	314
110	A. Donald	(35)	Cardiff Amateur Athletic Club	37.16	313
111	R. Reismann	(40)	Swansea Harriers Athletic Club	37.20	312
112	R. Wilder	(40)	San Domenico Road Runners Club	37.26	311
113	A. Fyfe	(23)	University of the West of England	37.27	310
114	D. O'Neill	(23)	Cardiff University Harriers	37.28	309
115	P. Gandon		Bristol and West Athletic Club	37.30	308

116	D. Schofield	Bristol and West Athletic Club	37.41	307
117	T. Jones	(40) Run4All Neath	37.42	306
118	C. Pantlin	(40) Bristol and West Athletic Club	37.43	305
119	D. Williams	(45) Parc Bryn Bach Runners	37.43	304
120	I. Jones	Cardiff Triathletes	37.47	303
121	S. Davies	(55) Pont-y-Pwl & District Runners	37.49	302
122	L. Pole	(40) Pontypridd Athletic Club	37.53	301
123	D. Owen	(23) University of Wales - Swansea	37.56	300
124	M. Evans	(35) Amman Valley Harriers	37.59	299
125	A. Lewis	(40) Aberdare Valley A. A. C.	38.00	298
126	R. Phillips	(40) Westbury Harriers	38.04	297
127	A. Fagereng	Les Croupiers Running Club	38.05	296
128	A. Care	San Domenico Road Runners Club	38.09	295
129	T. Chandy	(23) Cardiff University Harriers	38.09	294
130	G. Davey	(35) Neath Harriers	38.11	293
131	P. Sowerby	(50) Brecon Athletic Club	38.17	292
132	M. Hopkins	Les Croupiers Running Club	38.18	291
133	J. Lam	(40) San Domenico Road Runners Club	38.19	290
134	I. Owen	(35) San Domenico Road Runners Club	38.23	289
135	N. Dukes	(40) Les Croupiers Running Club	38.25	288
136	D. Bedwell	(60) Bristol and West Athletic Club	38.29	287
137	P. Williams	(40) Bridgend Athletic Club	38.35	286
138	D. Edwards	(35) Aberdare Valley A. A. C.	38.36	285
139	M. Parkes	Les Croupiers Running Club	38.38	284
140	A. Lee	(40) Pont-y-Pwl & District Runners	38.46	283
141	D. Williams	(40) Brecon Athletic Club	38.48	282
142	J. Blore	Chepstow Harriers	38.50	281
143	A. Pilat	(23) Cardiff University Harriers	38.51	280
144	S. Newcastle	(45) Avon Valley Runners	38.53	279
145	A. Wilton	(35) San Domenico Road Runners Club	38.54	278
146	A. Woods	(50) Pont-y-Pwl & District Runners	38.57	277
147	D. Sandford	(40) Forest of Dean Athletic Club	38.58	276
148	J. Boon	(45) Forest of Dean Athletic Club	39.00	275
149	I. Usenko	Bristol and West Athletic Club	39.01	274
150	A. Mills	(35) Avon Valley Runners	39.06	273
151	G. Lewis	(35) Micky Morris Running Teams	39.10	272
152	A. Lewis	(35) Neath Harriers	39.10	271
153	M. Lai	(23) Bristol University	39.11	270
154	J. Bruce	(40) Les Croupiers Running Club	39.12	269

155	Peter Crane	(50)	Neath Harriers	39.14	268
156	S. Penny	(50)	Chepstow Harriers	39.15	267
157	R. Morgan		Pont-y-Pwl & District Runners	39.16	266
158	H. Wright	(35)	White Rock Runners	39.16	265
159	S. Davies	(55)	Mansfield Harriers	39.16	Guest
160	R. Wallis	(55)	Westbury Harriers	39.19	264
161	M. Flear		Llanelli Amateur Athletic Club	39.22	263
162	T. Watkins		Bristol and West Athletic Club	39.25	262
163	P. Hughes		San Domenico Road Runners Club	39.27	261
164	R. Noble		Westbury Harriers	39.28	260
165	D. Woodsford	(35)	San Domenico Road Runners Club	39.29	259
166	C. Emerson		Bristol and West Athletic Club	39.31	258
167	R. Nash	(55)	Westbury Harriers	39.34	257
168	D. Coles	(55)	Les Croupiers Running Club	39.34	256
