

Gwent Cross Country League 2017-2018

14 October 2017 : Llandaff Fields, Cardiff

Senior Men (444 Starters)

Pos	Athlete	Club	Time	Pts
1	G. Rush	(35) Cheltenham Harriers	27.16	Guest
2	I. Thomas	Cardiff Amateur Athletic Club	27.26	444
3	J. McKenna	(35) Bristol and West Athletic Club	27.41	443
4	P. Beastall	Cheltenham Harriers	28.06	Guest
5	D. Nash	Cardiff Amateur Athletic Club	28.11	442
6	P. Matthews	(35) Swansea Harriers Athletic Club	28.14	441
7	A. Bull	(23) Aberdare Valley A. A. C.	28.16	440
8	A. Teweldebrhan	(23) Newport Harriers Athletic Club	28.19	439
9	S. Mitchell	Bristol and West Athletic Club	28.32	438
10	S. Sommerville	(23) Wells City Harriers	28.34	437
11	G. Smith	Swansea Harriers Athletic Club	28.46	436
12	J. Hunt	(23) Cardiff Amateur Athletic Club	29.00	435
13	M. Bialogonski	Bristol and West Athletic Club	29.02	434
14	M. Harvey	(35) Swansea Harriers Athletic Club	29.10	433
15	M. Towler	Avon Valley Runners	29.19	432
16	O. Jones	(35) Bristol and West Athletic Club	29.30	431
17	D. Bodman	Aberdare Valley A. A. C.	29.45	430
18	O. Kyriakides	(23) University of Wales - Swansea	29.47	429
19	S. Blake	Cardiff Amateur Athletic Club	29.52	428
20	C. Lewis	(23) Cardiff Amateur Athletic Club	30.00	427
21	Chris Williams	(23) Micky Morris Racing Team	30.04	426
22	R. Buffett	Brecon Athletic Club	30.12	425
23	A. Hughes	(40) Aberystwyth Athletic Club	30.17	424
24	D. Stewart	(23) Neath Harriers	30.26	423
25	R. Jackson-Hookins	(35) Penarth and Dinas Runners	30.30	422
26	R. Gardiner	(40) Aberdare Valley A. A. C.	30.34	421
27	E. Garamszegi	(23) Cardiff University Harriers	30.40	420
28	T. Macswane	(23) Cardiff University Harriers	30.48	419

29	G. Fletcher	(35)	Les Croupiers Running Club	30.54	418
30	M. Jennings	(40)	Micky Morris Racing Team	31.07	417
31	J. Carpenter		Neath Harriers	31.09	416
32	A. Tuckey	(40)	Bridgend Athletic Club	31.12	415
33	B. Courtney-Pinn		Pontypridd Athletic Club	31.12	414
34	A. Stokes		Taunton Athletic Club	31.13	413
35	M. Jacklin	(40)	Aberdare Valley A. A. C.	31.13	412
36	O. Beale	(35)	Westbury Harriers	31.15	411
37	G. Standinger		Bristol and West Athletic Club	31.19	410
38	A. Vidal-Hiscock	(23)	Cardiff University Harriers	31.20	409
39	J. Dean		Swansea Harriers Athletic Club	31.22	408
40	A. Price	(23)	Swansea Harriers Athletic Club	31.26	407
41	M. Collins	(35)	Micky Morris Racing Team	31.26	406
42	B. Hayton		Pontypridd Athletic Club	31.26	405
43	L. Aherne	(50)	Parc Bryn Bach Runners	31.27	404
44	B. Butler-Madden	(35)	Penarth and Dinas Runners	31.28	403
45	A. Hamblin		Westbury Harriers	31.33	402
46	S. Lewis	(35)	Pontypridd Athletic Club	31.35	401
47	T. Baird	(23)	Cardiff University Harriers	31.37	400
48	B. Bartlett	(23)	Neath Harriers	31.39	399
49	J. Elgar		Micky Morris Racing Team	31.46	398
50	D. John	(40)	Taf Running & Orienteering Teams	31.51	397
51	L. Williams		San Domenico Road Runners Club	31.54	396
52	R. Atkin	(35)	Bridgend Athletic Club	31.54	395
53	M. Grantham	(23)	Micky Morris Racing Team	31.55	394
54	Craig Williams	(23)	Micky Morris Racing Team	32.00	393
55	K. Blake		Great Western Runners	32.00	392
56	D. Keenan		Llanelli Amateur Athletic Club	32.00	391
57	S. Jones		Parc Bryn Bach Runners	32.01	390
58	A. Reynolds	(35)	Neath Harriers	32.03	389
59	P. Lacy		Cardiff Amateur Athletic Club	32.03	388
60	D. Triggs		Neath Harriers	32.13	387
61	I. Lloyd	(55)	Swansea Harriers Athletic Club	32.15	386
62	E. Kirk	(45)	Swansea Harriers Athletic Club	32.17	385
63	D. Bishop	(35)	Pontypridd Athletic Club	32.19	384
64	J. Cox		Great Western Runners	32.24	383
65	S. Crees	(35)	Les Croupiers Running Club	32.25	382
66	C. McQuade	(35)	Bristol and West Athletic Club	32.29	381
67	J. Parry		Parc Bryn Bach Runners	32.32	380

68	I. Owen	(35)	San Domenico Road Runners Club	32.35	379
69	O. Morris		Aberdare Valley A. A. C.	32.38	378
70	N. Williams	(23)	Bristol University	32.40	377
71	C. Pristavec		Les Croupiers Running Club	32.41	376
72	E. Morgan	(45)	Les Croupiers Running Club	32.46	375
73	M. Norton		Lliswerry Runners	32.48	374
74	P. Ryder	(35)	Aberdare Valley A. A. C.	32.52	373
75	M. Lai		Bristol University	32.53	372
76	N. Flear		3M Gorseinon Road Runners	32.53	371
77	N. Reynolds	(35)	San Domenico Road Runners Club	32.55	370
78	P. Jefferson	(40)	Bristol and West Athletic Club	32.56	369
79	D. Mitchell	(23)	Cardiff University Harriers	32.59	368
80	P. Graham		Pontypridd Athletic Club	33.08	367
81	G. Davey	(40)	Neath Harriers	33.09	366
82	S. Browne	(40)	Les Croupiers Running Club	33.10	365
83	A. Malloy	(40)	Bristol and West Athletic Club	33.11	364
84	R. Jones	(45)	Newport Harriers Athletic Club	33.14	363
85	H. Davies	(23)	Parc Bryn Bach Runners	33.16	362
86	G. Poston	(35)	Port Talbot Harriers & A. C.	33.17	361
87	G. Brown	(35)	Penarth and Dinas Runners	33.18	360
88	P. Cook	(45)	Les Croupiers Running Club	33.22	359
89	D. Barnby		Micky Morris Racing Team	33.25	358
90	V. Edwards	(35)	Cardiff Harlequins	33.25	357
91	R. Phillips	(40)	Westbury Harriers	33.28	356
92	D. Schofield		Bristol and West Athletic Club	33.30	355
93	J. Like		Pont-y-Pwl & District Runners	33.37	354
94	S. Wadlow	(40)	Les Croupiers Running Club	33.38	353
95	J. Hobbs		Avon Valley Runners	33.39	352
96	T. Hearses	(23)	University of Wales - Swansea	33.44	351
97	M. Bloomfield		Parc Bryn Bach Runners	33.44	350
98	R. Bullen	(55)	Les Croupiers Running Club	33.50	349
99	S. Williams	(40)	Llanelli Amateur Athletic Club	33.52	348
100	L. Webb		Micky Morris Racing Team	33.53	347
101	A. Souch	(23)	Cardiff University Harriers	33.58	346
102	M. Bennis	(40)	Run4All Neath	34.02	345
103	J. Price	(45)	Llanelli Amateur Athletic Club	34.04	344
104	M. Hiddlestone	(40)	Port Talbot Harriers & A. C.	34.04	343
105	G. Patterson	(35)	Parc Bryn Bach Runners	34.04	342
106	D. Williams	(50)	Parc Bryn Bach Runners	34.07	341

