

Gwent Cross Country League 2015-2016

13 February 2016 : Monmouth Showground

Senior Women (163 Starters)

Pos	Athlete	Club	Time	Pts
1	A. Beynon-Thomas	Swansea Harriers Athletic Club	26.45	163
2	J. Sanzo	(35) Bristol and West Athletic Club	27.00	162
3	L. Marland	Cardiff Amateur Athletic Club	27.27	161
4	H. Sharpe	Bristol and West Athletic Club	27.44	160
5	N. Brookland	(40) Bristol and West Athletic Club	27.47	159
6	C. Evans	(23) Pontypridd Athletic Club	28.24	158
7	K. Matthews	(35) Chepstow Harriers	28.49	157
8	M. McBrien	(23) Cardiff University Harriers	29.09	156
9	J. Gallagher	(35) Clevedon Athletic Club	29.27	Guest
10	L. Cooper	(23) Parc Bryn Bach Runners	29.32	155
11	I. Peck	Bristol and West Athletic Club	29.44	154
12	K. Hughes	(35) Westbury Harriers	29.50	153
13	F. Emond	Bristol and West Athletic Club	30.07	152
14	H. Marshall	(35) Swansea Harriers Athletic Club	30.10	151
15	A. Parker	(23) Bristol and West Athletic Club	30.14	150
16	H. Walsh	Bristol and West Athletic Club	30.17	149
17	S. Chipper	(40) Lliswerry Runners	30.30	148
18	A. Jones	(45) Fairwater Runners	30.42	147
19	E. Tremlett	(35) Taf Running & Orienteering Teams	30.48	Guest
20	H. Williams	(23) Parc Bryn Bach Runners	30.55	146
21	N. Morgan	(45) Chepstow Harriers	31.00	145
22	C. Jolliffe	(45) Bristol and West Athletic Club	31.04	144
23	L. Davies	Cardiff Amateur Athletic Club	31.07	143
24	J. Horler	(45) Chepstow Harriers	31.28	142
25	C. Bruce	(35) Les Croupiers Running Club	31.33	141
26	R. Mushens	(50) Bristol and West Athletic Club	31.42	140
27	A. Dumayne	(23) Lliswerry Runners	31.57	139
28	S. Lauder	(35) Lliswerry Runners	32.00	138

29	G. Prior		Chepstow Harriers	32.04	137
30	L. Jeffrey	(45)	Chepstow Harriers	32.07	136
31	L. Meciarova		Pont-y-Pwl & District Runners	32.10	135
32	V. Tester	(35)	Westbury Harriers	32.20	134
33	D. Phillips		Parc Bryn Bach Runners	32.26	133
34	L. Jones-Evans	(45)	Carmarthen & District Harriers A.C.	32.37	132
35	R. Phillips		Lliswerry Runners	32.42	131
36	D. Glover	(40)	Wells City Harriers	32.57	130
37	J. Heibrock	(23)	Cardiff University Harriers	32.58	129
38	M. Poulson		San Domenico Road Runners Club	33.03	128
39	K. Jones	(40)	Lliswerry Runners	33.07	127
40	K. Winstone		Westbury Harriers	33.09	126
41	F. Cockley	(40)	Bristol and West Athletic Club	33.13	125
42	M. Hobbs	(45)	Westbury Harriers	33.18	124
43	F. Elliott		Swansea Harriers Athletic Club	33.21	123
44	G. Hardman	(45)	Bridgend Athletic Club	33.25	122
45	M. Morris	(40)	Port Talbot Harriers & A. C.	33.29	121
46	T. Chick	(35)	Westbury Harriers	33.44	120
47	L. Miskell	(45)	3M Gorseinon Road Runners	33.47	119
48	R. Foyle	(35)	North Somerset	33.52	118
49	J. Plumley	(35)	Thornbury Running Club	33.56	117
50	B. Tucker	(45)	Brecon Athletic Club	34.08	116
51	D. Sapsford	(35)	Chepstow Harriers	34.10	115
52	A. Hurford	(55)	Bristol and West Athletic Club	34.11	114
53	C. Tailby	(45)	Penarth and Dinas Runners	34.12	113
54	R. Rowland	(45)	Thornbury Running Club	34.16	112
55	E. Williams	(35)	Caerleon Running Club	34.33	111
56	S. Hall	(45)	Forest of Dean Athletic Club	34.37	110
57	L. Summers	(45)	Pont-y-Pwl & District Runners	34.38	109
58	J. Scholey	(55)	Les Croupiers Running Club	34.43	108
59	F. Davies	(60)	Pontypridd Athletic Club	34.51	107
60	E. Jolliffe		Bristol and West Athletic Club	34.51	106
61	D. Evans	(45)	Penarth and Dinas Runners	35.12	105
62	J. Jenkins	(55)	Fairwater Runners	35.17	104
63	A. Hurman	(45)	Penarth and Dinas Runners	35.19	103
64	S. Stewart		Bristol and West Athletic Club	35.22	102
65	K. Young		Westbury Harriers	35.25	101
66	L. May	(35)	Pontypridd Athletic Club	35.31	100
67	M. Davis	(23)	Cardiff University Harriers	35.31	99

