

# Gwent Cross Country League 2015-2016

## 5 March 2016 : Brecon Leisure Centre, Penlan

### Senior Women ( 160 Starters )

Pos	Athlete	Club	Time	Pts
1	C. Green	Bristol and West Athletic Club	22.39	160
2	K. Matthews	(35) Chepstow Harriers	23.57	159
3	J. Sanzo	(35) Bristol and West Athletic Club	24.14	158
4	C. Evans	(23) Pontypridd Athletic Club	24.32	157
5	H. Newberry	Bristol and West Athletic Club	24.38	156
6	E. Lagomarsino	(23) San Domenico Road Runners Club	24.42	155
7	M. McBrien	(23) Cardiff University Harriers	24.56	154
8	J. Belyavin	(35) Bristol and West Athletic Club	25.05	153
9	H. Brown	(40) Forest of Dean Athletic Club	25.14	152
10	K. Hughes	(35) Westbury Harriers	25.25	151
11	H. Marshall	(35) Swansea Harriers Athletic Club	25.37	150
12	F. Eddy	Bristol and West Athletic Club	25.52	149
13	B. Whitfield	Bristol and West Athletic Club	26.01	148
14	C. Jolliffe	(45) Bristol and West Athletic Club	26.05	147
15	S. Voller	(35) Westbury Harriers	26.08	146
16	L. Cooper	(23) Parc Bryn Bach Runners	26.23	145
17	A. Parker	(23) Bristol and West Athletic Club	26.29	144
18	C. Bruce	(35) Les Croupiers Running Club	26.32	143
19	K. Parry	Cardiff Metropolitan University	26.32	142
20	S. Bell	(35) Chepstow Harriers	26.35	141
21	A. Jones	(45) Fairwater Runners	26.50	140
22	A. Dumayne	(23) Lliswerry Runners	26.54	139
23	J. Osborne	(23) Swansea Harriers Athletic Club	26.54	138
24	E. Ferguson	Pontypridd Athletic Club	27.07	137
25	T. Allen	(50) Bristol and West Athletic Club	27.09	136
26	G. Prior	Chepstow Harriers	27.11	135
27	L. Jones	(35) Amman Valley Harriers	27.12	134
28	Z. Plant	(23) Cardiff University Harriers	27.16	133

29	R. Mushens	(50) Bristol and West Athletic Club	27.19	132
30	V. Tester	(35) Westbury Harriers	27.45	131
31	J. Heibrock	(23) Cardiff University Harriers	27.57	130
32	G. Hardman	(45) Bridgend Athletic Club	27.59	129
33	Z. Barrett	(23) Cardiff Metropolitan University	28.05	128
34	P. Matthews	(23) University of Wales - Swansea	28.06	127
35	K. Jones	(40) Lliswerry Runners	28.06	126
36	C. Peers	(23) Cardiff University Harriers	28.08	125
37	C. Hurcom	(35) Weston Athletic Club	28.12	124
38	S. Everitt	(45) Bristol and West Athletic Club	28.13	123
39	R. Allcock	(40) Amman Valley Harriers	28.14	122
40	D. Phillips	Parc Bryn Bach Runners	28.15	121
41	R. Miller	(23) University of Wales - Swansea	28.21	120
42	E. Pearson	(23) Swansea Harriers Athletic Club	28.22	119
43	L. Jeffrey	(45) Chepstow Harriers	28.27	118
44	A. Hurford	(55) Bristol and West Athletic Club	28.33	117
45	S. Hall	(45) Forest of Dean Athletic Club	28.43	116
46	R. Giancola	(23) Cardiff University Harriers	28.46	115
47	B. Tucker	(45) Brecon Athletic Club	28.48	114
48	F. Cockley	(40) Bristol and West Athletic Club	28.55	113
49	C. Cuddihy	(23) University of Wales - Swansea	29.03	112
50	C. Tailby	(45) Penarth and Dinas Runners	29.06	111
51	A. Ferguson	Brecon Athletic Club	29.08	110
52	C. Fowler	(45) Forest of Dean Athletic Club	29.09	109
53	C. Addicott	(35) Cardiff Triathletes	29.11	108
54	T. Chick	(35) Westbury Harriers	29.12	107
55	S. Stewart	Bristol and West Athletic Club	29.13	106
56	L. Miskell	(45) 3M Gorseinon Road Runners	29.18	105
57	K. Young	Westbury Harriers	29.19	104
58	A. Gupta	(23) Cardiff University Harriers	29.23	103
59	C. Rees	(45) Les Croupiers Running Club	29.27	102
60	A. Hurman	(45) Penarth and Dinas Runners	29.28	101
61	J. Scholey	(55) Les Croupiers Running Club	29.41	100
62	J. Jenkins	(55) Fairwater Runners	29.46	99
63	D. Evans	(45) Penarth and Dinas Runners	29.46	98
64	M. Gouveia	San Domenico Road Runners Club	29.47	97
65	J. Morris	(45) Chepstow Harriers	29.48	96
66	R. Lewis	(35) Parc Bryn Bach Runners	29.55	95
67	C. Frank-Schultz	(23) Cardiff University Harriers	29.59	94