107	T. Watkins		Bristol and West Athletic Club	34.09	340
108	R. Wilder	(40)	San Domenico Road Runners Club	34.12	339
109	D. Sandford	(40)	Forest of Dean Athletic Club	34.12	338
110	G. Stuokus		Les Croupiers Running Club	34.13	337
111	M. Hurford	(40)	Les Croupiers Running Club	34.14	336
112	K. James	(35)	Pontypridd Athletic Club	34.14	335
113	A. Lewis	(45)	Aberdare Valley A. A. C.	34.18	334
114	T. Guest	(50)	Swansea Harriers Athletic Club	34.19	333
115	J. Phillips	(40)	Pontypridd Athletic Club	34.22	332
116	J. Thomas	(35)	Bridgend Athletic Club	34.25	331
117	B. Hull	(45)	Bristol and West Athletic Club	34.30	330
118	J. Belcher	(40)	Lliswerry Runners	34.33	329
119	C. Francis		3M Gorseinon Road Runners	34.34	328
120	B. Pontin		Bristol and West Athletic Club	34.35	327
121	A. Lee	(40)	Pont-y-Pwl & District Runners	34.38	326
122	L. Smith	(50)	Lliswerry Runners	34.40	325
123	I. Webb	(60)	Llanelli Amateur Athletic Club	34.44	324
124	T. Webb	(23)	Cardiff University Harriers	34.46	323
125	S. Mathers	(35)	Parc Bryn Bach Runners	34.47	322
126	B. White	(23)	Cardiff University Harriers	34.49	321
127	V. Nazareth	(55)	Les Croupiers Running Club	34.49	320
128	J. Benett		Bristol and West Athletic Club	34.50	319
129	R. Paddock	(50)	Great Western Runners	34.55	318
130	M. Holloway		Brecon Athletic Club	34.56	317
131	S. Penny	(55)	Chepstow Harriers	34.56	316
132	M. Flear		Llanelli Amateur Athletic Club	34.58	315
133	P. Williams	(35)	Pontypridd Athletic Club	34.58	314
134	M. Taylor	(40)	Bristol and West Athletic Club	34.58	313
135	J. Blore		Chepstow Harriers	34.59	312
136	J. Bruce	(40)	Les Croupiers Running Club	34.59	311
137	A. Care		San Domenico Road Runners Club	35.02	310
138	R. Thomas		Caldicot Running Club	35.03	309
139	C. Oxley	(35)	San Domenico Road Runners Club	35.04	308
140	D. Bedwell	(60)	Bristol and West Athletic Club	35.05	307
141	M. Riley	(35)	Les Croupiers Running Club	35.08	306
142	S. Corbyn	(35)	Cardiff Harlequins	35.10	305
143	S. Lewis	(50)	Parc Bryn Bach Runners	35.10	304
144	R. Hunt	(55)	Bridgend Athletic Club	35.11	303
145	R. Emmerson		University of the West of England	35.12	302

146	S. Ruscoe	(23)	University of Wales - Swansea	35.13	301
147	S. Miles	(35)	Pontypridd Athletic Club	35.16	300
148	M. Williams	(50)	Les Croupiers Running Club	35.17	299
149	R. Noble	(45)	Westbury Harriers	35.19	298
150	C. Davies	(40)	San Domenico Road Runners Club	35.21	297
151	D. Davies	(23)	University of Wales - Swansea	35.33	296
152	E. Paton	(45)	Westbury Harriers	35.34	295
153	P. Flynn	(50)	Swansea Harriers Athletic Club	35.35	294
154	L. Pole	(35)	Pontypridd Athletic Club	35.36	293
155	M. Hopkins	(35)	Les Croupiers Running Club	35.37	292
156	P. Welch		Bridgend Athletic Club	35.38	291
157	R. Watts		Pont-y-Pwl & District Runners	35.40	290
158	P. Hayward	(35)	Islwyn Running Club	35.42	289
159	P. Sowerby	(50)	Brecon Athletic Club	35.43	288
160	Peter Osborne	(55)	Llanelli Amateur Athletic Club	35.45	287
161	C. Cheedy		Pont-y-Pwl & District Runners	35.45	286
162	J. Southwood		University of the West of England	35.47	285
163	D. Luffman	(40)	Les Croupiers Running Club	35.52	284
164	J. Wride	(35)	Great Western Runners	35.53	283
165	M. Chandler		Bristol and West Athletic Club	35.58	282
166	T. Hopgood	(23)	Cardiff University Harriers	36.04	281
167	M. Davies		Run4All Neath	36.06	280
168	D. Reilly		Llswerry Runners	36.10	279
169	N. Cranston	(40)	Avon Valley Runners	36.10	278
170	R. Elgar		Llswerry Runners	36.13	277
171	J. Boon	(45)	Forest of Dean Athletic Club	36.14	276
172	A. Davies		Les Croupiers Running Club	36.14	275
173	T. Bland	(35)	Llswerry Runners	36.15	274
174	N. Dukes	(40)	Les Croupiers Running Club	36.26	273
175	A. Lewis	(35)	Neath Harriers	36.27	272
176	A. Jones-Davies	(40)	Taf Running & Orienteering Teams	36.27	271
177	J. Lam	(45)	San Domenico Road Runners Club	36.28	270
178	R. Self	(50)	Les Croupiers Running Club	36.29	269
179	F. Purcell	(23)	Cardiff University Harriers	36.31	268
180	R. Sage	(40)	Les Croupiers Running Club	36.32	267
181	H. Saunders	(23)	Cardiff Amateur Athletic Club	36.32	266
182	D. Warner		White Rock Runners	36.34	265
183	O. Flage	(45)	Oldham and Royton	36.36	Guest
184	L. Walters	(45)	Aberdare Valley A. A. C.	36.38	264

