

# Gwent Cross Country League 2016-2017

## 4 March 2017 : Pembrey Country Park

### Senior Women ( 170 Starters )

Pos	Athlete	Club	Time	Pts
1	C. Evans	Pontypridd Athletic Club	23.06	170
2	H. Brooks	Cardiff Metropolitan University	23.11	169
3	C. Hughes	Cardiff Amateur Athletic Club	23.41	168
4	L. Marland	Cardiff Amateur Athletic Club	23.56	167
5	K. Roberts	Swansea Harriers Athletic Club	24.01	166
6	M. McBrien	(23) Cardiff University Harriers	24.13	165
7	H. Sharpe	(35) Bristol and West Athletic Club	24.34	164
8	E. Journeaux	(23) Westbury Harriers	25.04	163
9	F. Bussell	(35) San Domenico Road Runners Club	25.05	162
10	K. Beecher	(35) Les Croupiers Running Club	25.13	161
11	L. Cooper	(23) Parc Bryn Bach Runners	25.15	160
12	S. Everitt	(50) Bristol and West Athletic Club	25.31	159
13	L. Jones	(35) Amman Valley Harriers	25.44	158
14	C. Jolliffe	(50) Bristol and West Athletic Club	25.48	157
15	L. Hennessy	(35) Cardiff Amateur Athletic Club	25.50	156
16	L. Tremlett (ind)	(35) Carmarthen & District Harriers A.C.	25.52	155
17	K. Hughes	(35) Westbury Harriers	25.58	154
18	C. Bruce	(35) Les Croupiers Running Club	26.08	153
19	N. Collin	Llisbury Runners	26.15	152
20	H. Marshall	(35) Swansea Harriers Athletic Club	26.20	151
21	S. Wilder	(35) San Domenico Road Runners Club	26.27	150
22	S. Voller	(35) Westbury Harriers	26.28	149
23	N. Gething	(45) Parc Bryn Bach Runners	26.34	148
24	S. Chipper	(45) Llisbury Runners	26.38	147
25	N. Morgan	(50) Chepstow Harriers	26.51	146
26	I. Craner	(23) Bristol and West Athletic Club	27.09	145
27	K. Hamilton-James	(35) Westbury Harriers	27.11	144
28	C. Peers	(23) Cardiff University Harriers	27.17	143

29	L. Wathan	(35)	Brecon Athletic Club	27.19	142
30	R. Giancola	(23)	Cardiff University Harriers	27.23	141
31	L. Jeffrey	(45)	Chepstow Harriers	27.31	140
32	S. Toop	(35)	Pont-y-Pwl & District Runners	27.43	139
33	H. Roberts		San Domenico Road Runners Club	27.52	138
34	L. Griffin	(35)	Pont-y-Pwl & District Runners	27.54	137
35	D. Phillips		Parc Bryn Bach Runners	27.57	136
36	J. Pemble	(35)	Westbury Harriers	27.59	135
37	R. Lewis	(40)	Parc Bryn Bach Runners	28.02	134
38	E. Woodworth	(35)	Westbury Harriers	28.04	133
39	R. Miller	(23)	University of Wales - Swansea	28.06	132
40	L. Jones-Evans	(45)	Carmarthen & District Harriers A.C.	28.11	131
41	S. Watson	(50)	Les Croupiers Running Club	28.15	130
42	G. Walton	(23)	Cardiff Metropolitan University	28.17	129
43	E. Jolliffe		Bristol and West Athletic Club	28.20	128
44	M. Anthony	(50)	Chepstow Harriers	28.23	127
45	M. Watson	(50)	Taf Running & Orienteering Teams	28.27	Guest
46	K-L. Jones	(45)	Llisbury Runners	28.28	126
47	J. Edwards	(45)	Pontypridd Athletic Club	28.29	125
48	K. Badoo	(23)	Cardiff University Harriers	28.38	124
49	Z. Carrington	(23)	Cardiff University Harriers	28.39	123
50	A. Goodrick-Latham	(23)	University of Wales - Swansea	28.42	122
51	J. Cashell	(40)	Parc Bryn Bach Runners	28.51	121
52	L. Erickson	(40)	Pont-y-Pwl & District Runners	28.51	120
53	H. Jones	(23)	Cardiff Metropolitan University	28.52	119
54	C. Mills	(35)	Great Western Runners	28.53	118
55	L. Sartain		Avon Valley Runners	28.55	117
56	H. Craven	(35)	Les Croupiers Running Club	29.01	116
57	C. Tailby	(45)	Penarth and Dinas Runners	29.05	115
58	C. Evans	(23)	Cardiff University Harriers	29.08	114
59	T. Chick	(35)	Westbury Harriers	29.19	113
60	J. Stevenson	(45)	Westbury Harriers	29.31	112
61	R. Wallace	(23)	University of Wales - Swansea	29.32	111
62	L. Eynon	(55)	Taf Running & Orienteering Teams	29.38	Guest
63	H. Passant	(45)	Les Croupiers Running Club	29.40	110
64	S. Coote	(35)	Pont-y-Pwl & District Runners	29.50	109
65	L. Ford		Pont-y-Pwl & District Runners	29.50	108
66	M. Hobbs	(45)	Westbury Harriers	29.51	107
67	H. Newman	(23)	Avon Valley Runners	30.06	106