68	M. Morris	(40) Port Talbot Harriers & A. C.	30.09	93
69	B. Collins	White Rock Runners	30.14	92
70	S. Grant	(35) Chepstow Harriers	30.18	91
71	R. Deards	(45) Les Croupiers Running Club	30.19	90
72	H. Andrews	(35) Bridgend Athletic Club	30.25	89
73	E. Withers	(45) Bristol and West Athletic Club	30.31	88
74	Louise Hunt	Penarth and Dinas Runners	30.36	87
75	B. Lewis	(35) Les Croupiers Running Club	30.49	86
76	P. Williams	(55) Port Talbot Harriers & A. C.	30.54	85
77	C. Hibberd	(23) Cardiff University Harriers	30.55	84
78	L. Cleary	(50) Penarth and Dinas Runners	31.02	83
79	R. Owens	(35) Penarth and Dinas Runners	31.15	82
80	C. Bull	Westbury Harriers	31.21	81
81	V. Belcher	Newport Harriers Athletic Club	31.37	80
82	K. Amos	Rhondda Valley Runners	31.39	79
83	M. Davies	(23) Cardiff University Harriers	31.41	78
84	J. Miles	(60) Parc Bryn Bach Runners	31.41	77
85	A. Saxena	(60) Newport Harriers Athletic Club	31.44	76
86	H. John	(23) Cardiff University Harriers	31.54	75
87	N. Sinclair	(35) Lliswerry Runners	31.57	74
88	M. Amblin	(40) Les Croupiers Running Club	32.04	73
89	L. Woodland	(55) Port Talbot Harriers & A. C.	32.07	72
90	A. Bull	(45) Westbury Harriers	32.15	71
91	K. Collins	(35) Parc Bryn Bach Runners	32.19	70
92	Y. Williams	(60) Penarth and Dinas Runners	32.24	69
93	V. Ford	(55) Great Western Runners	32.30	68
94	M. Pearce	(45) Blaenau Gwent	32.32	67
95	T. Tranter	(55) Chepstow Harriers	32.33	66
96	V. Sloan	(35) Westbury Harriers	32.36	65
97	C. Burren	(50) Bristol and West Athletic Club	32.37	64
98	N. Johnstone	(40) Brecon Athletic Club	32.39	63
99	M. Callas	(45) North Somerset	32.43	62
100	G. Smith	(50) 3M Gorseinon Road Runners	32.46	61
101	A. Johnston	Les Croupiers Running Club	32.52	60
102	A. James	(70) Les Croupiers Running Club	32.53	59
103	A. Sullivan	(35) 3M Gorseinon Road Runners	32.53	58
104	A. Bushell	(45) Thornbury Running Club	32.53	57
105	E. Gallop-Evans	(50) Les Croupiers Running Club	32.54	56
106	Lindsey Hunt	Penarth and Dinas Runners	32.55	55