185	K. Ham	(55)	Westbury Harriers	36.40	263
186	K. Seville	(40)	Newport Harriers Athletic Club	36.44	262
187	D. Mort		Cardiff Triathletes	36.45	261
188	C. Caesar	(45)	Penarth and Dinas Runners	36.46	260
189	M. Scrutton	(55)	Bristol and West Athletic Club	36.48	259
190	E. Lepore	(60)	Les Croupiers Running Club	36.49	258
191	B. Jones	(40)	Islwyn Running Club	36.50	257
192	A. Fox	(35)	White Rock Runners	36.50	256
193	A. Lewis	(23)	University of the West of England	36.50	255
194	N. Christoforato		Barry & Vale Harriers A. A. C.	36.51	254
195	R. Rees	(45)	Neath Harriers	36.51	253
196	J. Corkey	(23)	Cardiff Metropolitan University	36.52	252
197	I. Liddiatt	(45)	Cardiff Triathletes	36.52	251
198	S. Burns		Fairwater Runners	36.53	250
199	M. Orgouanmi	(23)	University of the West of England	36.53	249
200	S. Davies	(55)	Pont-y-Pwl & District Runners	36.53	248
201	J. Goodland	(60)	Bristol and West Athletic Club	36.54	247
202	S. Ruse		Neath Harriers	36.57	246
203	I. Ruck	(45)	Westbury Harriers	37.00	245
204	G. Griffiths	(35)	Les Croupiers Running Club	37.02	244
205	G. Parry	(35)	3M Gorseinon Road Runners	37.04	243
206	C. Lewis	(40)	Port Talbot Harriers & A. C.	37.06	242
207	R. Sheehy		Parc Bryn Bach Runners	37.06	241
208	D. Woodsford	(40)	San Domenico Road Runners Club	37.09	240
209	D. Phillips		Bristol and West Athletic Club	37.09	239
210	J. Davies (ind)	(50)	Les Croupiers Running Club	37.10	238
211	P. Mountain	(60)	Bristol and West Athletic Club	37.16	237
212	C. Medcalfe	(40)	San Domenico Road Runners Club	37.16	236
213	D. Jones	(35)	Cardiff Harlequins	37.18	235
214	R. Ray	(35)	Forest of Dean Athletic Club	37.19	234
215	S. Williams	(55)	Parc Bryn Bach Runners	37.19	233
216	I. Skeet	(23)	University of the West of England	37.21	232
217	R. Schols	(55)	Avon Valley Runners	37.23	231
218	C. Northey	(50)	Brecon Athletic Club	37.24	230
219	G. Hardman	(50)	Bridgend Athletic Club	37.25	229
220	N. Reeks		Caldicot Running Club	37.25	228
221	D. Beggs	(35)	Les Croupiers Running Club	37.27	227
222	S. Farnell	(35)	Run4All Neath	37.32	226
223	G. Hunt	(35)	Great Western Runners	37.33	225

224	G. Sansom	(55)	San Domenico Road Runners Club	37.35	224
225	D. Gibbon	(35)	Aberdare Valley A. A. C.	37.38	223
226	L. Simmonds	(35)	Cardiff Triathletes	37.40	222
227	S. Bridges	(50)	Aberdare Valley A. A. C.	37.42	221
228	P. Davies	(40)	Aberdare Valley A. A. C.	37.44	220
229	B. Dias		Cardiff Amateur Athletic Club	37.44	219
230	B. Meredith	(50)	Rhondda Valley Runners	37.47	218
231	W. Tyson	(23)	University of Wales - Swansea	37.50	217
232	C. Granger	(45)	Cardiff Triathletes	37.51	216
233	H. Hartnell	(55)	Islwyn Running Club	37.52	215
234	R. Davies	(45)	Llswerry Runners	37.53	214
235	M. Davies	(40)	Aberdare Valley A. A. C.	37.55	213
236	C. Lloyd		Run4All Neath	37.57	212
237	M. Dunscombe	(55)	Aberdare Valley A. A. C.	37.58	211
238	R. Adams	(23)	Cardiff University Harriers	37.59	210
239	J. Thomas		Parc Bryn Bach Runners	38.00	209
240	S. Smith	(45)	Aberdare Valley A. A. C.	38.02	208
241	E. Marsh	(23)	Cardiff University Harriers	38.03	207
242	T. Owen	(45)	Bridgend Athletic Club	38.04	206
243	C-J. Demooi		Caldicot Running Club	38.06	205
244	B. Gould		Great Western Runners	38.07	204
245	J. Mullany		Aberdare Valley A. A. C.	38.07	203
246	C. Pointer		Bridgend Athletic Club	38.10	202
247	N. Davey	(23)	Cardiff University Harriers	38.10	201
248	L. Bono		Pontypridd Athletic Club	38.11	200
249	P. Rees	(50)	San Domenico Road Runners Club	38.15	199
250	D. Totterdale		Llanelli Amateur Athletic Club	38.21	198
251	L. Morris	(35)	3M Gorseinon Road Runners	38.25	197
252	D. Vorres	(55)	Pont-y-Pwl & District Runners	38.26	196
253	K. Wehden	(55)	Islwyn Running Club	38.27	195
254	K. Jackson	(55)	Dursley & District Athletic Club	38.31	194
255	R. Price	(50)	Parc Bryn Bach Runners	38.32	193
256	A. Yuill	(50)	Westbury Harriers	38.32	192
257	D. Kippest	(40)	Parc Bryn Bach Runners	38.33	191
258	J. Rees	(35)	Merthyr Running Club	38.33	190
259	G. Thomas		Cardiff Triathletes	38.34	189
260	D. Matthews		Penarth and Dinas Runners	38.37	188
261	M. Bessell	(35)	White Rock Runners	38.38	187
262	S. Owen	(65)	Chepstow Harriers	38.38	186

263	G. Gibso	(23)	Cardiff University Harriers	38.40	185
264	S. Gill	(35)	Lliswerry Runners	38.42	184
265	R. Mann		San Domenico Road Runners Club	38.43	183
266	T. Griffiths	(23)	University of Wales - Swansea	38.47	182
267	M. Meyrick	(45)	Les Croupiers Running Club	38.50	181
268	G. Ambler	(35)	Les Croupiers Running Club	38.50	180
269	D. Stevens	(45)	Merthyr Running Club	38.53	179
270	H. Davies	(45)	Carmarthen & District Harriers A.C.	38.53	178
271	R. Dobbs		Islwyn Running Club	38.54	177
272	N. Beynon	(45)	Parc Bryn Bach Runners	38.55	176
273	R. Phillips	(40)	Taf Running & Orienteering Teams	38.56	175
274	T. Fry	(40)	Cardiff Amateur Athletic Club	38.56	174
275	A. McIntyre		University of Wales - Swansea	39.00	173
276	P. Chan	(50)	Great Western Runners	39.00	172
277	M. Ellis		Parc Bryn Bach Runners	39.02	171
278	G. Mack	(60)	Merthyr Running Club	39.03	170
279	A. Bunny	(45)	Aberdare Valley A. A. C.	39.06	169
280	D. Hughes		Pontypridd Athletic Club	39.10	168
281	R. Gale	(35)	Parc Bryn Bach Runners	39.13	167
282	N. Stocker	(45)	Bridgend Athletic Club	39.18	166
283	P. Miles	(65)	Parc Bryn Bach Runners	39.23	165
284	S. Scurrrell	(40)	Taf Running & Orienteering Teams	39.26	164
285	E. Carty	(23)	Cardiff University Harriers	39.27	163
286	S. Williams	(55)	Neath Harriers	39.33	162
287	J. Hancock	(60)	Usk Runners	39.33	161
288	N. Grant	(65)	Chepstow Harriers	39.35	160
289	C. Walsh	(45)	Rhondda Valley Runners	39.36	159
290	S. Julian	(45)	Aberdare Valley A. A. C.	39.38	158
291	D. McAtee	(55)	Newport Harriers Athletic Club	39.41	157
292	B. Evans	(45)	Spirit of Monmouth	39.44	156
293	N. Webb	(45)	Parc Bryn Bach Runners	39.44	155
294	R. Pemberton	(45)	Avon Valley Runners	39.48	154
295	P. Morton	(35)	Penarth and Dinas Runners	39.48	153
296	S. Jackson	(23)	Parc Bryn Bach Runners	39.49	152
297	G. Lawrence		Brecon Athletic Club	39.50	151
298	I. McDonald	(50)	San Domenico Road Runners Club	39.51	150
299	S. Berry	(40)	Forest of Dean Athletic Club	39.52	149
300	P. Llewellyn	(35)	Cardiff Triathletes	39.52	148
301	A. Wardle		Cardiff Triathletes	39.54	147