68	C. Howes	Bristol and West Athletic Club	35.42	98
69	P. Williams	(55) Port Talbot Harriers & A. C.	35.52	97
70	R. Deards	(45) Les Croupiers Running Club	35.55	96
71	C. Frank-Schultz	(23) Cardiff University Harriers	35.59	95
72	C. Hibberd	(23) Cardiff University Harriers	36.07	94
73	A. Ferguson	Brecon Athletic Club	36.10	93
74	R. Lewis	(40) Parc Bryn Bach Runners	36.21	92
75	L. Ericson	(35) Pont-y-Pwl & District Runners	36.29	91
76	C. Bull	Westbury Harriers	36.35	90
77	A. Bull	(45) Westbury Harriers	36.35	89
78	M. Amblin	(40) Les Croupiers Running Club	37.03	88
79	R. Owens	Penarth and Dinas Runners	37.08	87
80	G. Hewitt	Forest of Dean Athletic Club	37.09	86
81	L. Woodland	(55) Port Talbot Harriers & A. C.	37.12	85
82	K. Amos	Rhondda Valley Runners	37.38	84
83	O. Bullock	(23) Cardiff University Harriers	37.55	83
84	J. Richards	(50) Lliswerry Runners	38.01	82
85	A. Saxena	(60) Newport Harriers Athletic Club	38.09	81
86	P. Allen	(40) Pegasus Running Club Cardiff	38.12	80
87	A. Price	Cardiff Amateur Athletic Club	38.15	79
88	L. Hockey	(35) White Rock Runners	38.21	78
89	G. Sheppard	(40) Lliswerry Runners	38.23	77
90	B. Cantwell	(50) Chepstow Harriers	38.24	76
91	H. John	(23) Cardiff University Harriers	38.27	75
92	M. Callas	(45) North Somerset	38.31	74
93	A. Gupta	(23) Cardiff University Harriers	38.35	73
94	V. Ford	(55) Great Western Runners	38.40	72
95	Y. Williams	(60) Penarth and Dinas Runners	38.41	71
96	K. Burke	(35) Forest of Dean Athletic Club	38.45	70
97	S. Tucker	(45) Westbury Harriers	38.45	69
98	C. Curtain	(35) White Rock Runners	38.47	68
99	M. Pearce	(45) Blaenau Gwent	38.50	67
100	L. Park	(55) Forest of Dean Athletic Club	38.52	66
101	L. Hitchcock	(23) Cardiff University Harriers	38.55	65
102	C. Dallimore	(60) Les Croupiers Running Club	39.07	64
103	M. Powles	(55) Forest of Dean Athletic Club	39.09	63
104	L. Fraser	University of the West of England	39.17	62
105	A. James	(65) Les Croupiers Running Club	39.25	61
106	V. Sloan	(35) Westbury Harriers	39.37	60