169	R. Evans	(60)	Les Croupiers Running Club	39.36	255
170	R. Tanner		Run4All Neath	39.41	254
171	J. Hill		Bridgend Athletic Club	39.41	253
172	S. Lewis	(45)	Parc Bryn Bach Runners	39.42	252
173	M. George	(35)	Llanelli Amateur Athletic Club	39.46	251
174	R. Thomas		Caldicot Running Club	39.47	250
175	A. Newton		San Domenico Road Runners Club	39.49	249
176	M. Norton		Caldicot Running Club	39.50	248
177	M. Mongford		Caldicot Running Club	39.51	247
178	R. Scott	(40)	San Domenico Road Runners Club	39.51	246
179	M. Robinson		Cornelly Striders & Athletic Club	39.53	Guest
180	G. Roberts	(35)	Les Croupiers Running Club	39.56	245
181	S. Wadley	(55)	Newport Harriers Athletic Club	39.59	244
182	J. Flower	(50)	North Somerset	40.01	243
183	R. Bullen	(55)	Les Croupiers Running Club	40.03	242
184	G. McAlister	(35)	Avon Valley Runners	40.08	241
185	J. Morgan	(50)	Bridgend Athletic Club	40.09	240
186	S. Hollier	(65)	North Somerset	40.10	239
187	N. Reekes		Caldicot Running Club	40.23	238
188	J. Carter	(45)	Chepstow Harriers	40.26	237
189	M. Meyrick	(45)	Les Croupiers Running Club	40.27	236
190	S. Williams	(55)	Neath Harriers	40.29	235
191	S. Gill	(35)	Lliswerry Runners	40.31	234
192	T. Whitaker		Westbury Harriers	40.35	233
193	G. Sansom	(50)	San Domenico Road Runners Club	40.37	232

194	A. Fox	(35) White Rock Runners	40.39	231
195	S. Smith	(45) Cardiff Amateur Athletic Club	40.40	230
196	M. Herbert	(40) Bridgend Athletic Club	40.45	229
197	J. Garcia	(23) Cardiff University Harriers	40.48	228
198	A. Dawe	(45) Lliswerry Runners	40.49	227
199	J. Davies	(50) Neath Harriers	40.50	226
200	P. Chan	(45) Great Western Runners	40.52	225
201	R. Marks	(65) Sarn Helen Orienteering & R. C.	40.55	224
202	R. Self	(50) Les Croupiers Running Club	40.59	223
203	R. Hook	(50) Chepstow Harriers	41.01	222
204	N. Mal	Les Croupiers Running Club	41.02	221
205	J. Mulloney	Aberdare Valley A. A. C.	41.02	220
206	A. Souch	(23) Cardiff University Harriers	41.03	219
207	P. Lidgett	(45) Chepstow Harriers	41.05	218
208	J. Thomas	(45) Bridgend Athletic Club	41.07	217
209	C. Fowler	(50) Bridgend Athletic Club	41.08	216
210	S. Johnston	(65) Les Croupiers Running Club	41.08	215
211	E. Cummings	(45) Les Croupiers Running Club	41.11	214
212	M. Davies	Caldicot Running Club	41.12	213
213	M. Ridd	Lliswerry Runners	41.12	212
214	M. McGeoch	(60) Les Croupiers Running Club	41.15	211
215	S. Prior	(45) Wells City Harriers	41.15	210
216	C. Wood	White Rock Runners	41.17	209
217	R. Davies	(40) Lliswerry Runners	41.28	208
218	N. Denny	(35) Pontypridd Athletic Club	41.29	207
219	A. Wicks	Bridgend Athletic Club	41.31	206
220	S. Power	(40) Aberdare Valley A. A. C.	41.32	205
221	D. Mort	Cardiff Triathletes	41.33	204
222	J. Aggleton	(60) Cardiff Harlequins	41.34	203
223	H. Hartnell	(50) Islwyn Running Club	41.35	202
224	A. Jones	Penarth and Dinas Runners	41.40	201
225	J. Vaughan	(23) Pontypridd Athletic Club	41.41	200
226	P. Thomas	(45) Thornbury Running Club	41.41	199
227	G. Evans	Penarth and Dinas Runners	41.46	198
228	S. Merrick	(45) Swansea Harriers Athletic Club	41.47	197
229	D. Goodall	(60) White Rock Runners	41.48	196
230	J. Dobbins	Forest of Dean Athletic Club	41.49	195