107	H. Griffiths	(35) Penarth and Dinas Runners	32.56	54
108	S. Kyriazidi	(23) Cardiff University Harriers	32.58	53
109	O. Bullock	(23) Cardiff University Harriers	32.59	52
110	C. Dallimore	(60) Les Croupiers Running Club	33.00	51
111	S. Barham	(50) 3M Gorseinon Road Runners	33.09	50
112	J. Ash	(40) Les Croupiers Running Club	33.29	49
113	S. Price	Parc Bryn Bach Runners	33.31	48
114	F. Drysdale	(45) Cwm Ogwr	33.36	Guest
115	H. Jackson	(40) Parc Bryn Bach Runners	33.42	47
116	L. Park	(55) Forest of Dean Athletic Club	33.54	46
117	C. Kiekuth	(45) Bristol and West Athletic Club	34.03	45
118	L. Fraser	University of the West of England	34.08	44
119	E. Blow	(40) Cardiff Amateur Athletic Club	34.10	43
120	C. Smith	Pontypridd Athletic Club	34.15	42
121	L. Phillips	(40) Lliswerry Runners	34.17	41
122	S. Mitchell	(35) Lliswerry Runners	34.18	40
123	J. Roche	(45) Fairwater Runners	34.32	39
124	R. Newton	Cardiff Triathletes	34.35	38
125	B. Wilkinson	(50) San Domenico Road Runners Club	34.42	37
126	K. Chadwell	(45) Les Croupiers Running Club	34.57	36
127	J. Blethyn	(55) Penarth and Dinas Runners	35.11	35
128	E. Arwyn	(60) Les Croupiers Running Club	35.12	34
129	R. Havers	(35) Chepstow Harriers	35.38	33
130	J. Mills	(55) Thornbury Running Club	35.41	32
131	A. Lewis	Pontypridd Athletic Club	35.56	31
132	L. Kirby	(45) Parc Bryn Bach Runners	35.59	30
133	Y. Bullen	(50) Les Croupiers Running Club	36.06	29
134	N. Davies	(40) White Rock Runners	36.12	28
135	V. Andrews	(35) Weston Athletic Club	36.17	27
136	K. Jervis	(55) Parc Bryn Bach Runners	36.21	26
137	J. Green	(55) Forest of Dean Athletic Club	36.24	25
138	E. Williams	Blaenau Gwent	36.34	24
139	R. Hopkins	Pontypridd Athletic Club	36.42	23
140	S. Symons	(50) Fairwater Runners	36.51	22
141	D. Jones	(35) Parc Bryn Bach Runners	37.05	21
142	S. Ashton	(55) Chepstow Harriers	37.16	20
143	E. Smith	(40) Cardiff Amateur Athletic Club	37.28	19
144	E. Preece	White Rock Runners	37.59	18
145	H. Thorne	(45) Avon Valley Runners	38.17	17

146	L. Waller	(60)	3M Gorseinon Road Runners	38.47	16
147	J. Withers	(45)	Weston Athletic Club	39.16	15
148	P. Parr	(60)	Great Western Runners	39.17	14
149	C. Hurdidge	(60)	3M Gorseinon Road Runners	39.18	13
150	H. Gwillam	(45)	Fairwater Runners	39.21	12
151	M. Higginson	(35)	Bridgend Athletic Club	39.27	11
152	J. Maranga	(60)	Penarth and Dinas Runners	40.08	10
153	T. Newman	(45)	Les Croupiers Running Club	40.38	9
154	C. Johnson	(70)	Les Croupiers Running Club	40.51	8
155	S. Williams	(50)	Fairwater Runners	41.32	7
156	H. Edwards		Lliswerry Runners	42.19	6
157	J. Davies	(60)	3M Gorseinon Road Runners	44.22	5
158	S. Meah	(50)	Les Croupiers Running Club	45.30	4
159	B. Davies	(35)	Fairwater Runners	48.34	3

## Gwent Cross Country League 2015-2016

### 5 March 2016 : Brecon Leisure Centre, Penlan

#### Senior Men ( 240 Starters )

Pos	Athlete	Club	Time	Pts
1	D. Nash	(23) Cardiff University Harriers	34.44	240
2	H. Evans	(40) Les Croupiers Running Club	35.21	239
3	A. Davies	(50) Brecon Athletic Club	35.22	238
4	M. Jennings	(35) Micky Morris Racing Team	35.25	237
5	A. Bull	(23) Aberdare Valley A. A. C.	35.43	236
6	E. Hardee	(23) Newport Harriers Athletic Club	35.49	235
7	J. Davis	North Somerset	36.12	234
8	A. Teweldebrhan	(23) Newport Harriers Athletic Club	36.18	233
9	J. Rodgers	North Somerset	36.35	232
10	O. Williams	Les Croupiers Running Club	36.45	231