302	A. Discall	(35) Aberdare Valley A. A. C.	39.56	146
303	E. Sayce	(23) Parc Bryn Bach Runners	39.58	145
304	R. Davis	(60) Bridgend Athletic Club	39.58	144
305	R. Champion	(40) Llanelli Amateur Athletic Club	40.08	143
306	M. Simms	(60) Brecon Athletic Club	40.10	142
307	A. Runner2281	Anonymous Athletic Club	40.11	141
308	O. Davies	(40) Swansea Harriers Athletic Club	40.13	140
309	J. Samuel	(45) Newport Harriers Athletic Club	40.15	139
310	S. Stokes	White Rock Runners	40.16	138
311	M. Elliston	(45) Les Croupiers Running Club	40.18	137
312	D. Phillip	(45) Lliswerry Runners	40.18	136
313	L. Jenkins	(35) Run4All Neath	40.28	135
314	S. Grant	(50) Bristol and West Athletic Club	40.29	134
315	L. Carter	(60) Chepstow Harriers	40.31	133
316	D. Morgan	(40) Bridgend Athletic Club	40.35	132
317	J. Young	(45) Port Talbot Harriers & A. C.	40.36	131
318	N. Horsley	(60) Neath Harriers	40.37	130
319	J. Bishop	Pontypridd Athletic Club	40.41	129
320	S. Thomasson	(40) Parc Bryn Bach Runners	40.42	128
321	D. Harness	(40) San Domenico Road Runners Club	40.48	127
322	A. Mason	(55) Les Croupiers Running Club	40.49	126
323	K. McEntee	(60) Chepstow Harriers	40.51	125
324	M. Lavis	(35) Westbury Harriers	40.52	124
325	L. Phillips	(45) Parc Bryn Bach Runners	40.54	123
326	C. Osmond	(55) Les Croupiers Running Club	40.58	122
327	M. Blakebrough	(50) Spirit of Monmouth	41.02	121
328	J. Brunton	(23) University of Wales - Swansea	41.07	120
329	J. Murray	(45) Pontypridd Athletic Club	41.10	119
330	N. Coles	(45) Carmarthen & District Harriers A.C.	41.17	118
331	H. Gruffydd	(55) Pontypridd Athletic Club	41.17	117
332	R. Owen	Rhondda Valley Runners	41.25	116
333	B. Reed	(50) Aberdare Valley A. A. C.	41.26	115
334	A. Robertson	(60) Forest of Dean Athletic Club	41.28	114
335	I. James	Guest	41.34	Guest
336	B. Churchill	(23) University of Wales - Swansea	41.34	113
337	E. Cummings	(45) Bridgend Athletic Club	41.40	112
338	G. Torrington	(45) Westbury Harriers	41.40	111
339	S. Duncan	(55) Chepstow Harriers	41.41	110
340	S. Kelk	(23) Cardiff University Harriers	41.42	109

341	T. Phillips	(23)	Cardiff University Harriers	41.43	108
342	S. Preddy	(45)	Les Croupiers Running Club	41.44	107
343	T. Caveney	(55)	Les Croupiers Running Club	41.47	106
344	S. Bendle	(55)	Swansea Harriers Athletic Club	41.48	105
345	S. Partridge	(60)	Neath Harriers	41.49	104
346	D. Harden	(35)	Pontypridd Athletic Club	41.52	103
347	T. Miles	(55)	Run4All Neath	41.53	102
348	E. Brown	(40)	White Rock Runners	41.55	101
349	J. Ashley	(40)	Parc Bryn Bach Runners	41.57	100
350	N. Pringle	(55)	Lliswerry Runners	42.01	99
351	D. Davies	(35)	Lliswerry Runners	42.02	98
352	J. Williams		Parc Bryn Bach Runners	42.03	97
353	L. Pryce		Cardiff Triathletes	42.08	96
354	A. Ranjit	(23)	Cardiff University Harriers	42.10	95
355	P. Harding	(60)	Avon Valley Runners	42.11	94
356	G. John	(60)	Les Croupiers Running Club	42.23	93
357	A. Lockett	(40)	Rhondda Valley Runners	42.25	92
358	G. Ashton	(60)	Chepstow Harriers	42.27	91
359	N. Simms	(35)	Cardiff Harlequins	42.32	90
360	A. Taylor	(55)	Merthyr Running Club	42.33	89
361	D. Cornish	(50)	Port Talbot Harriers & A. C.	42.35	88
362	I. Line	(45)	Parc Bryn Bach Runners	42.37	87
363	G. Palfrey	(55)	Parc Bryn Bach Runners	42.37	86
364	J. Clode	(35)	Bridgend Athletic Club	42.38	85
365	G. Jones	(50)	Les Croupiers Running Club	42.42	84
366	A. Devereux	(45)	North Somerset	42.46	83
367	K. Brading	(45)	Penarth and Dinas Runners	42.50	82
368	J. Bailey-Gard (Sr)	(65)	Westbury Harriers	42.55	81
369	D.E. Williams	(50)	Les Croupiers Running Club	42.56	80
370	J. Creasey	(50)	Spirit of Monmouth	42.58	79
371	S. Quin	(40)	Les Croupiers Running Club	42.58	78
372	J. Adams	(40)	North Somerset	42.59	77
373	N. Williams	(35)	Aberdare Valley A. A. C.	43.00	76
374	D. Osborne	(50)	Brecon Athletic Club	43.02	75
375	D. Shields	(50)	San Domenico Road Runners Club	43.09	74
376	A. Smith		Pont-y-Pwl & District Runners	43.13	73
377	D. Thomas	(45)	Merthyr Running Club	43.20	72
378	D. Weaving	(45)	Fairwater Runners	43.32	71
379	Paul Osborne	(60)	Llanelli Amateur Athletic Club	43.34	70

