

Gwent Cross Country League 2016-2017

12 February 2017 : Glebelands, Newport

Senior Women (219 Starters)

Pos	Athlete	Club	Time	Pts
1	H. Brooks	Cardiff Metropolitan University	22.24	219
2	L. Marland	Cardiff Amateur Athletic Club	22.41	218
3	K. Roberts	Swansea Harriers Athletic Club	22.49	217
4	E. Wallace	(23) Westbury Harriers	22.59	216
5	K. Matthews	(35) Chepstow Harriers	23.18	215
6	H. Sharpe	(35) Bristol and West Athletic Club	23.31	214
7	A. Beynon-Thomas	Swansea Harriers Athletic Club	24.02	213
8	E. Leather	(23) Westbury Harriers	24.13	212
9	N. Griffiths	Bristol and West Athletic Club	24.16	211
10	E. Journeaux	(23) Westbury Harriers	24.25	210
11	J. Rockcliffe	(45) Avon Valley Runners	24.30	209
12	I. Peck	Bristol and West Athletic Club	24.35	208
13	C. Jolliffe	(50) Bristol and West Athletic Club	24.41	207
14	S. Everitt	(40) Bristol and West Athletic Club	24.44	206
15	F. Bussell	(35) San Domenico Road Runners Club	24.55	205
16	V. Jackson	Swansea Harriers Athletic Club	24.56	204
17	E. Harrison	Bristol and West Athletic Club	25.03	203
18	L. Pankhurst	Bristol and West Athletic Club	25.17	202
19	N. Collin	Lliswerry Runners	25.23	201
20	F. Johnson	Pont-y-Pwl & District Runners	25.23	200
21	N. Gething	(45) Parc Bryn Bach Runners	25.25	199
22	A. Atkinson	(23) Bristol and West Athletic Club	25.29	198
23	L. Wathan	(40) Brecon Athletic Club	25.31	197
24	K. Hughes	(35) Westbury Harriers	25.35	196
25	C. Gaughan	Cardiff Amateur Athletic Club	25.37	195
26	S. Chipper	(45) Lliswerry Runners	25.39	194
27	C. Broughton	Great Western Runners	25.40	193
28	E. Lagomarsino	San Domenico Road Runners Club	25.42	192

29	H. Marshall	(35)	Swansea Harriers Athletic Club	25.45	191
30	K. Hamilton-James	(35)	Westbury Harriers	25.47	190
31	C. Bruce	(35)	Les Croupiers Running Club	25.55	189
32	G. Dando	(35)	Bridgend Athletic Club	25.58	188
33	S. Wilder	(35)	San Domenico Road Runners Club	26.08	187
34	R. Rothwell		Llisbury Runners	26.09	186
35	L. Hennessy		Cardiff Amateur Athletic Club	26.12	185
36	Z. Plant	(23)	Cardiff University Harriers	26.20	184
37	N. Morgan	(50)	Chepstow Harriers	26.22	183
38	T. Allan	(50)	Bristol and West Athletic Club	26.34	182
39	L. Jeffrey	(45)	Chepstow Harriers	26.36	181
40	E. Chandler	(23)	Cardiff Metropolitan University	26.40	180
41	L. Griffin	(35)	Pont-y-Pwl & District Runners	26.40	179
42	E. Jolliffe		Bristol and West Athletic Club	26.41	178
43	J. Westwood	(45)	Avon Valley Runners	26.51	177
44	R. Giancola	(23)	Cardiff University Harriers	26.56	176
45	R. Mushens	(50)	Bristol and West Athletic Club	26.57	175
46	Hannah Williams	(23)	Parc Bryn Bach Runners	27.03	174
47	R. Lewis	(40)	Parc Bryn Bach Runners	27.04	173
48	E. Jones	(23)	Westbury Harriers	27.07	172
49	N. Oldroyd	(23)	Bristol and West Athletic Club	27.09	171
50	R. Tredgett		Bristol and West Athletic Club	27.16	170
51	K. Badoo	(23)	Cardiff University Harriers	27.20	169
52	L. Summers	(45)	Pont-y-Pwl & District Runners	27.22	168
53	J. Cashell	(40)	Parc Bryn Bach Runners	27.27	167
54	H. Roberts		San Domenico Road Runners Club	27.27	166
55	E. Woodworth	(35)	Westbury Harriers	27.28	165
56	A. Dumayne		Llisbury Runners	27.30	164
57	C. Tailby	(45)	Penarth and Dinas Runners	27.50	163
58	R. Comins	(45)	Chepstow Harriers	27.52	162
59	E. Davies	(23)	University of the West of England	28.04	161
60	C. Evans	(23)	Cardiff University Harriers	28.06	160
61	K-L. Jones	(45)	Llisbury Runners	28.06	159
62	T. Chick	(35)	Westbury Harriers	28.07	158
63	L. Ericson	(35)	Pont-y-Pwl & District Runners	28.10	157
64	A. Goodrick-Latham	(23)	University of Wales - Swansea	28.22	156
65	K. Wall		Islwyn Running Club	28.23	155
66	G. Hardman	(45)	Bridgend Athletic Club	28.26	154
67	C. Mills	(35)	Great Western Runners	28.29	153