231	P. Mountain	(55) Bristol and West Athletic Club	41.56	194
232	S. Bridges	(50) Aberdare Valley A. A. C.	42.00	193

233	N. Harris		Cwm Ogwr	42.07	Guest
234	A. Mundy	(40)	Guest	42.10	Guest
235	J. Clode		Bridgend Athletic Club	42.13	192
236	D. Kingsland	(35)	Port Talbot Harriers & A. C.	42.14	191
237	M. Bull	(23)	Cardiff University Harriers	42.17	190
238	L. Walters	(40)	Aberdare Valley A. A. C.	42.19	189
239	R. Evans	(35)	Pontypridd Athletic Club	42.20	188
240	D. Vorres	(55)	Pont-y-Pwl & District Runners	42.20	187
241	B. Pletcher	(50)	Les Croupiers Running Club	42.21	186
242	R. Morgan		Cardiff Triathletes	42.22	185
243	G. Parker	(35)	Les Croupiers Running Club	42.23	184
244	C. Lloyd		Run4All Neath	42.24	183
245	C. Granger	(40)	Cardiff Triathletes	42.24	182
246	A. Ridley	(23)	University of Wales - Swansea	42.25	181
247	S. Berry	(40)	Forest of Dean Athletic Club	42.28	180
248	R. Thomas		Cardiff Triathletes	42.29	179
249	K. Jackson	(55)	Dursley & District Athletic Club	42.30	178
250	I. Bell	(50)	San Domenico Road Runners Club	42.31	177
251	S. Hooper	(45)	Pontypridd Athletic Club	42.35	176
252	D. McAtee	(50)	Newport Harriers Athletic Club	42.38	175
253	N. Elliot	(45)	Westbury Harriers	42.39	174
254	D. Harness	(40)	San Domenico Road Runners Club	42.42	173
255	M. Tabor	(60)	Les Croupiers Running Club	42.47	172
256	C. Blackmore	(40)	Cardiff Harlequins	42.48	171
257	L. Sandham	(45)	Neath Harriers	42.50	170
258	H. Saunders	(23)	Cardiff University Harriers	42.52	169
259	R. Sheehy		Parc Bryn Bach Runners	42.56	168
260	J. Diffey	(50)	San Domenico Road Runners Club	42.58	167
261	I. Warburton	(50)	Penarth and Dinas Runners	43.01	166
262	M. Durkin		Penarth and Dinas Runners	43.04	165
263	H. Hunt	(23)	Cardiff University Harriers	43.10	164
264	J. Horner		Les Croupiers Running Club	43.11	163
265	G. Newhams	(55)	Bridgend Athletic Club	43.12	162
266	A. Maggs	(35)	Avon Valley Runners	43.13	161
267	O. Harris		Lliswerry Runners	43.14	160
268	J. O'Halloran (ind)	(35)	Westbury Harriers	43.18	159
269	J. Magee	(40)	Les Croupiers Running Club	43.26	158
270	M. Gold	(35)	Cardiff Amateur Athletic Club	43.27	157
271	S. Pitman		University of the West of England	43.29	156

272	D. Headon	(55) Les Croupiers Running Club	43.32	155
273	M. Skyrme	(45) Fairwater Runners	43.38	154
274	C. Hold	(40) Swansea Harriers Athletic Club	43.43	153
275	R. Symons	(50) Fairwater Runners	43.45	152
276	L. Treadwell	Les Croupiers Running Club	43.46	151
277	P. Harding	(55) Avon Valley Runners	43.53	150
278	I. Hoskins	(40) 3M Gorseinon Road Runners	43.53	149
279	J. Hancock	(55) Usk Runners	43.57	Guest
280	I. Line	(40) Parc Bryn Bach Runners	43.57	148
281	J. Hayes	(50) Bridgend Athletic Club	44.01	147
282	R. Amos	(35) San Domenico Road Runners Club	44.03	146
283	C. Osmond	(55) Les Croupiers Running Club	44.15	145
284	P. Chapman	(45) Les Croupiers Running Club	44.16	144
285	R. Bowie	(50) Fairwater Runners	44.17	143
286	P. Lewis	(50) Swansea Harriers Athletic Club	44.18	142
287	K. Wheden	(50) Islwyn Running Club	44.19	141
288	R. Owen	Rhondda Valley Runners	44.20	140
289	M. Bessell	(35) White Rock Runners	44.22	139
290	D. Wimpelberg	(40) Cardiff Metropolitan University	44.27	138