107	T. Tranter	(60)	Chepstow Harriers	39.38	59
108	F. Williams	(50)	San Domenico Road Runners Club	40.00	58
109	M. Monk	(65)	Parc Bryn Bach Runners	40.07	57
110	A. Sullivan	(35)	3M Gorseinon Road Runners	40.08	56
111	E. Gallop-Evans	(50)	Les Croupiers Running Club	40.13	55
112	P. Luff		Caldicot Running Club	40.14	54
113	A. Helsing	(50)	Penarth and Dinas Runners	40.19	53
114	R. Havers		Chepstow Harriers	40.23	52
115	S. Price		Parc Bryn Bach Runners	40.31	51
116	J. Stone	(45)	Cardiff Amateur Athletic Club	40.34	50
117	Y. Bullen	(50)	Les Croupiers Running Club	40.35	49
118	V. Davies		Great Western Runners	40.42	48
119	J. Green	(55)	Forest of Dean Athletic Club	41.02	47
120	J. Harding		Chepstow Harriers	41.03	46
121	M. Palmer	(55)	Westbury Harriers	41.04	45
122	R. Timms	(40)	Lliswerry Runners	41.24	44
123	J. Ash	(40)	Les Croupiers Running Club	41.28	43
124	J. Roche	(45)	Fairwater Runners	41.33	42
125	J. Mills	(55)	Thornbury Running Club	41.38	41
126	E. Arwyn	(60)	Les Croupiers Running Club	41.57	40
127	C. Kiekuth	(45)	Bristol and West Athletic Club	41.59	39
128	A. Lewis	(35)	Pontypridd Athletic Club	42.07	38
129	S. Ashton	(60)	Chepstow Harriers	42.28	37
130	J. Lewis	(45)	Fairwater Runners	42.43	36
131	E. Blow	(40)	Cardiff Amateur Athletic Club	43.09	35
132	E. Smith	(40)	Cardiff Amateur Athletic Club	43.09	34
133	K. Jervis	(55)	Parc Bryn Bach Runners	43.34	33
134	B. Davies	(45)	Caerleon Running Club	43.36	32
135	D. Jones		Parc Bryn Bach Runners	43.52	31
136	S. Symons	(50)	Fairwater Runners	43.54	30
137	S. Perons	(45)	Les Croupiers Running Club	43.55	29
138	R. Hopkins	(35)	Pontypridd Athletic Club	43.57	28
139	E. Noonan	(55)	Westbury Harriers	43.59	27
140	R. Davies	(60)	Great Western Runners	44.08	26
141	M. Williams		Caldicot Running Club	44.13	25
142	S. Skilbeck		Pont-y-Pwl & District Runners	45.27	24
143	S. Evans	(45)	Pont-y-Pwl & District Runners	45.28	23
144	J. Groves		Pegasus Running Club Cardiff	46.04	22
145	A. Groves (ind)		Pegasus Running Club Cardiff	46.04	21

146	P. Parr	(60)	Great Western Runners	46.14	20
147	L. Waller	(60)	3M Gorseinon Road Runners	46.35	19
148	E. Williams		Blaenau Gwent	46.40	18
149	J. Maragna	(60)	Penarth and Dinas Runners	46.51	17
150	D. Hudson	(45)	North Somerset	47.04	16
151	C. Johnson	(70)	Les Croupiers Running Club	47.29	15
152	P. Massie		Caldicot Running Club	47.35	14
153	M. Higginson	(35)	Bridgend Athletic Club	48.13	13
154	S. Williams	(50)	Fairwater Runners	48.57	12
155	G. Howells	(65)	Caerleon Running Club	49.41	11
156	K. Minto	(45)	White Rock Runners	50.24	10
157	L. Aherne	(45)	Llisbury Runners	51.57	9
158	J. Kent		Fairwater Runners	52.10	8
159	S. Meah	(50)	Les Croupiers Running Club	54.30	7
160	S. Marky		Caldicot Running Club	54.42	6
161	B. Davies	(35)	Fairwater Runners	59.30	5

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13 February 2016 : Monmouth Showground

Senior Men (288 Starters)