68	J. Scholey	(55)	Les Croupiers Running Club	30.08	105
69	L. Woodland	(55)	Port Talbot Harriers & A. C.	30.14	104
70	A. Hurman	(50)	Penarth and Dinas Runners	30.18	103
71	K. Sage		Caldicot Running Club	30.23	102
72	J. Morris	(45)	Chepstow Harriers	30.25	101
73	C. Curtin		White Rock Runners	30.26	100
74	J. Shah	(45)	Women Running Penarth	30.29	99
75	S. Robbins	(23)	Cardiff University Harriers	30.32	98
76	M. Morris	(40)	Port Talbot Harriers & A. C.	30.34	97
77	L. Burvill	(45)	Les Croupiers Running Club	30.41	96
78	S. Hall	(45)	Forest of Dean Athletic Club	30.42	95
79	G. Newbould		Women Running Penarth	30.45	94
80	C. Watt	(50)	Thornbury Running Club	30.46	93
81	R. Pearce	(23)	Cardiff University Harriers	30.48	92
82	E. Barrett	(40)	Chepstow Harriers	30.50	91
83	L. James	(35)	Llanelli Amateur Athletic Club	30.57	90
84	S. Jeddi	(55)	Avon Valley Runners	31.01	89
85	L. Fraser		University of the West of England	31.02	88
86	K. Luff		Caldicot Running Club	31.04	87
87	C. James		3M Gorseinon Road Runners	31.13	86
88	A. Hurford	(55)	Bristol and West Athletic Club	31.16	85
89	H. Spelman	(23)	Cardiff University Harriers	31.20	84
90	I. Goodridge		Brecon Athletic Club	31.23	83
91	E. Bundle	(23)	University of Wales - Swansea	31.25	82
92	C. Frank-Schultz	(23)	Cardiff University Harriers	31.29	81
93	B. Jarrett		Caldicot Running Club	31.35	80
94	J. Jenkins	(55)	Fairwater Runners	31.40	79
95	R. Griffin	(40)	Parc Bryn Bach Runners	31.41	78
96	K. Collins	(35)	Parc Bryn Bach Runners	31.42	77
97	E. Phillips		Lliswerry Runners	31.43	76
98	E. Withers	(45)	Bristol and West Athletic Club	31.43	75
99	R. Deards	(45)	Les Croupiers Running Club	31.45	74
100	L. Griffiths	(35)	Les Croupiers Running Club	31.49	73
101	A. Bull	(55)	Westbury Harriers	31.55	72
102	G. Sheppard	(40)	Lliswerry Runners	32.03	71
103	E. Campion	(23)	Cardiff University Harriers	32.05	70
104	S. Jones	(23)	Cardiff University Harriers	32.08	69
105	L. Sharpe		3M Gorseinon Road Runners	32.16	68
106	S. Woods	(55)	Pont-y-Pwl & District Runners	32.21	67