11	R. Stewart	Bristol and West Athletic Club	36.46	230
12	O. Beale	(35) Westbury Harriers	37.03	229
13	S. Simms	(45) Micky Morris Racing Team	37.07	228
14	M. Pfeiffer	(50) Brecon Athletic Club	37.22	227
15	R. Ayling	Avon Valley Runners	37.28	226
16	D. Barnby	Micky Morris Racing Team	37.40	225
17	F. Van-Arkel	(23) Cardiff University Harriers	37.50	224
18	C. McMillan	Weston Athletic Club	37.53	223
19	A. Vidal	(23) Cardiff University Harriers	37.55	222
20	M. Bialogonski	Bristol and West Athletic Club	38.02	221
21	C. Pristavec	Les Croupiers Running Club	38.05	220
22	D. Bodman	Aberdare Valley A. A. C.	38.11	219
23	I. Morton	(35) Micky Morris Racing Team	38.20	218
24	A. Vessey	(23) University of Wales - Swansea	38.25	217
25	B. Butler-Madden	Penarth and Dinas Runners	38.31	216
26	I. Lloyd	(55) Swansea Harriers Athletic Club	38.36	215
27	A. Salmon	Bristol and West Athletic Club	38.38	214
28	A. Pilat	(23) Cardiff University Harriers	38.40	213
29	P. Graham	Pontypridd Athletic Club	38.56	212
30	R. Annett	San Domenico Road Runners Club	38.58	211
31	O. Jougla	Westbury Harriers	39.08	210
32	A. Hamblin	Westbury Harriers	39.12	209
33	T. Foster	Micky Morris Racing Team	39.17	208
34	D. Triggs	Neath Harriers	39.19	207
35	D. Nicholls	(35) San Domenico Road Runners Club	39.20	206
36	C. Jenkins	(35) Neath Harriers	39.21	205
37	P. Coles	(50) Pontypridd Athletic Club	39.32	204
38	M. Emery	Bridgend Athletic Club	39.34	203
39	H. Saunders	(23) Cardiff University Harriers	39.36	202
40	A. Hall	(35) Bristol and West Athletic Club	39.37	201
41	J. Casburn	Micky Morris Racing Team	39.42	200
42	J. Emery	(45) North Somerset	39.47	199
43	L. Aherne	(45) Parc Bryn Bach Runners	39.57	198
44	R. Dando	(35) Bridgend Athletic Club	40.03	197
45	P. Slade	(35) Avon Valley Runners	40.07	196
46	A. Wilson	Westbury Harriers	40.15	195
47	A. Care	San Domenico Road Runners Club	40.18	194
48	C. Fulcher	(45) Neath Harriers	40.20	193
49	R. John (ind)	(40) Micky Morris Racing Team	40.23	192