Pos	Athlete	Club	Time	Pts
1	O. Jones	Bristol and West Athletic Club	35.33	288
2	D. Nash	(23) Cardiff University Harriers	36.49	287
3	J. McKenna	Bristol and West Athletic Club	37.05	286
4	P. Matthews	(35) Swansea Harriers Athletic Club	37.15	285
5	H. Evans	(40) Les Croupiers Running Club	37.21	284
6	A. Davies	(50) Brecon Athletic Club	37.38	283
7	L. Prior	(23) Wells City Harriers	37.41	282
8	R. Buffet	Brecon Athletic Club	38.01	281

9	M. Jennings	(40)	Micky Morris Racing Team	38.23	280
10	C. Lewis	(23)	Cardiff Amateur Athletic Club	38.38	279
11	A. Bull	(23)	Aberdare Valley A. A. C.	38.41	278
12	J. Rodgers		North Somerset	38.49	277
13	D. Bodman		Aberdare Valley A. A. C.	38.51	276
14	E. Hardee		Newport Harriers Athletic Club	38.55	275
15	R. Webb	(23)	Cardiff University Harriers	39.10	274
16	A. Tuckey	(35)	Bridgend Athletic Club	39.15	273
17	F. Van-Arkel	(23)	Cardiff University Harriers	39.23	272
18	S. Paterson	(35)	Les Croupiers Running Club	39.42	271
19	R. Stewart		Bristol and West Athletic Club	39.46	270
20	M. Bialogonski		Bristol and West Athletic Club	39.48	269
21	C. Green		Wells City Harriers	39.52	268
22	R. Adams	(23)	University of Bath	40.01	267
23	O. Beale	(35)	Westbury Harriers	40.02	266
24	J. Dean		Swansea Harriers Athletic Club	40.09	265
25	S. Simms	(45)	Micky Morris Racing Team	40.17	264
26	E. Kirk	(40)	Swansea Harriers Athletic Club	40.22	263
27	M. Richards	(23)	Swansea Harriers Athletic Club	40.32	262
28	D. Barnby		Micky Morris Racing Team	40.33	261
29	M. Gaunt	(23)	Cardiff University Harriers	40.37	260
30	L. Winfield-Young		Guest	40.41	Guest
31	L. Rawlinson		Micky Morris Racing Team	40.44	259
32	O. Williams		Les Croupiers Running Club	40.45	258
33	M. Pfeiffer	(50)	Brecon Athletic Club	40.47	257
34	M. Evans		Aberdare Valley A. A. C.	40.50	256
35	C. Pristavec		Les Croupiers Running Club	40.54	255
36	I. Lloyd	(55)	Swansea Harriers Athletic Club	40.59	254
37	L. Humphries		Fairwater Runners	41.07	253
38	D. Richardson	(23)	Cardiff University Harriers	41.10	252
39	N. Smart	(45)	Westbury Harriers	41.20	251
40	M. Grantham	(23)	Llisbury Runners	41.24	250
41	A. Hamblin		Westbury Harriers	41.43	249
42	D. Nicholls	(35)	San Domenico Road Runners Club	41.50	248
43	J. Tremlett	(35)	Taf Running & Orienteering Teams	41.52	Guest
44	D. Triggs		Neath Harriers	42.07	247
45	A. Donald	(35)	Cardiff Amateur Athletic Club	42.09	246
46	A. Pilat	(23)	Cardiff University Harriers	42.13	245
47	B. Butler-Madden		Penarth and Dinas Runners	42.20	244