68	D. Sapsford	(40)	Chepstow Harriers	28.32	152
69	J. Stevenson	(45)	Westbury Harriers	28.36	151
70	H. Dyer	(23)	Bristol and West Athletic Club	28.41	150
71	P. Williams	(45)	Caerleon Running Club	28.44	149
72	S. Watson	(50)	Les Croupiers Running Club	28.46	148
73	J. Morris	(45)	Chepstow Harriers	28.47	147
74	J. Plumbley	(45)	Thornbury Running Club	28.52	146
75	J. Jenkins	(55)	Fairwater Runners	28.53	145
76	C. Barker	(40)	Penarth and Dinas Runners	28.55	144
77	M. Wright	(35)	Lliswerry Runners	29.07	143
78	A. Osborne	(35)	Westbury Harriers	29.15	142
79	R. Wallace	(23)	University of Wales - Swansea	29.15	141
80	L. May	(35)	Pontypridd Athletic Club	29.17	140
81	V. Belcher		Newport Harriers Athletic Club	29.18	139
82	S. Francis	(40)	Lliswerry Runners	29.19	138
83	H. Andrews	(40)	Bridgend Athletic Club	29.20	137
84	J. Scholey	(55)	Les Croupiers Running Club	29.20	136
85	J. Shah	(55)	Women Running Penarth	29.21	135
86	N. Bromhall	(55)	Great Western Runners	29.25	134
87	C. Watt	(45)	Thornbury Running Club	29.25	133
88	C. Bull		Westbury Harriers	29.40	132
89	C. Hibberd	(23)	Cardiff University Harriers	29.41	131
90	L. Woodland	(55)	Port Talbot Harriers & A. C.	29.42	130
91	C. Rees	(45)	Les Croupiers Running Club	29.43	129
92	L. Evans	(45)	Bristol and West Athletic Club	29.43	128
93	L. Fraser		University of the West of England	29.44	127
94	M. Flynn		White Rock Runners	29.45	126
95	M. Morris	(40)	Port Talbot Harriers & A. C.	29.46	125
96	L. Burvill	(45)	Les Croupiers Running Club	29.48	124
97	V. Cranston	(40)	Avon Valley Runners	29.49	123
98	O. Cuddy	(23)	Cardiff University Harriers	29.52	122
99	L. Cleary	(50)	Penarth and Dinas Runners	29.56	121
100	R. Pearce	(23)	Cardiff University Harriers	29.57	120
101	C. Curtin		White Rock Runners	29.58	119
102	M. Amblin	(40)	Les Croupiers Running Club	29.59	118
103	F. Cockley	(40)	Bristol and West Athletic Club	30.06	117
104	S. Jeddi	(55)	Avon Valley Runners	30.09	116
105	A. Bull	(55)	Westbury Harriers	30.11	115
106	M. Poulson		San Domenico Road Runners Club	30.21	114

107	E. Bundle	(23)	University of Wales - Swansea	30.31	113
108	S. Angell		White Rock Runners	30.33	112
109	R. Griffin	(40)	Parc Bryn Bach Runners	30.34	111
110	A. Hurman	(50)	Penarth and Dinas Runners	30.42	110
111	A. Hurford	(55)	Bristol and West Athletic Club	30.43	109
112	E. Phillips	(45)	Lliswerry Runners	30.44	108
113	K. Luff		Caldicot Running Club	30.47	107
114	G. Newbould		Women Running Penarth	30.53	106
115	C. LePeltier	(23)	Cardiff University Harriers	30.54	105
116	L. Blake	(23)	University of Wales - Swansea	30.55	104
117	E. Withers	(45)	Bristol and West Athletic Club	30.58	103
118	B. Powell		Pont-y-Pwl & District Runners	31.01	102
119	Y. Bullen	(50)	Les Croupiers Running Club	31.13	101
120	C. Ash	(45)	Cardiff Amateur Athletic Club	31.14	100
121	S. Jones		Parc Bryn Bach Runners	31.15	99
122	K. Collins	(35)	Parc Bryn Bach Runners	31.26	98
123	E. Walsh	(40)	Fairwater Runners	31.27	97
124	H. Jackson	(40)	Parc Bryn Bach Runners	31.28	96
125	L. Bateman	(45)	Lliswerry Runners	31.34	95
126	S. Masters	(55)	Westbury Harriers	31.38	94
127	L. Avery	(40)	Weston Athletic Club	31.38	93
128	G. Sheppard	(40)	Lliswerry Runners	31.41	92
129	J. Dodd	(60)	Chepstow Harriers	31.43	91
130	H. Griffiths	(35)	Penarth and Dinas Runners	31.52	90
131	S. Griffith	(40)	Chepstow Harriers	32.07	89
132	B. Jarrett		Caldicot Running Club	32.08	88
133	B. Apglyn		Penarth and Dinas Runners	32.16	87
134	B. Woodward	(45)	Brecon Athletic Club	32.17	86
135	L. Richards	(45)	Caerleon Running Club	32.22	85
136	L. Park	(55)	Forest of Dean Athletic Club	32.25	84
137	C. Moran	(35)	Caerleon Running Club	32.28	83
138	B. Cantwell	(50)	Chepstow Harriers	32.35	82
139	E. Williams	(35)	Blaenau Gwent	32.47	81
140	J. Reardon		Islwyn Running Club	32.47	80
141	P. Morgan	(35)	White Rock Runners	32.48	79
142	S. Sforza	(45)	Westbury Harriers	32.52	78
143	S. Jones	(45)	Westbury Harriers	33.05	77
144	H. Withers	(40)	San Domenico Road Runners Club	33.15	76
145	Y. Williams	(60)	Penarth and Dinas Runners	33.20	75