50	M. Burley	Bristol and West Athletic Club	40.29	191
51	F. Larcher	Blaenau Gwent	40.30	190
52	R. Hunt	(45) Bridgend Athletic Club	40.37	189
53	S. Lewis	(50) Parc Bryn Bach Runners	40.43	188
54	J. Peters	(45) Avon Valley Runners	40.48	187
55	T. Davies	(45) Brecon Athletic Club	40.55	186
56	T. Chandy	(23) Cardiff University Harriers	40.58	185
57	M. Bull	(23) Cardiff University Harriers	41.08	184
58	G. Davey	(35) Neath Harriers	41.14	183
59	P. Sowerby	(50) Brecon Athletic Club	41.19	182
60	S. Richards	Pontypridd Athletic Club	41.21	181
61	A. Lewis	(40) Aberdare Valley A. A. C.	41.23	180
62	D. Williams	(45) Parc Bryn Bach Runners	41.25	179
63	M. Hopkins	Les Croupiers Running Club	41.37	178
64	A. Souch	(23) Cardiff University Harriers	41.42	177
65	D. Sandford	(40) Forest of Dean Athletic Club	41.45	176
66	D. James	(55) Les Croupiers Running Club	41.51	175
67	C. Walsh	(40) Port Talbot Harriers & A. C.	41.53	174
68	A. Davies	Les Croupiers Running Club	41.58	173
69	G. Powell	White Rock Runners	41.59	172
70	G. Brown	Penarth and Dinas Runners	42.01	171
71	N. Mal	Les Croupiers Running Club	42.02	170
72	R. Phillips	(40) Westbury Harriers	42.03	169
73	S. Davies	(55) Pont-y-Pwl & District Runners	42.04	168
74	S. Mathers	Parc Bryn Bach Runners	42.05	167
75	R. Sage	(35) Les Croupiers Running Club	42.06	166
76	R. Wallis	(55) Westbury Harriers	42.21	165
77	D. Richardson	(23) Cardiff University Harriers	42.22	164
78	D. White	(23) Cardiff University Harriers	42.23	163
79	D. Williams	(40) Brecon Athletic Club	42.29	162
80	J. Flower	(45) North Somerset	42.37	161
81	Peter Crane	(50) Neath Harriers	42.42	160
82	Peter Osborne	(55) Llanelli Amateur Athletic Club	42.48	159
83	V. Edwards	(35) Cardiff Harlequins	42.49	158
84	L. Pole	(40) Pontypridd Athletic Club	42.50	157
85	R. Hopkins	(40) Thornbury Running Club	42.53	156
86	S. Thomasson	(35) Parc Bryn Bach Runners	42.56	155
87	S. Gill	(35) Lliswerry Runners	42.57	154
88	S. Wadley	(55) Newport Harriers Athletic Club	42.59	153

89	D. Ding	(23) Cardiff University Harriers	43.01	152
90	E. Kilgour	(45) Westbury Harriers	43.01	151
91	D. Davies	(60) Brecon Athletic Club	43.01	150
92	S. Jones	Parc Bryn Bach Runners	43.04	149
93	J. Bruce	(40) Les Croupiers Running Club	43.07	148
94	J. Carter	(45) Chepstow Harriers	43.08	147
95	P. Hughes	San Domenico Road Runners Club	43.12	146
96	R. Bullen	(55) Les Croupiers Running Club	43.18	145
97	C. Fowler	(45) Bridgend Athletic Club	43.26	144
98	G. Evans	Penarth and Dinas Runners	43.31	143
99	R. Self	(50) Les Croupiers Running Club	43.34	142
100	K. Seville	(40) Newport Harriers Athletic Club	43.35	141
101	D. Lowthian	(45) Forest of Dean Athletic Club	43.38	140
102	J. Boon	(45) Forest of Dean Athletic Club	43.42	139
103	A. Jones	Penarth and Dinas Runners	43.46	138
104	M. Ponsford	Cardiff Harlequins	43.48	137
105	G. Sansom	(50) San Domenico Road Runners Club	43.50	136
106	J. Aggleton	(60) Cardiff Harlequins	44.03	135
107	B. Dias	Les Croupiers Running Club	44.04	134
108	A. Thomas	(23) Cardiff University Harriers	44.05	133
109	M. Tabor	(60) Les Croupiers Running Club	44.06	132
110	S. Carter	(45) Parc Bryn Bach Runners	44.07	131
111	J. Morgan	(45) Bridgend Athletic Club	44.08	130
112	D. Coles	(55) Les Croupiers Running Club	44.09	129
113	P. Chan	(45) Great Western Runners	44.10	128
114	M. Mewse	(60) Westbury Harriers	44.11	127
115	R. Evans	(60) Les Croupiers Running Club	44.17	126
116	B. Lovett	(45) San Domenico Road Runners Club	44.18	125
117	M. Durkin	Penarth and Dinas Runners	44.26	124
118	M. Griffiths	Caldicot Running Club	44.34	123
119	J. Jones	(35) Swansea Harriers Athletic Club	44.39	122
120	S. Johnston	(65) Les Croupiers Running Club	44.45	121
121	S. Smith	(45) Cardiff Amateur Athletic Club	44.55	120
122	N. Reeks	Caldicot Running Club	44.56	119
123	M. Meyrick	(45) Les Croupiers Running Club	45.04	118
124	D. Taylor	(50) Bristol and West Athletic Club	45.05	117
125	J. Bailey-Gard (Jun)	(40) Westbury Harriers	45.09	116
126	R. Marks	(65) Sarn Helen Orienteering & R. C.	45.14	115
127	D. Vorres	(50) Pont-y-Pwl & District Runners	45.19	114