48	H. Saunders	(23)	Cardiff University Harriers	42.29	243
49	P. Graham		Pontypridd Athletic Club	42.44	242
50	R. John (ind)		Micky Morris Racing Team	42.49	241
51	G. Knight		Newport Harriers Athletic Club	43.12	240
52	O. Jougla		Westbury Harriers	43.16	239
53	C. Fulcher	(45)	Neath Harriers	43.16	238
54	C. Jenkins	(35)	Neath Harriers	43.18	237
55	R. Annett		San Domenico Road Runners Club	43.20	236
56	M. Burley		Bristol and West Athletic Club	43.23	235
57	A. Care		San Domenico Road Runners Club	43.24	234
58	T. Chandy	(23)	Cardiff University Harriers	43.25	233
59	I-F. Ederra		Bristol and West Athletic Club	43.31	232
60	P. Slade	(35)	Avon Valley Runners	43.33	231
61	M. Evans	(35)	Amman Valley Harriers	43.35	230
62	S. Richards		Pontypridd Athletic Club	43.39	229
63	G. Davey	(35)	Neath Harriers	43.40	228
64	R. Dando	(35)	Bridgend Athletic Club	43.48	227
65	A. Malloy	(40)	Bristol and West Athletic Club	43.53	226
66	S. Lewis	(50)	Parc Bryn Bach Runners	44.03	225
67	J. Best	(23)	Cardiff University Harriers	44.09	224
68	M. Emery		Bridgend Athletic Club	44.12	223
69	A. Lewis	(40)	Aberdare Valley A. A. C.	44.15	222
70	P. Coles	(50)	Pontypridd Athletic Club	44.24	221
71	D. Ewing		Westbury Harriers	44.28	220
72	M. Rees		Bristol and West Athletic Club	44.31	219
73	J. O'Grady		Bristol and West Athletic Club	44.32	218
74	Alun Wood		Pont-y-Pwl & District Runners	44.32	217
75	I. Smith (ind)	(55)	Forest of Dean Athletic Club	44.35	216
76	M. Mogford		Caldicot Running Club	44.40	215
77	J. Blore		Chepstow Harriers	44.42	214
78	R. Bullen	(55)	Les Croupiers Running Club	44.54	213
79	M. Bull	(23)	Cardiff University Harriers	45.03	212
80	A. Newton		San Domenico Road Runners Club	45.04	211
81	A. Wilton	(35)	San Domenico Road Runners Club	45.07	210
82	I. Large		Bristol and West Athletic Club	45.10	209
83	R. Phillips	(40)	Westbury Harriers	45.14	208
84	R. Sage	(35)	Les Croupiers Running Club	45.16	207
85	D. Woodsford	(35)	San Domenico Road Runners Club	45.25	206
86	P. Sowerby	(50)	Brecon Athletic Club	45.27	205

87	D. Warner	White Rock Runners	45.31	204
88	G. Powell	White Rock Runners	45.31	203
89	A. Fox	(35) White Rock Runners	45.31	202
90	S. Davies	(55) Pont-y-Pwl & District Runners	45.39	201
91	L. Mills	(35) Islwyn Running Club	45.42	200
92	J. Carter	(45) Chepstow Harriers	45.43	199
93	A. Lapedriza	University of Bath	45.45	198
94	I. Owen	(35) San Domenico Road Runners Club	45.45	197
95	A. Williams	(45) Port Talbot Harriers & A. C.	45.48	196
96	J. Bruce	(40) Les Croupiers Running Club	45.56	195
97	D. Ding	(23) Cardiff University Harriers	45.59	194
98	M. Gleeson	(40) Swansea Harriers Athletic Club	46.01	193
99	R. Wallis	(55) Westbury Harriers	46.03	192
100	D. Davies	(60) Brecon Athletic Club	46.05	191
101	P. Jefferson	(40) Bristol and West Athletic Club	46.10	190
102	N. Mal	Les Croupiers Running Club	46.12	189
103	M. O'Connor	Stroud & District Athletic Club	46.15	188
104	L. Pole	(35) Pontypridd Athletic Club	46.15	187
105	D. Phillips	Bristol and West Athletic Club	46.16	186
106	J. Longman	Wells City Harriers	46.22	185
107	D. Williams	(40) Brecon Athletic Club	46.23	184
108	M. Hopkins	Les Croupiers Running Club	46.25	183
109	R. Noble	(45) Westbury Harriers	46.31	182
110	T. Davies	(45) Brecon Athletic Club	46.32	181
111	D. Lowthian	(45) Forest of Dean Athletic Club	46.33	180
112	S. Penny	(50) Chepstow Harriers	46.34	179
113	R. Hopkins	(40) Thornbury Running Club	46.35	178
114	J. Lam	(40) San Domenico Road Runners Club	46.36	177
115	S. Mathers	Parc Bryn Bach Runners	46.39	176
116	D. Bedwell	(60) Bristol and West Athletic Club	46.40	175
117	G. Sansom	(50) San Domenico Road Runners Club	46.45	174
118	J. Flower	(45) North Somerset	46.45	173
119	R. Pegler	(40) Forest of Dean Athletic Club	46.45	172
120	S. Wadley	(55) Newport Harriers Athletic Club	46.52	171
121	D. James	(55) Les Croupiers Running Club	47.02	170
122	A. Lewis	(23) Cardiff University Harriers	47.06	169
123	V. Edwards	(35) Cardiff Harlequins	47.07	168
124	S. Gill	(35) Lliswerry Runners	47.09	167
125	C. Emmerson	Bristol and West Athletic Club	47.10	166