146	G. Edwards	(45)	Carmarthen & District Harriers A.C.	33.25	74
147	L. Roberts	(35)	Les Croupiers Running Club	33.27	73
148	S. Gould	(35)	Westbury Harriers	33.29	72
149	L. Forrest	(45)	Carmarthen & District Harriers A.C.	33.32	71
150	M. Wooles		Lliswerry Runners	33.33	70
151	C. Fee	(35)	Westbury Harriers	33.36	69
152	A. Holton	(45)	Parc Bryn Bach Runners	33.38	68
153	M. Palmer	(65)	Westbury Harriers	33.42	67
154	M. Baker	(23)	Newport Harriers Athletic Club	33.48	66
155	D. Jones	(35)	Parc Bryn Bach Runners	33.52	65
156	C. Smith	(35)	Pontypridd Athletic Club	33.54	64
157	R. Durham	(35)	Pontypridd Athletic Club	33.55	63
158	L. Sullivan	(45)	Women Running Penarth	33.58	62
159	S. Mitchell	(35)	Lliswerry Runners	34.04	61
160	A. Helsing	(50)	Penarth and Dinas Runners	34.14	60
161	M. Monk	(65)	Parc Bryn Bach Runners	34.19	59
162	K. Jervis	(55)	Parc Bryn Bach Runners	34.26	58
163	S. Rees (ind)	(23)	San Domenico Road Runners Club	34.30	57
164	A. Hall	(50)	Cardiff Amateur Athletic Club	34.31	56
165	C. Kiekuth	(45)	Bristol and West Athletic Club	34.32	55
166	L. Evans	(45)	Women Running Penarth	34.37	54
167	S. Howman	(55)	Penarth and Dinas Runners	34.37	53
168	Y. Vundamina		Caerleon Running Club	34.44	52
169	S. Coks		Caldicot Running Club	34.45	51
170	R. Robertson	(45)	San Domenico Road Runners Club	34.51	50
171	C. Donovan	(45)	Lliswerry Runners	34.53	49
172	C. Caswell	(35)	Parc Bryn Bach Runners	35.05	48
173	Z. Towie-Shaw	(35)	Blaenau Gwent	35.07	47
174	J. Bayliss	(60)	Chepstow Harriers	35.10	46
175	S. Symons	(50)	Fairwater Runners	35.26	45
176	E. Noonan	(55)	Westbury Harriers	35.30	44
177	R. Hopkins	(35)	Pontypridd Athletic Club	35.36	43
178	K. Chadwell	(45)	Les Croupiers Running Club	35.38	42
179	A. Lewis	(35)	Pontypridd Athletic Club	35.44	41
180	L. Denton	(55)	Les Croupiers Running Club	35.57	40
181	L. Phillips	(35)	Westbury Harriers	36.02	39
182	M. Roberts	(23)	University of the West of England	36.24	38
183	R. White		Parc Bryn Bach Runners	36.27	37
184	J. Henshall		Caerleon Running Club	36.31	36