380	M. Harris	(60)	Westbury Harriers	43.39	69
381	S. Bedford	(45)	Les Croupiers Running Club	43.48	68
382	J. Davies		Penarth and Dinas Runners	44.02	67
383	A. Underhill		San Domenico Road Runners Club	44.08	66
384	S. Hames	(55)	Neath Harriers	44.09	65
385	E. Butler	(35)	White Rock Runners	44.11	64
386	P. Trott	(50)	Penarth and Dinas Runners	44.19	63
387	C. Williams	(60)	Parc Bryn Bach Runners	44.22	62
388	P. Rennison	(55)	Forest of Dean Athletic Club	44.27	61
389	P. French		White Rock Runners	44.39	60
390	J. Watts	(35)	Blaenau Gwent	44.43	59
391	M. Prosser	(40)	Fairwater Runners	44.49	58
392	G. Davies	(35)	Penarth and Dinas Runners	44.55	57
393	S. Lewis	(55)	Les Croupiers Running Club	44.56	56
394	P. Chapman	(45)	Les Croupiers Running Club	44.57	55
395	M. Griffiths	(35)	Pontypridd Athletic Club	45.07	54
396	A. Lewis	(50)	Parc Bryn Bach Runners	45.12	53
397	S. Livingstone	(23)	University of Wales - Swansea	45.17	52
398	G. Richards	(35)	Blaenau Gwent	45.25	51
399	A. Hislop	(50)	Aldershot Farnham and District	45.27	Guest
400	D. Doherty	(60)	3M Gorseinon Road Runners	45.33	50
401	K. Taylor	(55)	Amman Valley Harriers	45.33	49
402	P. Edwards	(45)	Cardiff Amateur Athletic Club	45.35	48
403	R. Newman	(50)	Avon Valley Runners	45.39	47
404	T. O'Sullivan	(55)	Les Croupiers Running Club	45.52	46
405	B. Snowdon	(65)	Cardiff Triathletes	45.52	45
406	M. Smith	(45)	Parc Bryn Bach Runners	45.54	44
407	R. Hughes	(55)	Westbury Harriers	45.59	43
408	L. Wielson		Great Western Runners	46.00	42
409	R. Davies	(55)	Aberdare Valley A. A. C.	46.05	41
410	S. Talbot	(35)	Newport Harriers Athletic Club	46.23	40
411	D. Stallard	(40)	Merthyr Running Club	46.31	39
412	L. Webb		Llanelli Amateur Athletic Club	46.32	38
413	M. Jenkins	(55)	Fairwater Runners	46.34	37
414	A. Quinn-Aziz	(55)	Penarth and Dinas Runners	46.37	36
415	P. Bufton	(45)	Brecon Athletic Club	46.41	35
416	B. Burnett	(40)	Spirit of Monmouth	46.46	34
417	M. Bennett	(65)	Great Western Runners	46.53	33
418	C. Hatfield	(23)	University of Wales - Swansea	46.57	32

419	M. Halsall	(40)	Llanelli Amateur Athletic Club	47.08	31
420	S. Farmer	(55)	Penarth and Dinas Runners	47.13	30
421	N. Drage	(50)	White Rock Runners	47.18	29
422	L. Heslop	(40)	Pegasus Running Club Cardiff	47.21	28
423	E. Lewis	(23)	University of Wales - Swansea	47.32	27
424	S. Merrick	(50)	Swansea Harriers Athletic Club	47.35	26
425	J. Hargreaves	(60)	Great Western Runners	47.43	25
426	H-P. Kiekuth	(50)	Bristol and West Athletic Club	47.51	24
427	P. White		Caldicot Running Club	47.58	23
428	L. Bonifacio	(35)	Llanelli Amateur Athletic Club	48.09	22
429	R. Perons	(50)	Les Croupiers Running Club	48.19	21
430	J. Lewis	(40)	Penarth and Dinas Runners	48.28	20
431	N. Adams	(50)	Penarth and Dinas Runners	48.34	19
432	T. Vaughan	(45)	Parc Bryn Bach Runners	49.13	18
433	P. Tucker	(40)	Les Croupiers Running Club	50.14	17
434	T. Barker	(40)	Les Croupiers Running Club	50.19	16
435	A. Wynne		Islwyn Running Club	50.48	15
436	D. McDonald	(45)	Les Croupiers Running Club	51.02	14
437	S. Girling	(23)	University of the West of England	51.32	13
438	C. Large	(45)	Penarth and Dinas Runners	51.46	12
439	D. Hughes	(50)	Bridgend Athletic Club	52.37	11
440	M. Douglas	(35)	Pontypridd Athletic Club	53.15	10
441	R. Joslin	(45)	Rhondda Valley Runners	53.58	9
442	D. Swift	(50)	Parc Bryn Bach Runners	56.45	8
443	A. Mann	(60)	Les Croupiers Running Club	58.45	7
444	C. Crooks	(60)	Pegasus Running Club Cardiff	62.10	6

Gwent Cross Country League 2017-2018

14 October 2017 : Llandaff Fields, Cardiff

Senior Women (326 Starters)

Pos	Athlete	Club	Time	Pts
1	C. Arter	Cardiff Amateur Athletic Club	19.44	326
2	K. Ingle	(23) Royal Sutton Coldfield	20.40	Guest
3	R. Barnes	(35) Avon Valley Runners	21.00	325
4	N. Cockram	Micky Morris Racing Team	21.14	324
5	F. Scrafton	Westbury Harriers	21.17	323
6	S. Edwards	Swansea Harriers Athletic Club	21.49	322
7	E. Lagomarsino	San Domenico Road Runners Club	21.58	321
8	N. Griffiths	Bristol and West Athletic Club	22.16	320
9	K. Matthews	(40) Chepstow Harriers	22.22	319
10	V. Jackson	Swansea Harriers Athletic Club	22.38	318
11	M. Newberry (ind)	Bristol and West Athletic Club	22.41	317
12	S. Judd	(40) Chelmsford	22.44	Guest
13	E. Brown	Cardiff Amateur Athletic Club	22.45	316
14	C. Treble	(35) Westbury Harriers	22.49	315
15	C. Barnes	(23) Cardiff University Harriers	22.51	314
16	F. Bussell	(35) San Domenico Road Runners Club	22.52	313
17	E. Wookey	Llisbury Runners	22.57	312
18	K. Beecher	(35) Les Croupiers Running Club	22.58	311
19	S. Chipper	(45) Llisbury Runners	23.08	310
20	K. Dicks	Great Western Runners	23.15	309
21	H. Pollak	San Domenico Road Runners Club	23.17	308
22	K. Drew	(23) Cardiff University Harriers	23.18	307
23	H. Marshall	(35) Swansea Harriers Athletic Club	23.21	306
24	R. Davies	Amman Valley Harriers	23.32	305
25	G. Roche-Clark	Bridgend Athletic Club	23.33	304
26	J. Gallagher	(40) North Somerset	23.35	303
27	N. Collin	Llisbury Runners	23.38	302
28	L. Jones	(35) Amman Valley Harriers	23.42	301
29	C. O'Donohoe	Bristol and West Athletic Club	23.43	300
30	K. Hughes	(35) Westbury Harriers	23.43	299
31	J. Belyavin	(35) Bristol and West Athletic Club	23.46	298
32	I. Peck	Bristol and West Athletic Club	23.47	297
33	A. Newton	(23) Cardiff University Harriers	23.54	296
34	S. Everitt	(50) Bristol and West Athletic Club	23.54	295
35	D. Mummary	(23) Bristol and West Athletic Club	24.00	294
36	C. Jolliffe	(50) Bristol and West Athletic Club	24.02	293