126	S. Thomasson	(35)	Parc Bryn Bach Runners	47.13	165
127	A. Jones		Penarth and Dinas Runners	47.16	164
128	P. Hughes		San Domenico Road Runners Club	47.21	163
129	B. Lovett	(45)	San Domenico Road Runners Club	47.29	162
130	J. Aggleton	(60)	Cardiff Harlequins	47.30	161
131	P. Hayward		Islwyn Running Club	47.33	160
132	R. Davies	(40)	Lliswerry Runners	47.36	159
133	G. Evans		Penarth and Dinas Runners	47.36	158
134	A. Whittaker		Bristol and West Athletic Club	47.37	157
135	C. Walsh	(40)	Port Talbot Harriers & A. C.	47.45	156
136	R. Self	(50)	Les Croupiers Running Club	47.49	155
137	A. Thomas	(23)	Cardiff University Harriers	48.00	154
138	B. Jones	(35)	Lliswerry Runners	48.00	153
139	Peter Crane	(50)	Neath Harriers	48.01	152
140	M. Glover	(45)	Wells City Harriers	48.09	151
141	A. Horlick	(40)	Forest of Dean Athletic Club	48.12	150
142	M. Tabor	(60)	Les Croupiers Running Club	48.13	149
143	T. Owen	(50)	Bridgend Athletic Club	48.19	148
144	K. Seville	(40)	Newport Harriers Athletic Club	48.20	147
145	J. Astley		Parc Bryn Bach Runners	48.21	146
146	E. Kilgour	(45)	Westbury Harriers	48.25	145
147	P. Williams	(35)	Islwyn Running Club	48.27	144
148	M. Mewse	(60)	Westbury Harriers	48.29	143
149	J. Mullaney		Aberdare Valley A. A. C.	48.35	142
150	S. Allen	(45)	Thornbury Running Club	48.39	141
151	D. Vorres	(50)	Pont-y-Pwl & District Runners	48.43	140
152	S. Smith	(45)	Cardiff Amateur Athletic Club	48.51	139
153	C. Fowler	(50)	Bridgend Athletic Club	48.52	138
154	S. Haddock	(35)	Guest	48.56	Guest
155	M. Griffiths		Caldicot Running Club	49.05	137
156	R. Marks	(65)	Sarn Helen Orienteering & R. C.	49.14	136
157	M. Durkin		Penarth and Dinas Runners	49.19	135
158	G. Hardman	(50)	Bridgend Athletic Club	49.24	134
159	N. Grant	(60)	Chepstow Harriers	49.27	133
160	S. Carter	(45)	Parc Bryn Bach Runners	49.33	132
161	S. Pitman		University of the West of England	49.34	131
162	M. Havard	(45)	San Domenico Road Runners Club	49.42	130
163	P. Chan	(45)	Great Western Runners	49.49	129
164	J. Boon	(45)	Forest of Dean Athletic Club	49.52	128