185	H. Williams	(35)	Islwyn Running Club	36.39	35
186	M. Thomas	(45)	Cardiff Amateur Athletic Club	36.42	34
187	L. Goddard		University of the West of England	36.50	33
188	E. Preece		White Rock Runners	36.51	32
189	S. Ashton	(60)	Chepstow Harriers	36.58	31
190	B. Channing	(50)	Lliswerry Runners	37.06	30
191	S. Pope	(55)	Women Running Penarth	37.16	29
192	E. Arwyn	(60)	Les Croupiers Running Club	37.27	28
193	M. Phillips		Lliswerry Runners	37.33	27
194	Y. Forsey	(55)	Lliswerry Runners	37.42	26
195	K. Palfrey		Fairwater Runners	37.43	25
196	B. Bradbury-Jones	(45)	Fairwater Runners	37.44	24
197	L. Ellis	(55)	Women Running Penarth	37.47	23
198	S. Perons	(55)	Les Croupiers Running Club	37.57	22
199	J. Herbert	(35)	Pontypridd Athletic Club	38.03	21
200	S. Bentley	(40)	Lliswerry Runners	38.16	20
201	C. Ceeney	(55)	Lliswerry Runners	39.01	19
202	S. Standerwick	(40)	Parc Bryn Bach Runners	39.17	18
203	P. Parr	(55)	Great Western Runners	39.37	17
204	G. Howells	(65)	Caerleon Running Club	40.46	16
205	C. Orford		Caerleon Running Club	41.09	15
206	S. Bailey-Gard	(55)	Westbury Harriers	41.19	14
207	K. McGowan		Les Croupiers Running Club	41.25	13
208	L. Aherne	(50)	Lliswerry Runners	41.48	12
209	M. Jenkins-Belohorsk		Parc Bryn Bach Runners	41.54	11
210	L. Coombes	(40)	Les Croupiers Running Club	42.01	10
211	L. Pretty	(45)	Westbury Harriers	42.05	9
212	C. Johnson	(70)	Les Croupiers Running Club	42.15	8
213	A. Thompson	(55)	Les Croupiers Running Club	42.53	7
214	A. Edmonds	(45)	Lliswerry Runners	43.26	6
215	S. Peacock	(23)	University of Wales - Swansea	46.06	5
216	S. Mann	(50)	Fairwater Runners	47.24	4
217	K. Bates	(45)	Pontypridd Athletic Club	49.29	3

Gwent Cross Country League 2016-2017

12 February 2017 : Glebelands, Newport

Senior Men (324 Starters)

Pos	Athlete	Club	Time	Pts
1	O. Jones	(35) Bristol and West Athletic Club	34.56	324
2	J. McKenna	(35) Bristol and West Athletic Club	35.23	323
3	J. Hunt	(23) Cardiff Amateur Athletic Club	35.46	322
4	A. MacLean	(35) Swansea Harriers Athletic Club	35.51	321
5	J. Davis	North Somerset	36.07	320
6	R. McFlynn	(35) Micky Morris Racing Team	36.25	319
7	P. Matthews	(35) Swansea Harriers Athletic Club	36.27	318
8	A. Bull	(23) Aberdare Valley A. A. C.	36.45	317
9	E. Knudsen	Avon Valley Runners	36.49	316
10	C. Joslin-Allen	(23) Cardiff Metropolitan University	37.01	315
11	A. Teweldebrhan	(23) Newport Harriers Athletic Club	37.10	314
12	O. Williams	Les Croupiers Running Club	37.26	313
13	S. Campbell	(35) Westbury Harriers	37.31	312
14	M. Collins	(35) Micky Morris Racing Team	37.36	311
15	S. Lloyd-Perks	(23) Cardiff Metropolitan University	37.46	310
16	D. Bodman	Aberdare Valley A. A. C.	38.04	309
17	W. Davidson	(23) Bristol and West Athletic Club	38.11	308
18	M. Towler	Avon Valley Runners	38.15	307
19	A. Tuckey	(40) Bridgend Athletic Club	38.22	306
20	M. Evans	Aberdare Valley A. A. C.	38.36	305
21	J. Morgan	Newport Harriers Athletic Club	38.42	304
22	S. Simms	(45) Micky Morris Racing Team	38.43	303
23	J. Redman	(23) Cardiff Metropolitan University	38.45	302
24	M. Bialogonski	Bristol and West Athletic Club	38.59	301
25	P. Radford	(23) Bristol and West Athletic Club	39.02	300
26	R. Atkin	(35) Bridgend Athletic Club	39.07	299
27	L. Rawlinson	Micky Morris Racing Team	39.12	298
28	A. Hiscock	(23) Cardiff University Harriers	39.19	297
29	A. Hamblin	(23) Westbury Harriers	39.24	296
30	P. Ryder	(35) Aberdare Valley A. A. C.	39.28	295
31	M. Shaw	(40) Brecon Athletic Club	39.55	294
32	D. Lewis	(35) Micky Morris Racing Team	39.58	293
33	J. Elgar	Micky Morris Racing Team	40.00	292
34	S. Richards	Pontypridd Athletic Club	40.01	291