128	T. Lewis	(45) Bridgend Athletic Club	45.22	113
129	A. Mathias	Chepstow Harriers	45.26	112
130	G. Jones	Parc Bryn Bach Runners	45.27	111
131	B. Goodrich	(40) Brecon Athletic Club	45.38	110
132	P. Lidgett	(45) Chepstow Harriers	45.42	109
133	S. Bridges	(50) Aberdare Valley A. A. C.	45.44	108
134	G. Newhams	(55) Bridgend Athletic Club	45.49	107
135	S. Pitman	University of the West of England	46.10	106
136	D. Goodall	(60) White Rock Runners	46.13	105
137	H. Hunt	(23) Cardiff University Harriers	46.17	104
138	K. McEntee	(55) Chepstow Harriers	46.32	103
139	K. Taylor	(55) Amman Valley Harriers	46.46	102
140	J. Samuel	(40) Newport Harriers Athletic Club	46.48	101
141	J. Marson	(40) Llanelli Amateur Athletic Club	46.49	100
142	A. Horlick	(40) Forest of Dean Athletic Club	46.53	99
143	P. Miles	(60) Parc Bryn Bach Runners	46.56	98
144	A. Jones	(40) Parc Bryn Bach Runners	47.11	97
145	E. Cummings	(45) Les Croupiers Running Club	47.16	96
146	D. Beard	(40) Thornbury Running Club	47.20	95
147	M. Willis	(60) Thornbury Running Club	47.21	94
148	S. Grant	(50) Bristol and West Athletic Club	47.22	93
149	R. Phillips	(35) Taf Running & Orienteering Teams	47.25	Guest
150	J. Hancock	(55) Usk Runners	47.35	92
151	K. Jackson	(55) Dursley & District Athletic Club	47.44	91
152	P. Harding	(60) Avon Valley Runners	47.45	90
153	D. McAtee	(55) Newport Harriers Athletic Club	47.51	89
154	P. Chapman	(45) Les Croupiers Running Club	48.02	88
155	D. Aggleton	Cardiff Harlequins	48.13	87
156	J. Hayes	(50) Bridgend Athletic Club	48.28	86
157	F. Williams	(40) Forest of Dean Athletic Club	48.34	85
158	N. Horsley	(60) Neath Harriers	48.37	84
159	M. Thompson	(35) Les Croupiers Running Club	48.39	83
160	D. Morelli	San Domenico Road Runners Club	48.41	82
161	G. Lewis	(35) Port Talbot Harriers & A. C.	48.43	81
162	R. Sheehy	Parc Bryn Bach Runners	48.45	80
163	S. Thompson	(50) Pont-y-Pwl & District Runners	48.47	79
164	C. Osmond	(55) Les Croupiers Running Club	49.02	78
165	C. Matthews	(50) Lliswerry Runners	49.05	77
166	R. Symons	(50) Fairwater Runners	49.13	76