165	H. Hartnell	(50)	Islwyn Running Club	49.52	127
166	K. Wheden	(50)	Islwyn Running Club	50.01	126
167	G. Jones		Parc Bryn Bach Runners	50.01	125
168	T. Watkins		Bristol and West Athletic Club	50.08	124
169	D. Harness	(40)	San Domenico Road Runners Club	50.10	123
170	S. Johnston	(65)	Les Croupiers Running Club	50.14	122
171	T. Morfey	(23)	Cardiff Harlequins	50.17	121
172	S. Bridges	(50)	Aberdare Valley A. A. C.	50.26	120
173	D. White	(23)	Cardiff University Harriers	50.28	119
174	N. Denny	(35)	Pontypridd Athletic Club	50.29	118
175	D. Goodall	(60)	White Rock Runners	50.32	117
176	K. Taylor	(55)	Amman Valley Harriers	50.39	116
177	A. Lewis	(35)	Neath Harriers	50.41	115
178	M. Lawson	(45)	Chepstow Harriers	50.48	114
179	E. Cummings	(45)	Les Croupiers Running Club	50.49	113
180	M. Meyrick	(45)	Les Croupiers Running Club	50.54	112
181	J. Lynch		Penarth and Dinas Runners	50.57	111
182	P. Mountain	(55)	Bristol and West Athletic Club	51.01	110
183	G. Meek	(45)	Chepstow Harriers	51.05	109
184	J. Seaward		San Domenico Road Runners Club	51.14	108
185	N. Reeks		Caldicot Running Club	51.16	107
186	D. McAtee	(50)	Newport Harriers Athletic Club	51.22	106
187	C. Granger	(50)	Cardiff Triathletes	51.29	105
188	R. Sheehy		Parc Bryn Bach Runners	51.34	104
189	C. Nellins	(60)	Penarth and Dinas Runners	51.37	103
190	J. Hancock	(55)	Usk Runners	51.54	102
191	M. Thompson	(35)	Les Croupiers Running Club	52.03	101
192	B. Leslie	(40)	Amman Valley Harriers	52.12	100
193	G. Newhams	(55)	Bridgend Athletic Club	52.16	99
194	N. Stocker	(45)	Bridgend Athletic Club	52.30	98
195	T. Fry	(35)	Cardiff Amateur Athletic Club	52.35	97
196	S. Power	(40)	Aberdare Valley A. A. C.	52.35	96
197	R. Mills	(40)	Fairwater Runners	52.44	95
198	P. Chapman	(45)	Les Croupiers Running Club	52.59	94
199	M. Bradley	(65)	Penarth and Dinas Runners	53.07	93
200	I. Kent		Parc Bryn Bach Runners	53.10	92
201	R. Savage	(50)	Cardiff Triathletes	53.15	91
202	N. Langridge	(60)	Thornbury Running Club	53.15	90
203	C. Osmond	(55)	Les Croupiers Running Club	53.17	89

204	R. Southgate	(50) Avon Valley Runners	53.18	88
205	K. McEntee	(55) Chepstow Harriers	53.19	87
206	D. Smout	(65) Parc Bryn Bach Runners	53.20	86
207	P. Harding	(60) Avon Valley Runners	53.31	85
208	A. Stott	(55) Chepstow Harriers	53.47	84
209	J. Lewis	Cardiff Archers	53.53	83
210	P. Day	(60) Lliswerry Runners	53.56	82
211	I. Bell	(50) San Domenico Road Runners Club	54.07	81
212	R. Symons	(50) Fairwater Runners	54.09	80
213	N. Horsley	(60) Neath Harriers	54.11	79
214	D. Verel	(40) Wells City Harriers	54.21	78
215	D. Cornish	(45) Port Talbot Harriers & A. C.	54.23	77
216	R. Dennant	(50) Forest of Dean Athletic Club	54.23	76
217	M. Ellis	Parc Bryn Bach Runners	54.26	75
218	J. Hayward	(50) Weston Athletic Club	54.30	74
219	R. Sewell	(55) Les Croupiers Running Club	54.34	73
220	D. Shields	(50) San Domenico Road Runners Club	54.44	72
221	M. Dunscombe	(50) Aberdare Valley A. A. C.	54.58	71
222	H. Jones (ind)	(45) Aberdare Valley A. A. C.	55.07	70
223	P. Snelling	(60) Weston Athletic Club	55.10	69
224	R. Cronin	(23) University of the West of England	55.16	68
225	G. Brunnock	(35) Newport Harriers Athletic Club	55.21	67
226	D. Jones	(50) Caldicot Running Club	55.24	66
227	K. Jackson	(55) Dursley & District Athletic Club	55.27	65
228	D.E. Williams	(50) Les Croupiers Running Club	55.31	64
229	J. Geagan	(23) Cardiff University Harriers	55.46	63
230	S. Thomson	(50) Pont-y-Pwl & District Runners	56.07	62
231	J. Hargreaves	(60) Great Western Runners	56.27	61
232	I. McDonald	(50) San Domenico Road Runners Club	56.37	60
233	P. Thomas	(45) Thornbury Running Club	56.47	59
234	R. Perons	(50) Les Croupiers Running Club	56.55	58
235	H. Attwood	(65) Lliswerry Runners	57.03	57
236	B. Morgan	(45) Hay Hotfooters	57.16	Guest
237	M. Jenkins	(55) Fairwater Runners	57.25	56
238	M. Harris	(60) Westbury Harriers	57.29	55
239	M. Cranwell	(60) Les Croupiers Running Club	57.35	54
240	J. Lee	(50) Penarth and Dinas Runners	57.42	53
241	B. Jones	(50) Usk Runners	57.48	52
242	A. Oliver	(45) Chepstow Harriers	57.57	51