291	C. Nellins (ind)	(60) Penarth and Dinas Runners	44.28	137
292	D. Holloway	(40) Caldicot Running Club	44.33	136
293	G. Jenkins	Cwm Ogwr	44.48	Guest
294	N. Horsley	(60) Neath Harriers	44.54	135
295	D. Doyle	(23) Cardiff University Harriers	44.56	134
296	D. Cornish	(45) Port Talbot Harriers & A. C.	44.57	133
297	G. Thomas	Cardiff Triathletes	45.04	132
298	D. Shields	(50) San Domenico Road Runners Club	45.08	131
299	N. Langridge	(60) Thornbury Running Club	45.09	130
300	S. Bowles	Caldicot Running Club	45.12	129
301	R. King	(45) Fairwater Runners	45.15	128
302	K. Taylor	(55) Amman Valley Harriers	45.19	127
303	A. Robertson	(60) Forest of Dean Athletic Club	45.20	126
304	A. Mason	(55) Les Croupiers Running Club	45.21	125
305	M. Thompson	(35) Les Croupiers Running Club	45.28	124
306	A. Kaye	(50) Forest of Dean Athletic Club	45.38	123
307	G. Barrington	(40) Lliswerry Runners	45.41	122
308	S. Burns (ind)	Pegasus Running Club Cardiff	45.48	121
309	J. Thiel	(35) Bridgend Athletic Club	45.52	120
310	A. Wardle	Cardiff Triathletes	45.53	119

311	J. Bailey-Gard (Sen)	(60)	Westbury Harriers	45.56	118
312	H. James	(45)	Cardiff Amateur Athletic Club	45.59	117
313	P. Evans	(40)	Brecon Athletic Club	46.02	116
314	L. Worth	(50)	Pembrokeshire Harriers	46.02	115
315	M. Cranwell	(60)	Les Croupiers Running Club	46.05	114
316	S. Bendle	(50)	Swansea Harriers Athletic Club	46.08	113
317	C. Moore	(60)	Forest of Dean Athletic Club	46.09	112
318	A. Davies	(50)	Pontypridd Athletic Club	46.12	111
319	M. Davies	(65)	Les Croupiers Running Club	46.13	110
320	A. Yates		Thornbury Running Club	46.16	109
321	P. Allen	(65)	Halesowen Athletic Club	46.22	Guest
322	M. Harris	(60)	Westbury Harriers	46.27	108
323	D. Weetman	(40)	Islwyn Running Club	46.32	107
324	L. Richards		Newport Harriers Athletic Club	46.33	106
325	M. Jenkins	(55)	Fairwater Runners	46.48	105
326	H. Gruffydd	(50)	Pontypridd Athletic Club	46.57	104
327	R. Cronin	(23)	University of the West of England	46.58	103
328	M. Holloway		Caldicot Running Club	46.59	102
329	M. Marks	(45)	Forest of Dean Athletic Club	47.06	101
330	J. Hanson	(45)	Guest	47.07	Guest
331	C. Pratt	(45)	Cwm Ogwr	47.07	Guest
332	R. Sewell	(55)	Les Croupiers Running Club	47.11	100
333	J. Williams		Parc Bryn Bach Runners	47.12	99
334	C. Rothwell	(40)	Pontypridd Athletic Club	47.16	98
335	T. Fry	(35)	Cardiff Amateur Athletic Club	47.17	97
336	M. Elliston	(40)	Les Croupiers Running Club	47.20	96
337	J. Hargreaves	(60)	Great Western Runners	47.23	95
338	P. Holder	(55)	Cardiff Harlequins	47.29	94
339	A. Jefferies	(45)	Avon Valley Runners	47.38	93
340	S. Jenkins	(23)	Cardiff University Harriers	47.43	92
341	D. Smout	(65)	Parc Bryn Bach Runners	47.49	91
342	P. Morris	(55)	Les Croupiers Running Club	48.00	90
343	M. Nash	(50)	3M Gorseinon Road Runners	48.20	89
344	J. Lee	(50)	Penarth and Dinas Runners	48.23	88
345	L. Richards	(50)	Pontypridd Athletic Club	48.25	87
346	R. Roberts	(23)	University of Wales - Swansea	48.38	86
347	S. Gopal	(45)	Les Croupiers Running Club	48.46	85
348	D. McDonald	(45)	Les Croupiers Running Club	48.50	84
349	I. Smith		Westbury Harriers	49.13	83