37	J. Osborne		Swansea Harriers Athletic Club	24.06	292
38	D. Mingo		Bristol and West Athletic Club	24.08	291
39	H. Oliver		Les Croupiers Running Club	24.11	290
40	C. Evans		Cardiff Amateur Athletic Club	24.15	289
41	J. Skinner	(45)	Swansea Harriers Athletic Club	24.25	288
42	S. Wilder	(35)	San Domenico Road Runners Club	24.27	287
43	G. Prior	(35)	Chepstow Harriers	24.27	286
44	H. Williams		Parc Bryn Bach Runners	24.31	285
45	H. Daniel		Cardiff Amateur Athletic Club	24.32	284
46	B. Francis		Avon Valley Runners	24.32	283
47	K. Hamilton-James	(35)	Westbury Harriers	24.33	282
48	H. Marie-Davies	(40)	Swansea Harriers Athletic Club	24.34	281
49	N. Morgan	(50)	Chepstow Harriers	24.38	280
50	G. Dando	(35)	Bridgend Athletic Club	24.39	279
51	W. Price	(40)	Carmarthen & District Harriers A.C.	24.41	278
52	J. Stevenson	(45)	Westbury Harriers	24.44	277
53	V. Cranston	(35)	Avon Valley Runners	24.57	276
54	M. Chilton		Bristol and West Athletic Club	24.58	275
55	S. Cummins	(23)	Westbury Harriers	25.04	274
56	S. Kirk		Swansea Harriers Athletic Club	25.12	273
57	C. Miles		Run4All Neath	25.16	272
58	H. Roberts		San Domenico Road Runners Club	25.17	271
59	D. Morris		Brecon Athletic Club	25.20	270
60	N. Jukes	(45)	Parc Bryn Bach Runners	25.22	269
61	L. Wade		Great Western Runners	25.22	268
62	C. Jacobs	(40)	Les Croupiers Running Club	25.28	267
63	L. Pankhurst		Bristol and West Athletic Club	25.33	266
64	T. Allen	(55)	Bristol and West Athletic Club	25.33	265
65	T. Robson	(55)	Westbury Harriers	25.33	264
66	L. Jones-Evans	(50)	Carmarthen & District Harriers A.C.	25.35	263
67	L. Bohemen	(45)	Les Croupiers Running Club	25.37	262
68	H. Craven	(35)	Les Croupiers Running Club	25.39	261
69	L. Jeffrey	(45)	Chepstow Harriers	25.39	260
70	A. Dumayn		Llisbury Runners	25.41	259
71	J. Cashell	(40)	Parc Bryn Bach Runners	25.45	258
72	S. Watson	(50)	Les Croupiers Running Club	25.48	257
73	J. Pemble	(35)	Westbury Harriers	25.50	256
74	L. Summers	(50)	Pont-y-Pwl & District Runners	25.55	255
75	A. Goodrick	(23)	Swansea Harriers Athletic Club	26.01	254

76	Z. Dobbs		Penarth and Dinas Runners	26.01	253
77	M. Holmes		Caerleon Running Club	26.07	252
78	K. Hooper	(35)	North Somerset	26.10	251
79	J. Van-Beijnum (ind)	(35)	Les Croupiers Running Club	26.11	250
80	J. Heibrock	(23)	Cardiff University Harriers	26.13	249
81	E. Woodworth	(35)	Westbury Harriers	26.13	248
82	G. Hardman	(45)	Bridgend Athletic Club	26.15	247
83	A. Evans	(60)	Merthyr Running Club	26.18	246
84	C. Tailby	(45)	Penarth and Dinas Runners	26.19	245
85	T. Chick	(35)	Westbury Harriers	26.19	244
86	M. Anthony	(50)	Taf Running & Orienteering Teams	26.21	243
87	A. Smith		Great Western Runners	26.22	242
88	K. Wall	(35)	Islwyn Running Club	26.22	241
89	E. Jolliffe		Bristol and West Athletic Club	26.23	240
90	L. May		Pontypridd Athletic Club	26.24	239
91	K-L. Jones	(45)	Parc Bryn Bach Runners	26.24	238
92	A. Kenny	(35)	Les Croupiers Running Club	26.24	237
93	R. Giancola	(23)	Cardiff University Harriers	26.25	236
94	J. Oakley	(50)	Vegan Runners	26.28	Guest
95	J. Morgan-Rolfe	(45)	Pont-y-Pwl & District Runners	26.30	235
96	M. Anthony	(50)	Chepstow Harriers	26.32	234
97	E. Davies	(23)	University of the West of England	26.33	233
98	B. Cantrell	(23)	Cardiff University Harriers	26.34	232
99	A. Lyons		Les Croupiers Running Club	26.35	231
100	S. Flynn		White Rock Runners	26.35	230
101	B. Hockett		Westbury Harriers	26.40	229
102	C. Rees	(45)	Les Croupiers Running Club	26.40	228
103	R. Mushens	(50)	Bristol and West Athletic Club	26.43	227
104	S. Lauder	(35)	Lliswerry Runners	26.44	226
105	R. Evans	(35)	Islwyn Running Club	26.46	225
106	H. Like		Pont-y-Pwl & District Runners	26.48	224
107	E. Ferguson	(35)	Pontypridd Athletic Club	26.49	223
108	F. Cockley	(40)	Bristol and West Athletic Club	26.52	222
109	H. Pretty		Cardiff Amateur Athletic Club	26.54	221
110	R. Matthews	(40)	Cardiff Amateur Athletic Club	26.56	220
111	C. Mills	(35)	Great Western Runners	26.58	219
112	K. Prior	(35)	Wells City Harriers	26.59	218
113	V. Jones	(40)	Aberdare Valley A. A. C.	26.59	217
114	R. Foley		Parc Bryn Bach Runners	27.00	216