35	A. Reynolds		Neath Harriers	40.09	290
36	T. McCarthy		Neath Harriers	40.10	289
37	H. Sly	(35)	Bristol and West Athletic Club	40.13	288
38	D. Johnston	(35)	Neath Harriers	40.18	287
39	N. Hardee	(45)	Newport Harriers Athletic Club	40.20	286
40	C. Pristavec		Les Croupiers Running Club	40.21	285
41	T. Dobra		Bristol and West Athletic Club	40.26	284
42	L. Aherne	(50)	Parc Bryn Bach Runners	40.27	283
43	A. Harper		Aberdare Valley A. A. C.	40.29	282
44	D. Barnby		Micky Morris Racing Team	40.29	281
45	D. Triggs		Neath Harriers	40.35	280
46	N. Jones		Cardiff Amateur Athletic Club	40.39	279
47	J. Wardrop	(35)	San Domenico Road Runners Club	40.51	278
48	S. Bartlett	(45)	Pontypridd Athletic Club	40.54	277
49	D. Warnes	(23)	North Somerset	41.01	276
50	M. Hurford	(40)	Les Croupiers Running Club	41.03	275
51	L. Bradley	(23)	Pembrokeshire Harriers	41.03	274
52	C. Walker	(23)	Cardiff Amateur Athletic Club	41.15	273
53	J. Whitmarsh		Westbury Harriers	41.20	272
54	L. Tudor-Maisey	(40)	Les Croupiers Running Club	41.21	271
55	I. Owen	(35)	San Domenico Road Runners Club	41.24	270
56	J. Avenall	(23)	University of Wales - Swansea	41.27	269
57	A. Uren		Westbury Harriers	41.29	268
58	R. Dando	(35)	Bridgend Athletic Club	41.30	267
59	G. Knight	(35)	Newport Harriers Athletic Club	41.30	266
60	E. Morgan	(45)	Les Croupiers Running Club	41.34	265
61	M. Norton		Llisbury Runners	41.35	264
62	S. Browne	(40)	Les Croupiers Running Club	41.37	263
63	W. Robinson	(23)	University of the West of England	41.41	262
64	J. Hobbs		Avon Valley Runners	41.42	261
65	J. Dixon		Bridgend Athletic Club	41.44	260
66	A. Hodgson	(45)	Bridgend Athletic Club	41.46	259
67	F. Van Arkel	(23)	Cardiff University Harriers	41.47	258
68	M. Pfeiffer	(50)	Brecon Athletic Club	41.47	257
69	G. Powell		White Rock Runners	41.49	256
70	R. Whitehouse	(50)	Neath Harriers	41.51	255
71	M. Lai	(23)	Bristol University	42.07	254
72	C. Walsh	(40)	Swansea Harriers Athletic Club	42.08	253
73	P. White	(35)	Pont-y-Pwl & District Runners	42.11	252

74	D. Beddis	(35)	Avon Valley Runners	42.15	251
75	R. Jackson-Hookins	(35)	Penarth and Dinas Runners	42.22	250
76	A. Gardiner		Cheltenham Harriers	42.23	Guest
77	L. Hardee	(23)	Newport Harriers Athletic Club	42.25	249
78	M. Emery	(35)	Bridgend Athletic Club	42.26	248
79	C. Scott	(23)	Cardiff University Harriers	42.32	247
80	R. John	(35)	Micky Morris Racing Team	42.37	246
81	S. Jones		Parc Bryn Bach Runners	42.42	245
82	V. Edwards	(35)	Cardiff Harlequins	42.43	244
83	D. James	(55)	Les Croupiers Running Club	42.48	243
84	R. Lloyd	(35)	Aberdare Valley A. A. C.	42.54	242
85	I. Usenko		Bristol and West Athletic Club	42.56	241
86	N. Reynolds	(35)	San Domenico Road Runners Club	42.58	240
87	A. Lewis	(45)	Aberdare Valley A. A. C.	43.00	239
88	P. Gandon		Bristol and West Athletic Club	43.01	238
89	M. Bloomfield		Parc Bryn Bach Runners	43.01	237
90	M. Winser	(35)	Chepstow Harriers	43.08	236
91	D. Schofield		Bristol and West Athletic Club	43.08	235
92	S. Lewis	(50)	Parc Bryn Bach Runners	43.10	234
93	D. Williams	(50)	Parc Bryn Bach Runners	43.11	233
94	C. Melbourne		Neath Harriers	43.12	232
95	A. Malloy	(40)	Bristol and West Athletic Club	43.15	231
96	R. Griffiths		Caldicot Running Club	43.19	230
97	A. Wood		Pont-y-Pwl & District Runners	43.19	229
98	M. Gleeson	(40)	Swansea Harriers Athletic Club	43.23	228
99	G. MacAlister	(35)	Avon Valley Runners	43.23	227
100	D. Warner		White Rock Runners	43.26	226
101	A. Lee	(40)	Pont-y-Pwl & District Runners	43.46	225
102	S. Penny	(50)	Chepstow Harriers	43.49	224
103	N. Lewis		White Rock Runners	43.53	223
104	D. Williams	(40)	Brecon Athletic Club	43.55	222
105	K. Ham	(55)	Westbury Harriers	43.58	221
106	P. Sowerby	(50)	Brecon Athletic Club	44.00	220
107	L. Pole	(35)	Pontypridd Athletic Club	44.09	219
108	T. Watson	(23)	University of Wales - Swansea	44.14	218
109	D. Johnson		Bristol and West Athletic Club	44.16	217
110	R. Noble	(45)	Westbury Harriers	44.19	216
111	K. James	(35)	Pontypridd Athletic Club	44.21	215
112	A. Jones	(35)	Penarth and Dinas Runners	44.22	214