350	R. Perons	(50) Les Croupiers Running Club	49.17	82
351	P. Morfey	(55) Cardiff Harlequins	49.19	81
352	H. Attwood	(65) Lliswerry Runners	49.22	80
353	M. Willcox	(65) Great Western Runners	49.29	79
354	G. Trueman	(60) Stroud & District Athletic Club	49.30	78
355	R. Rietz	(23) Cardiff University Harriers	49.30	77
356	E. Davey	(65) Llanelli Amateur Athletic Club	49.31	76
357	J. Cant	(35) Westbury Harriers	49.34	75
358	B. Snowdon	(60) Cardiff Triathletes	49.35	74
359	D. Hughes	(45) Bridgend Athletic Club	49.38	73
360	A. Perkins	(60) Port Talbot Harriers & A. C.	49.45	72
361	S. Talbot	Newport Harriers Athletic Club	49.47	71
362	C. Raikes	(35) Rhondda Valley Runners	49.54	70
363	B. Turner	(50) Caldicot Running Club	49.55	69
364	R. King	(40) Forest of Dean Athletic Club	49.57	68
365	T. Murphy	(50) Fairwater Runners	50.03	67
366	A. Williamson	(40) Pegasus Running Club Cardiff	50.13	66
367	G. Jones	(55) Cardiff Amateur Athletic Club	50.17	65
368	D.E. Williams	(50) Les Croupiers Running Club	50.21	64
369	C. Coleman	(45) Cwm Ogwr	50.27	Guest
370	K. Cundy	(40) Thornbury Running Club	50.31	63
371	J. Sanderson	(55) 3M Gorseinon Road Runners	50.36	62
372	C. Rees	(50) Chepstow Harriers	50.39	61
373	N. Pounder	(40) Pontypridd Athletic Club	50.48	60
374	I. Thorne	(40) Pegasus Running Club Cardiff	50.53	59
375	T. Holling	(60) Port Talbot Harriers & A. C.	51.02	58
376	E. Joseph	(55) 3M Gorseinon Road Runners	51.08	57
377	D. Jones	(40) Lliswerry Runners	51.30	56
378	G. Richards	Blaenau Gwent	51.34	55
379	C. Large	(40) Penarth and Dinas Runners	51.44	54
380	R. Bennett	(40) Guest	51.46	Guest
381	D. Sheard	(50) Cwm Ogwr	51.49	Guest
382	D. McMillan	(60) Weston Athletic Club	51.53	53
383	A. Furnell	(65) Port Talbot Harriers & A. C.	52.01	52
384	M. Beard	(45) Cwm Ogwr	52.06	Guest
385	G. Jones	(50) Les Croupiers Running Club	52.19	51
386	W. Innes	(50) Cardiff Triathletes	52.43	50
387	P. Balmont	(55) Penarth and Dinas Runners	52.55	49
388	D. Reed	(45) Rhondda Valley Runners	53.15	48

389	H. Williams	(50) Bridgend Athletic Club	53.21	47
390	J. Aston	(65) Les Croupiers Running Club	53.41	46
391	S. Wood	(35) Pegasus Running Club Cardiff	53.45	45
392	L. Hopkins	Aberdare Valley A. A. C.	54.39	44
393	I. Courtney	(23) University of Wales - Swansea	54.41	43
394	N. Chipper	(55) Lliswerry Runners	54.55	42
395	S. Dolbel	(40) Caldicot Running Club	55.02	41
396	R. Hobbs	(65) Dursley & District Athletic Club	55.11	40
397	S. Beighton	(23) University of Wales - Swansea	55.15	39
398	D. Jenkins	Forest of Dean Athletic Club	56.06	38
399	J. Ayres	(60) Port Talbot Harriers & A. C.	56.21	37
400	C. Bennett	(60) Great Western Runners	56.36	36
401	S. Marsh	(55) Lliswerry Runners	56.44	35
402	M. Halsall	(40) Llanelli Amateur Athletic Club	56.48	34
403	N. Richards	(45) Lliswerry Runners	56.54	33
404	I. Swanson	(65) Port Talbot Harriers & A. C.	57.03	32
405	K. Sinclair	(35) Lliswerry Runners	57.12	31
406	L. Harding	(35) White Rock Runners	57.13	30
407	J. Davies	(65) Port Talbot Harriers & A. C.	57.44	29
408	D. Kempton	(55) Parc Bryn Bach Runners	59.03	28
409	G. Wharmby	(50) Pegasus Running Club Cardiff	60.16	27
410	T. Vaughan	(40) Parc Bryn Bach Runners	60.56	26