115	N. Oldroyd		Bristol and West Athletic Club	27.03	215
116	S. Newell	(45)	Parc Bryn Bach Runners	27.07	214
117	M. Morris	(40)	Port Talbot Harriers & A. C.	27.09	213
118	H. Newman	(23)	Avon Valley Runners	27.14	212
119	M. Poulson		San Domenico Road Runners Club	27.14	211
120	K. Sutcliffe		Great Western Runners	27.14	210
121	C. Williams-Ford	ind (40)	Llanelli Amateur Athletic Club	27.14	209
122	R. Bowen	(35)	Lliswerry Runners	27.17	208
123	A. Gooder	(50)	Bristol and West Athletic Club	27.18	207
124	L. Cleary	(50)	Penarth and Dinas Runners	27.21	206
125	L. Johnston		Great Western Runners	27.21	205
126	L. Hunt	(35)	Penarth and Dinas Runners	27.21	204
127	J. Bennett	(23)	University of Wales - Swansea	27.22	203
128	A. Osborne	(35)	Westbury Harriers	27.22	202
129	A. Ferguson		Aberdare Valley A. A. C.	27.24	201
130	N. Brocklebank	(45)	Swansea Harriers Athletic Club	27.25	200
131	R. Cann	(35)	Penarth and Dinas Runners	27.26	199
132	R. Evans	(45)	Run4All Neath	27.32	198
133	R. Newton		Cardiff Triathletes	27.33	197
134	J. Morris	(45)	Chepstow Harriers	27.33	196
135	M. Wright	(35)	Lliswerry Runners	27.35	195
136	S. Coote (ind)	(35)	Parc Bryn Bach Runners	27.38	194
137	S. McCarthy	(45)	Les Croupiers Running Club	27.39	193
138	C. Hibberd	(23)	Cardiff University Harriers	27.44	192
139	K. Luff		Caldicot Running Club	27.47	191
140	L. Woodland	(55)	Port Talbot Harriers & A. C.	27.48	190
141	C. Eskell	(45)	Westbury Harriers	27.50	189
142	A-M. Harris	(45)	Pont-y-Pwl & District Runners	27.50	188
143	R. Jenkins	(35)	Cardiff Triathletes	27.51	187
144	L. Evans	(45)	Les Croupiers Running Club	27.51	186
145	S. Thorne	(35)	Westbury Harriers	27.54	185
146	J. Scholey	(55)	Les Croupiers Running Club	27.55	184
147	V. Belcher		Newport Harriers Athletic Club	27.57	183
148	A. Hurman	(50)	Penarth and Dinas Runners	28.00	182
149	S. Bowes	(40)	Les Croupiers Running Club	28.01	181
150	H. Clarke	(40)	Bristol and West Athletic Club	28.03	180
151	S. Jeremiah	(40)	Parc Bryn Bach Runners	28.14	179
152	C. Griffiths	(45)	Merthyr Running Club	28.18	178
153	S. Robbins	(23)	Cardiff University Harriers	28.20	177

154	E. Bradbrook	(35)	Westbury Harriers	28.23	176
155	J. Martin	(35)	Les Croupiers Running Club	28.24	175
156	B. Ford		Pontypridd Athletic Club	28.26	174
157	J. Shah	(45)	Women Running Penarth	28.31	173
158	S. Jeddi	(40)	Avon Valley Runners	28.34	172
159	J. Jenkins	(55)	Fairwater Runners	28.34	171
160	F. Davies	(55)	Pontypridd Athletic Club	28.36	170
161	M. Pearce	(45)	Parc Bryn Bach Runners	28.39	169
162	R. Deards	(45)	Les Croupiers Running Club	28.40	168
163	A. Hurford	(55)	Bristol and West Athletic Club	28.43	167
164	G. Hewitt	(35)	Forest of Dean Athletic Club	28.44	166
165	C. Bates		Penarth and Dinas Runners	28.45	165
166	K. McDonald		Women Running Penarth	28.46	164
167	S. Phillips	(55)	Swansea Harriers Athletic Club	28.47	163
168	A. Bull	(55)	Westbury Harriers	28.48	162
169	S. Hume	(65)	Westbury Harriers	28.58	161
170	E. Tracy		Caldicot Running Club	29.05	160
171	M. Gouveia	(35)	San Domenico Road Runners Club	29.07	159
172	G. Newbould		Women Running Penarth	29.10	158
173	L. Hockey	(35)	White Rock Runners	29.11	157
174	M. Amblin	(40)	Les Croupiers Running Club	29.12	156
175	L. Evans	(45)	Bristol and West Athletic Club	29.13	155
176	G. Green	(45)	Les Croupiers Running Club	29.14	154
177	H. Sawyer	(45)	Westbury Harriers	29.16	153
178	H. Speliman	(23)	Cardiff University Harriers	29.18	152
179	B. Wynne-Jones		White Rock Runners	29.22	151
180	J. Ash	(40)	Les Croupiers Running Club	29.25	150
181	M. Moss		Bristol and West Athletic Club	29.26	149
182	S. Sofaza	(45)	Westbury Harriers	29.28	148
183	L. Rees-James	(35)	Llanelli Amateur Athletic Club	29.28	147
184	B. Apglyn		Penarth and Dinas Runners	29.31	146
185	Y. Bullen	(50)	Les Croupiers Running Club	29.42	145
186	N. Sinclair	(40)	Lliswerry Runners	29.49	144
187	H. Anstey	(45)	Bristol and West Athletic Club	29.52	143
188	S. Woods (ind)	(55)	Parc Bryn Bach Runners	29.52	142
189	H. Griffiths	(35)	Penarth and Dinas Runners	29.56	141
190	K. Parker	(35)	Carmarthen & District Harriers A.C.	29.57	140
191	A. Saxena	(60)	Newport Harriers Athletic Club	30.00	139
192	R. Kennedy	(45)	Lliswerry Runners	30.03	138

193	H. Withers	(40)	San Domenico Road Runners Club	30.04	137
194	F. Lang	(35)	Great Western Runners	30.06	136
195	L. Crockett	(50)	Chepstow Harriers	30.10	135
196	H. Coburn	(35)	Bridgend Athletic Club	30.14	134
197	C. Burren	(50)	Bristol and West Athletic Club	30.18	133
198	C. Sullivan	(35)	Parc Bryn Bach Runners	30.22	132
199	A. Helsing	(50)	Penarth and Dinas Runners	30.23	131
200	T. Quinn	(45)	Cardiff Triathletes	30.26	130
201	B. Swift	(40)	Parc Bryn Bach Runners	30.28	129
202	N. Kelly	(23)	University of Wales - Swansea	30.28	128
203	C. Dallimore	(60)	Les Croupiers Running Club	30.31	127
204	L. Higgins		Brecon Athletic Club	30.36	126
205	J. Toy	(50)	Merthyr Running Club	30.36	125
206	B. Bradbury-Jones	(45)	Fairwater Runners	30.42	124
207	C. James		3M Gorseinon Road Runners	30.48	123
208	J. Lewis	(45)	Fairwater Runners	30.49	122
209	L. Davies		Bridgend Athletic Club	30.52	121
210	A. Sullivan	(40)	3M Gorseinon Road Runners	30.52	120
211	L. Park	(55)	Forest of Dean Athletic Club	30.52	119
212	A. James	(65)	Les Croupiers Running Club	30.56	118
213	G. Sheppard	(40)	Lliswerry Runners	31.02	117
214	N. Davies	(45)	White Rock Runners	31.07	116
215	S. Hunting	(23)	Cardiff University Harriers	31.07	115
216	L. Phillips	(35)	Westbury Harriers	31.08	114
217	C. Bunny	(45)	Aberdare Valley A. A. C.	31.10	113
218	M. Barrington	(50)	Penarth and Dinas Runners	31.11	112
219	L. Wilmot	(45)	Bristol and West Athletic Club	31.13	111
220	D. Jones	(35)	Parc Bryn Bach Runners	31.17	110
221	D. Rayner		Penarth and Dinas Runners	31.19	109
222	M. Palmer	(65)	Westbury Harriers	31.22	108
223	F. Martin	(35)	Les Croupiers Running Club	31.24	107
224	E. Thompson	(23)	Cardiff University Harriers	31.26	106
225	H. Ford		San Domenico Road Runners Club	31.27	105
226	Y. Williams	(60)	Penarth and Dinas Runners	31.27	104
227	J. Green	(60)	Forest of Dean Athletic Club	31.30	103
228	S. Warner	(35)	Cardiff Triathletes	31.33	102
229	C. Frank-Schultz	(23)	Cardiff University Harriers	31.37	101
230	B. Jones	(23)	University of the West of England	31.44	100
231	R. Bristow	(40)	Pegasus Running Club Cardiff	31.47	99