113	T. Spencer		Aberdare Valley A. A. C.	44.24	213
114	A. Care		San Domenico Road Runners Club	44.25	212
115	T. Watkins		Bristol and West Athletic Club	44.29	211
116	M. Exley	(45)	Somer Athletic Club	44.31	210
117	G. Stuokus		Les Croupiers Running Club	44.35	209
118	R. Elgar		Lliswerry Runners	44.38	208
119	A. Wright	(45)	Caerleon Running Club	44.39	207
120	P. Dodd	(55)	Chepstow Harriers	44.44	206
121	J. Southwood	(23)	University of the West of England	44.49	205
122	R. Bullen	(55)	Les Croupiers Running Club	44.53	204
123	P. Boorman	(45)	Lliswerry Runners	44.56	203
124	V. Nazareth	(55)	Les Croupiers Running Club	44.56	202
125	H. Saunders	(23)	Cardiff University Harriers	45.05	201
126	R. Davies	(45)	Pontypridd Athletic Club	45.06	200
127	K. Plank	(45)	San Domenico Road Runners Club	45.08	199
128	D. Ding	(23)	Cardiff University Harriers	45.10	198
129	P. Hayward	(35)	Islwyn Running Club	45.12	197
130	J. O'Dwyer		Bristol and West Athletic Club	45.15	196
131	M. Richmond	(40)	San Domenico Road Runners Club	45.17	195
132	L. Williams		San Domenico Road Runners Club	45.19	194
133	G. Patterson		Parc Bryn Bach Runners	45.21	193
134	J. Pearce	(40)	Lliswerry Runners	45.23	192
135	D. Cook	(35)	Parc Bryn Bach Runners	45.25	191
136	A. Fox	(35)	White Rock Runners	45.25	190
137	R. Davies	(45)	Lliswerry Runners	45.27	189
138	R. Thomas		Caldicot Running Club	45.27	188
139	R. Clarke	(40)	Caldicot Running Club	45.30	187
140	R. Walker	(35)	Chepstow Harriers	45.31	186
141	P. Williams	(35)	Pontypridd Athletic Club	45.32	185
142	N. Reeks		Caldicot Running Club	45.33	184
143	S. Thomasson	(40)	Parc Bryn Bach Runners	45.37	183
144	P. Dyer		Avon Valley Runners	45.49	182
145	J. Bruce	(40)	Les Croupiers Running Club	45.54	181
146	P. Crane	(55)	Neath Harriers	45.58	180
147	A. Bannon		San Domenico Road Runners Club	46.01	179
148	S. Miles	(35)	Pontypridd Athletic Club	46.04	178
149	D. Clark		Westbury Harriers	46.05	177
150	H. Hartnell	(50)	Islwyn Running Club	46.13	176
151	P. Welch	(35)	Bridgend Athletic Club	46.15	175

152	B. Jones	(35)	Islwyn Running Club	46.18	174
153	J. Mullany		Aberdare Valley A. A. C.	46.31	173
154	G. Jones	(50)	Pont-y-Pwl & District Runners	46.32	172
155	C. Emmerson		Bristol and West Athletic Club	46.33	171
156	M. Hendery	(23)	University of Wales - Swansea	46.35	170
157	E. Paton	(45)	Westbury Harriers	46.36	169
158	J. Flower	(45)	North Somerset	46.38	168
159	M. Griffiths		Caldicot Running Club	46.47	167
160	M. Strange	(60)	Forest of Dean Athletic Club	46.48	166
161	L. Hurley	(35)	Islwyn Running Club	46.49	165
162	H. Davis		Great Western Runners	46.54	164
163	G. Sansom	(50)	San Domenico Road Runners Club	47.01	163
164	R. Sage	(35)	Les Croupiers Running Club	47.10	162
165	R. Hughes	(35)	Caerleon Running Club	47.14	161
166	D. Beggs (ind)	(35)	Les Croupiers Running Club	47.14	160
167	M. Mewse	(60)	Westbury Harriers	47.22	159
168	B. Evans	(45)	Spirit of Monmouth	47.28	158
169	G. Hardman	(50)	Bridgend Athletic Club	47.30	157
170	P. Rees	(50)	San Domenico Road Runners Club	47.37	156
171	R. Minard		Aberdare Valley A. A. C.	47.42	155
172	E. Cummings	(45)	Bridgend Athletic Club	47.42	154
173	T. Lowrie	(35)	Avon Valley Runners	47.46	153
174	S. Pitman		University of the West of England	47.49	152
175	D. Caswell	(40)	Parc Bryn Bach Runners	47.51	151
176	P. Chan	(50)	Great Western Runners	47.52	150
177	P. Hughes		San Domenico Road Runners Club	48.01	149
178	A. Fordham		Ranelagh Harriers	48.04	Guest
179	D. Coles	(55)	Les Croupiers Running Club	48.05	148
180	M. Mulcahy	(40)	Caerleon Running Club	48.09	147
181	M. Bessell	(35)	White Rock Runners	48.10	146
182	P. Harrod	(40)	Westbury Harriers	48.13	145
183	C.J. De Mooi	(40)	Caldicot Running Club	48.15	144
184	M. Jones		Caldicot Running Club	48.20	143
185	T. Fowler		Newport Harriers Athletic Club	48.23	142
186	D. Harness	(40)	San Domenico Road Runners Club	48.32	141
187	O. Davies		Lliswerry Runners	48.33	140
188	A. Runacres	(23)	University of Wales - Swansea	48.33	139
189	S. Grant	(50)	Bristol and West Athletic Club	48.34	138
190	G. Brown	(35)	Penarth and Dinas Runners	48.36	137