167	D. Smout	(65) Parc Bryn Bach Runners	49.17	75
168	J. Geogan	(23) Cardiff University Harriers	49.22	74
169	R. Dennant	(50) Forest of Dean Athletic Club	49.29	73
170	C. Brown	(40) Avon Valley Runners	49.39	72
171	J. Tottle	(50) Weston Athletic Club	49.42	71
172	P. Thomas	(40) Thornbury Running Club	49.44	70
173	R. Sewell	(55) Les Croupiers Running Club	49.57	69
174	R. Southgate	(50) Avon Valley Runners	50.01	68
175	N. Fordham	(23) University of Wales - Swansea	50.03	67
176	M. Harris	(60) Westbury Harriers	50.06	66
177	J. Hargreaves	(65) Great Western Runners	50.07	65
178	J. Bailey-Gard (Sen)	(60) Westbury Harriers	50.17	64
179	A. Phillips	(45) Bridgend Athletic Club	50.19	63
180	H. Jones	(45) Aberdare Valley A. A. C.	50.29	62
181	I. Line	(40) Parc Bryn Bach Runners	50.38	61
182	D. Shields	(50) San Domenico Road Runners Club	50.46	60
183	M. Cranwell	(60) Les Croupiers Running Club	50.50	59
184	P. Morris	(55) Les Croupiers Running Club	50.53	58
185	C. Seal	Penarth and Dinas Runners	51.00	57
186	D. Cornish	(45) Port Talbot Harriers & A. C.	51.01	56
187	M. Jenkins	(55) Fairwater Runners	51.02	55
188	M. Davies	(65) Les Croupiers Running Club	51.08	54
189	A. Robertson	(60) Forest of Dean Athletic Club	51.12	53
190	R. Cronin	(23) University of the West of England	51.16	52
191	J. Hinchcliffe	(60) Weston Athletic Club	51.31	51
192	B. Morgan	(40) Hay Hotfooters	51.39	Guest
193	N. Billinge	(40) Guest	51.47	Guest
194	D.E. Williams	(50) Les Croupiers Running Club	51.49	50
195	R. Silver	(55) Les Croupiers Running Club	51.53	49
196	H. Attwood	(65) Lliswerry Runners	52.21	48
197	R. Perons	(50) Les Croupiers Running Club	52.23	47
198	A. Gwilliam	(50) Fairwater Runners	52.29	46
199	J. Hull	(50) Great Western Runners	52.35	45
200	D. Matthews	Penarth and Dinas Runners	52.46	44
201	S. Merrick	(45) Swansea Harriers Athletic Club	52.49	43
202	D. Weaving	(45) Fairwater Runners	53.19	42
203	G. Trueman	(65) Stroud & District Athletic Club	53.23	41
204	S. Bowles	Caldicot Running Club	53.42	40
205	R. Bowie	(50) Fairwater Runners	54.00	39

206	D. Jones	(40) Lliswerry Runners	54.17	38
207	J. Williams	Parc Bryn Bach Runners	54.22	37
208	S. Dimond	(60) Thornbury Running Club	54.26	36
209	E. Davey	(65) Llanelli Amateur Athletic Club	54.32	35
210	E. Brown	(40) White Rock Runners	54.48	34
211	P. Morfey	(60) Cardiff Harlequins	54.53	33
212	P. Thorne	(45) Avon Valley Runners	54.55	32
213	M. Evans	(60) Chepstow Harriers	54.59	31
214	S. Wood	(35) Pegasus Running Club Cardiff	55.06	30
215	C. Large	(45) Penarth and Dinas Runners	55.19	29
216	D. McMillan	(60) Weston Athletic Club	55.59	28
217	G. Richards	Blaenau Gwent	56.59	27
218	P. Mainstone	(65) Thornbury Running Club	57.07	26
219	T. Fenton	(55) Great Western Runners	57.20	25
220	D. Hughes	(45) Bridgend Athletic Club	57.45	24
221	T. Vaughan	(40) Parc Bryn Bach Runners	57.51	23
222	R. Hobbs	(65) Dursley & District Athletic Club	58.16	22
223	H. Williams	(45) Bridgend Athletic Club	60.10	21
224	J. Davies	(65) Port Talbot Harriers & A. C.	60.30	20
225	P. Balmont	(55) Penarth and Dinas Runners	61.00	19
226	H-P. Kiekuth	(45) Bristol and West Athletic Club	61.47	18
227	G. Markey	(40) Caldicot Running Club	62.03	17
228	L. Harding	(35) White Rock Runners	62.37	16
229	I. Swanson	(65) Port Talbot Harriers & A. C.	65.15	15
230	C. Bennett	(60) Great Western Runners	70.24	14
231	J. Aston	(65) Les Croupiers Running Club	83.29	13