232	L. Kirby	(50)	Parc Bryn Bach Runners	31.56	98
233	I. Goodridge	(23)	Brecon Athletic Club	31.58	97
234	N. Sage	(45)	Les Croupiers Running Club	31.59	96
235	M. Monk	(65)	Parc Bryn Bach Runners	32.01	95
236	J. Holmes	(35)	Pontypridd Athletic Club	32.03	94
237	S. Howman	(55)	Penarth and Dinas Runners	32.07	93
238	E. Spuffard		Caldicot Running Club	32.09	92
239	R. Davies	(40)	Parc Bryn Bach Runners	32.13	91
240	C. Fee	(35)	Westbury Harriers	32.20	90
241	L. Evans	(45)	Women Running Penarth	32.23	89
242	G. Recks		Caldicot Running Club	32.24	88
243	E. Sams		Parc Bryn Bach Runners	32.25	87
244	G. Smith	(50)	3M Gorseinon Road Runners	32.25	86
245	C. Kiekuth	(50)	Bristol and West Athletic Club	32.26	85
246	T. Miranda	(45)	Penarth and Dinas Runners	32.27	84
247	S. Gould	(35)	Westbury Harriers	32.32	83
248	A. Premier		Women Running Penarth	32.33	82
249	J. Ward	(45)	Women Running Penarth	32.39	81
250	C. Le-Peltier	(23)	Cardiff University Harriers	32.40	80
251	R. Roberts	(35)	Cardiff Triathletes	32.52	79
252	E. Noonan	(55)	Westbury Harriers	32.58	78
253	L. Phillips	(45)	Lliswerry Runners	33.02	77
254	F. Williams	(50)	San Domenico Road Runners Club	33.06	76
255	K. Jervis		Aberdare Valley A. A. C.	33.11	75
256	E. Arwyn	(60)	Les Croupiers Running Club	33.19	74
257	R. Davies	(65)	Great Western Runners	33.22	73
258	R. Higginson	(35)	Les Croupiers Running Club	33.26	72
259	E. Williams		Blaenau Gwent	33.30	71
260	N. Fry	(40)	Les Croupiers Running Club	33.35	70
261	E. Champion	(23)	Cardiff University Harriers	33.37	69
262	L. Denton	(55)	Les Croupiers Running Club	33.40	68
263	R. Robertson	(45)	San Domenico Road Runners Club	33.42	67
264	P. Grantham	(50)	Lliswerry Runners	33.50	66
265	C. Davies		White Rock Runners	33.51	65
266	C. Bell	(50)	Les Croupiers Running Club	33.52	64
267	L. Ellis	(55)	Women Running Penarth	33.55	63
268	L. Sullivan	(45)	Women Running Penarth	33.55	62
269	L. Adams	(40)	Forest of Dean Athletic Club	34.01	61
270	R. Havers		Chepstow Harriers	34.01	60

271	K. Crofts	(35)	Les Croupiers Running Club	34.05	59
272	C. Jones	(45)	Women Running Penarth	34.07	58
273	H. Hopes		Les Croupiers Running Club	34.13	57
274	S. Court	(45)	Parc Bryn Bach Runners	34.16	56
275	V. Clare	(60)	Llisbury Runners	34.19	55
276	K. Binfield	(55)	Women Running Penarth	34.25	54
277	S. Pope	(45)	Women Running Penarth	34.25	53
278	S. Ashton	(60)	Chepstow Harriers	34.27	52
279	G. Edwards	(50)	Les Croupiers Running Club	34.33	51
280	K. Jervis	(60)	Parc Bryn Bach Runners	34.40	50
281	L. Roberts	(45)	Les Croupiers Running Club	34.41	49
282	B. Kronemann	(23)	University of Wales - Swansea	34.44	48
283	J. Bayliss	(65)	Chepstow Harriers	34.58	47
284	E. Page	(45)	Sarn Helen Orienteering & R. C.	35.02	46
285	A. Thomas		Parc Bryn Bach Runners	35.02	45
286	N. Derrick	(45)	Westbury Harriers	35.11	44
287	S. Jenkins	(60)	Sarn Helen Orienteering & R. C.	35.27	43
288	R. Davies	(55)	Women Running Penarth	35.28	42
289	A-M. Littlestone	(45)	Les Croupiers Running Club	35.46	41
290	E. Randall	(35)	Les Croupiers Running Club	35.51	40
291	K. Chadwell	(45)	Les Croupiers Running Club	35.55	39
292	S. Ball		Guest	35.55	Guest
293	A. Jack		Cardiff Triathletes	35.56	38
294	T. Campbell		White Rock Runners	36.12	37
295	T. Brunt	(35)	Women Running Penarth	36.18	36
296	A. Taylor		Les Croupiers Running Club	36.19	35
297	N. Ellen		Caldicot Running Club	36.20	34
298	V. Sloan	(35)	Westbury Harriers	36.25	33
299	J. Maragna	(60)	Penarth and Dinas Runners	36.34	32
300	R. Durant	(23)	University of Wales - Swansea	37.03	31
301	P. Parr	(65)	Great Western Runners	37.09	30
302	H. Pearson	(23)	Cardiff University Harriers	37.21	29
303	L. Coombes	(40)	Les Croupiers Running Club	37.24	28
304	M. Zacharias		Les Croupiers Running Club	37.50	27
305	Y. Davies	(40)	Taf Running & Orienteering Teams	37.52	26
306	R. Browne	(45)	Les Croupiers Running Club	38.13	25
307	A. Giles		Les Croupiers Running Club	39.12	24
308	J. Pemberton	(45)	Women Running Penarth	39.18	23
309	C. Johnson	(70)	Les Croupiers Running Club	39.23	22

310	M. Rowson	(65)	Les Croupiers Running Club	39.36	21
311	J. Herbert		Pontypridd Athletic Club	39.54	20
312	C. George	(45)	Les Croupiers Running Club	40.08	19
313	E. Smith		Parc Bryn Bach Runners	40.13	18
314	H. Pugh	(35)	Pontypridd Athletic Club	40.43	17
315	L. Pinney	(35)	Pontypridd Athletic Club	40.46	16
316	E. Beggs		White Rock Runners	41.26	15
317	M. Jenkins-Belohorsk		Parc Bryn Bach Runners	41.29	14
318	S. Boothby		Pontypridd Athletic Club	41.29	13
319	S. Williams	(45)	Fairwater Runners	41.37	12
320	J. Smith	(45)	Les Croupiers Running Club	41.40	11
321	A. Thompson	(55)	Les Croupiers Running Club	42.03	10
322	K. McGowan		Les Croupiers Running Club	42.04	9
323	H. Hubback	(45)	Les Croupiers Running Club	42.30	8
324	R. Reffell		Les Croupiers Running Club	43.18	7
325	L-A. Guerin	(40)	Les Croupiers Running Club	43.25	6
326	G. Aldridge		Les Croupiers Running Club	43.26	5