191	C. Blackmore	(40)	Cardiff Harlequins	48.40	136
192	M. Trinder		Parc Bryn Bach Runners	48.44	135
193	A. Wadey	(45)	Cardiff Amateur Athletic Club	48.47	134
194	P. Newman	(55)	Somer Athletic Club	48.49	133
195	P. Rodger	(60)	Caerleon Running Club	48.51	132
196	J. Boon	(45)	Forest of Dean Athletic Club	48.52	131
197	R. Owen		Rhondda Valley Runners	48.54	130
198	K. Hale	(40)	Blaenau Gwent	49.05	129
199	S. Burns		Fairwater Runners	49.09	128
200	M. Thurgood	(45)	Caerleon Running Club	49.14	127
201	P. Morton		Penarth and Dinas Runners	49.14	126
202	D. McAtee	(55)	Newport Harriers Athletic Club	49.18	125
203	R. Gale	(35)	Parc Bryn Bach Runners	49.27	124
204	I. Kent		Parc Bryn Bach Runners	49.30	123
205	S. Hollier	(65)	North Somerset	49.35	122
206	H. Mason	(50)	Caerleon Running Club	49.37	121
207	R. Rees	(45)	Neath Harriers	49.40	120
208	K. Taylor	(55)	Amman Valley Harriers	49.49	119
209	R. Williams	(40)	Rhondda Valley Runners	49.53	118
210	N. Langridge	(65)	Thornbury Running Club	50.02	117
211	M. Doherty		White Rock Runners	50.03	116
212	A. Jones	(45)	Parc Bryn Bach Runners	50.10	115
213	M. Skyrme	(45)	Fairwater Runners	50.15	114
214	D. Shields	(50)	San Domenico Road Runners Club	50.17	113
215	P. Miles	(65)	Parc Bryn Bach Runners	50.24	112
216	M. Matthews	(45)	Parc Bryn Bach Runners	50.30	111
217	I. Davies	(50)	Parc Bryn Bach Runners	50.33	110
218	N. Horsley	(60)	Neath Harriers	50.35	109
219	R. Basham	(45)	Llisbury Runners	50.40	108
220	T. Fidlow	(60)	Llisbury Runners	50.40	107
221	P. Chick	(45)	Llisbury Runners	50.41	106
222	M. Thompson	(35)	Les Croupiers Running Club	50.45	105
223	D. Vorres	(50)	Pont-y-Pwl & District Runners	50.47	104
224	M. Dunscombe	(55)	Aberdare Valley A. A. C.	50.49	103
225	K. McEntee	(55)	Chepstow Harriers	50.51	102
226	S. Berry	(40)	Forest of Dean Athletic Club	50.51	101
227	I. Bell	(55)	San Domenico Road Runners Club	50.53	100
228	I. Line	(45)	Parc Bryn Bach Runners	50.56	99
229	J. Hancock	(60)	Usk Runners	50.56	98

230	N. Fordham	(23)	University of Wales - Swansea	50.58	97
231	J. Ashley	(40)	Parc Bryn Bach Runners	51.00	96
232	L. Hammond	(40)	Fairwater Runners	51.04	95
233	O. Davies	(40)	Swansea Harriers Athletic Club	51.09	94
234	H. Jones	(45)	Aberdare Valley A. A. C.	51.10	93
235	C. Hold	(40)	Swansea Harriers Athletic Club	51.13	92
236	F. Atherton	(55)	Penarth and Dinas Runners	51.26	91
237	R. Wareham	(45)	Islwyn Running Club	51.28	90
238	P. Harding	(60)	Avon Valley Runners	51.30	89
239	G. Viner	(55)	Caerleon Running Club	51.37	88
240	J. Lewis		Cardiff Archers	51.46	87
241	J. Hanson	(55)	Rhondda A.C.	51.51	86
242	C. Walsh	(45)	Rhondda Valley Runners	51.56	85
243	M. Cleaver	(40)	Lliswerry Runners	52.00	84
244	C. Osmond	(55)	Les Croupiers Running Club	52.02	83
245	K. Dupe	(50)	Caerleon Running Club	52.06	82
246	P. Hyatt	(55)	Caerleon Running Club	52.10	81
247	M. Durkin		Penarth and Dinas Runners	52.11	80
248	S. Wood	(40)	Pegasus Running Club Cardiff	52.14	79
249	J. Bailey-Gard (Sr)	(65)	Westbury Harriers	52.15	78
250	D. Cornish	(50)	Port Talbot Harriers & A. C.	52.20	77
251	M. Davies	(55)	Lliswerry Runners	52.34	76
252	J. Ross	(50)	San Domenico Road Runners Club	52.35	75
253	A. Mason	(55)	Les Croupiers Running Club	52.37	74
254	C. Caesar	(45)	Penarth and Dinas Runners	52.41	73
255	M. Bradley	(65)	Penarth and Dinas Runners	52.43	72
256	G. Brunnock	(35)	Lliswerry Runners	52.44	71
257	G. Griffiths	(40)	Rhondda Valley Runners	52.49	70
258	J. Thomas		Parc Bryn Bach Runners	53.00	69
259	J. Hargreaves	(60)	Great Western Runners	53.17	68
260	A. Devereux	(45)	North Somerset	53.26	67
261	N. Pringle	(55)	Lliswerry Runners	53.29	66
262	S. Underwood		Thornbury Running Club	53.33	65
263	D.E. Williams	(50)	Les Croupiers Running Club	53.36	64
264	P. Adams	(40)	Caerleon Running Club	53.46	63
265	G. Powell	(35)	Penarth and Dinas Runners	53.52	62
266	R. Symons	(50)	Fairwater Runners	54.03	61
267	G. Jones	(50)	Les Croupiers Running Club	54.08	60
268	R. Wyatt	(45)	Spirit of Monmouth	54.15	59