243	T. Buckley	(45) Chepstow Harriers	58.18	50
244	I. Line	(40) Parc Bryn Bach Runners	58.21	49
245	G. Trueman	(65) Stroud & District Athletic Club	58.30	48
246	R. Bowie	(50) Fairwater Runners	59.05	47
247	B. Snowdon	(60) Cardiff Triathletes	59.18	46
248	N. Pringle	(55) Lliswerry Runners	59.30	45
249	P. Wright	(65) Wells City Harriers	59.37	44
250	C. Large	(50) Penarth and Dinas Runners	59.44	43
251	G. Richards	Blaenau Gwent	60.02	42
252	E. Davey	(65) Llanelli Amateur Athletic Club	60.08	41
253	E. Brown	(40) White Rock Runners	60.27	40
254	P. Morfey	(60) Cardiff Harlequins	60.49	39
255	J. Williams	Parc Bryn Bach Runners	60.54	38
256	M. Evans	(55) Chepstow Harriers	61.22	37
257	S. Wood	(35) Pegasus Running Club Cardiff	61.28	36
258	T. Murphy	(55) Fairwater Runners	61.47	35
259	S. Merrick	(45) Swansea Harriers Athletic Club	61.56	34
260	A. Bray	(55) Chepstow Harriers	62.08	33
261	M. Rahman	(40) White Rock Runners	62.19	32
262	J. Clothier	(65) Thornbury Running Club	62.31	31
263	E. Joseph	(55) 3M Gorseinon Road Runners	63.01	30
264	K. Fowler	(55) Pegasus Running Club Cardiff	63.48	29
265	T. Vaughan	(40) Parc Bryn Bach Runners	64.37	28
266	D. Jones	(40) Lliswerry Runners	64.37	27
267	N. Chipper	(55) Lliswerry Runners	65.13	26
268	R. Davies	(55) Aberdare Valley A. A. C.	65.57	25
269	M. Holloway	(50) Caldicot Running Club	65.58	24
270	S. Locke	(40) Newport Harriers Athletic Club	66.26	23
271	J. Davies	(65) Port Talbot Harriers & A. C.	66.37	22
272	D. Hughes	(45) Bridgend Athletic Club	67.06	21
273	I. Swanson	(65) Port Talbot Harriers & A. C.	67.18	20
274	R. Hobbs	(65) Dursley & District Athletic Club	67.56	19
275	D. Andrews	(65) Chepstow Harriers	69.55	18
276	J. Aston	(65) Les Croupiers Running Club	70.05	17
277	R. Newman	(50) Avon Valley Runners	70.26	16
278	C. Crooks	(60) Pegasus Running Club Cardiff	70.52	15
279	L. Harding	(35) White Rock Runners	70.59	14
280	M. Halsall	(40) Llanelli Amateur Athletic Club	73.09	13
281	C. Bennett	(60) Great Western Runners	76.11	12

282	G. Marky	Caldicot Running Club	78.34	11
283	A. Reeks	(60) Caldicot Running Club	78.40	10