269	E. Brown	(40)	White Rock Runners	54.28	58
270	P. Bufton	(50)	Brecon Athletic Club	54.36	57
271	M. Robertson	(35)	Penarth and Dinas Runners	54.51	56
272	H. Kent	(60)	Les Croupiers Running Club	54.58	55
273	T. Caveney	(55)	Les Croupiers Running Club	55.04	54
274	J. Creasey	(50)	Spirit of Monmouth	55.10	53
275	S. Merrick	(45)	Swansea Harriers Athletic Club	55.15	52
276	K. Williams		Rhondda Valley Runners	55.30	51
277	M. Prosser	(40)	Fairwater Runners	55.32	50
278	J. Dickson	(50)	Llisbury Runners	55.36	49
279	M. Jenkins	(55)	Fairwater Runners	56.01	48
280	J. Williams		Parc Bryn Bach Runners	56.06	47
281	T. Vaughan	(40)	Parc Bryn Bach Runners	56.15	46
282	R. Mills	(40)	Fairwater Runners	56.49	45
283	T. Wright	(50)	Llisbury Runners	56.57	44
284	D. Wherry		Caldicot Running Club	56.57	43
285	W. Davies		Rhondda Valley Runners	57.10	42
286	A. Robertson	(60)	Forest of Dean Athletic Club	57.17	41
287	A. Taylor	(60)	Caerleon Running Club	57.20	40
288	M. Bennett	(65)	Great Western Runners	57.26	39
289	G. Markey	(40)	Caldicot Running Club	57.36	38
290	C. Johnson	(40)	Islwyn Running Club	57.36	37
291	S. Talbot		Newport Harriers Athletic Club	58.13	36
292	P. Trott	(45)	Penarth and Dinas Runners	58.27	35
293	D. Jones	(40)	Llisbury Runners	58.48	34
294	P. Olivier	(40)	Caerleon Running Club	58.52	33
295	K. Griffiths	(45)	Aberdare Valley A. A. C.	59.00	32
296	T. Murphy	(55)	Fairwater Runners	59.01	31
297	R. Perons	(50)	Les Croupiers Running Club	59.50	30
298	M. Cranwell	(65)	Les Croupiers Running Club	60.15	29
299	T. Fenton	(55)	Great Western Runners	60.17	28
300	K. Fowler	(55)	Pegasus Running Club Cardiff	60.23	27
301	R. Sheehy		Parc Bryn Bach Runners	60.35	26
302	J. Kennedy	(50)	Llisbury Runners	61.26	25
303	D. Kempton	(55)	Parc Bryn Bach Runners	61.52	24
304	P. Morfey	(55)	Cardiff Harlequins	62.04	23
305	M. Urquhart	(40)	Caerleon Running Club	62.18	22
306	D. Tyler	(35)	Parc Bryn Bach Runners	62.36	21
307	A. Yates	(35)	Thornbury Running Club	62.55	20

308	N. Richards	(40)	Islwyn Running Club	63.05	19
309	K. Jackson	(55)	Dursley & District Athletic Club	63.13	18
310	W. Harries	(35)	Caerleon Running Club	63.53	17
311	S. Farmer	(50)	Penarth and Dinas Runners	64.01	16
312	P. Balmont	(55)	Penarth and Dinas Runners	64.52	15
313	D. Hughes	(50)	Bridgend Athletic Club	66.13	14
314	M. Weightman-Bent	(55)	Lliswerry Runners	66.27	13
315	J. Stones	(40)	Lliswerry Runners	67.03	12
316	C. Gentle	(45)	Lliswerry Runners	71.32	11
317	C. Crooks	(60)	Pegasus Running Club Cardiff	77.16	10

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