107	Y. Bullen	(50)	Les Croupiers Running Club	32.34	66
108	K. Price	(35)	Parc Bryn Bach Runners	32.50	65
109	H. Jackson	(40)	Parc Bryn Bach Runners	32.57	64
110	J. Ash	(40)	Les Croupiers Running Club	33.15	63
111	K. Jones		Caldicot Running Club	33.22	62
112	M. Baker	(23)	Newport Harriers Athletic Club	33.24	61
113	L. Hire		Parc Bryn Bach Runners	33.34	60
114	C. Sullivan		Parc Bryn Bach Runners	33.47	59
115	G. Edwards	(45)	Carmarthen & District Harriers A.C.	34.05	58
116	G. Smith	(50)	3M Gorseinon Road Runners	34.08	57
117	Y. Williams	(60)	Penarth and Dinas Runners	34.14	56
118	S. Jones	(45)	Westbury Harriers	34.28	55
119	L. Phillips	(40)	Lliswerry Runners	34.28	54
120	H. Withers	(40)	San Domenico Road Runners Club	34.35	53
121	D. Jones	(35)	Parc Bryn Bach Runners	34.40	52
122	A. Helsing	(50)	Penarth and Dinas Runners	34.59	51
123	M. Palmer	(65)	Westbury Harriers	35.03	50
124	A. Bushell	(45)	Thornbury Running Club	35.04	49
125	L. Roberts	(40)	Les Croupiers Running Club	35.07	48
126	A. Hall (ind)		Cardiff Amateur Athletic Club	35.10	47
127	M. Monk	(65)	Parc Bryn Bach Runners	35.23	46
128	C. Kiekuth	(45)	Bristol and West Athletic Club	35.34	45
129	K. McCormack	(23)	Cardiff University Harriers	35.40	44
130	J. Ward	(45)	Women Running Penarth	35.44	43
131	K. Jervis	(55)	Parc Bryn Bach Runners	35.48	42
132	L. Sullivan	(45)	Women Running Penarth	35.53	41
133	S. Angell		White Rock Runners	36.04	40
134	S. Howman	(55)	Penarth and Dinas Runners	36.07	39
135	P. Luff		Caldicot Running Club	36.07	38
136	C. Caswell	(35)	Parc Bryn Bach Runners	36.28	37
137	B. Collins		White Rock Runners	36.34	36
138	E. Noonan	(55)	Westbury Harriers	36.37	35
139	Z. Elver	(45)	Pont-y-Pwl & District Runners	37.04	34
140	E. Seow		Les Croupiers Running Club	37.15	33
141	K. Chadwell	(45)	Les Croupiers Running Club	37.24	32
142	V. Clare	(55)	Lliswerry Runners	37.37	31
143	M. Phillips		Lliswerry Runners	38.15	30
144	E. Arwyn	(60)	Les Croupiers Running Club	38.19	29
145	E. Preece		White Rock Runners	38.24	28

146	M. Roberts	(23)	University of the West of England	38.39	27
147	S. Standerwick	(40)	Parc Bryn Bach Runners	38.45	26
148	H. Pearson	(23)	Cardiff University Harriers	38.54	25
149	S. Perons	(55)	Les Croupiers Running Club	39.05	24
150	K. Binfield	(55)	Women Running Penarth	40.09	23
151	K. Nellins	(55)	Women Running Penarth	40.15	22
152	P. Parr	(65)	Great Western Runners	40.36	21
153	K. Minto	(55)	White Rock Runners	40.41	20
154	A. Thomas		Parc Bryn Bach Runners	41.06	19
155	S. Markey		Caldicot Running Club	41.10	18
156	J. Maragna	(60)	Penarth and Dinas Runners	41.27	17
157	T. Newman	(45)	Les Croupiers Running Club	42.04	16
158	V. Jeffs		Pont-y-Pwl & District Runners	42.09	15
159	J. Herbert	(35)	Pontypridd Athletic Club	42.15	14
160	S. Bailey-Gard	(55)	Westbury Harriers	42.17	13
161	C. Johnson	(70)	Les Croupiers Running Club	42.24	12
162	A. Thompson	(55)	Les Croupiers Running Club	44.36	11
163	P. Thomas	(70)	Taf Running & Orienteering Teams	45.24	Guest

## Gwent Cross Country League 2016-2017

### 4 March 2017 : Pembrey Country Park

#### Senior Men ( 216 Starters )

Pos	Athlete		Club	Time	Pts
1	C. Jones	(35)	Cardiff Amateur Athletic Club	30.41	216
2	A. Bull	(23)	Aberdare Valley A. A. C.	31.07	215
3	C. Joslin-Allen	(23)	Cardiff Metropolitan University	31.36	214
4	O. Williams		Les Croupiers Running Club	31.49	213
5	C. McMillan		Weston Athletic Club	31.57	212
6	M. Towler		Avon Valley Runners	32.09	211

7	R. Ayling		Avon Valley Runners	32.23	210
8	P. Graham		Pontypridd Athletic Club	32.32	209
9	M. Bialogonski		Bristol and West Athletic Club	32.44	208
10	C. Lewis	(23)	Cardiff Amateur Athletic Club	33.06	207
11	B. Butler-Madden	(35)	Penarth and Dinas Runners	33.13	206
12	M. Evans		Aberdare Valley A. A. C.	33.17	205
13	A. Glover	(40)	Westbury Harriers	33.47	204
14	W. Davidson	(23)	Bristol and West Athletic Club	33.51	203
15	H. Sly	(35)	Bristol and West Athletic Club	33.58	202
16	C. Pristavec		Les Croupiers Running Club	34.07	201
17	D. Triggs		Neath Harriers	34.13	200
18	L. Winfield-Young		Cardiff University Harriers	34.14	199
19	D. Nicholls	(35)	Les Croupiers Running Club	34.17	198
20	A. Hamblin	(23)	Westbury Harriers	34.20	197
21	B. Hayton		Pontypridd Athletic Club	34.26	196
22	D. Gardner	(23)	Cardiff Metropolitan University	34.28	195
23	M. Gaunt	(23)	Cardiff University Harriers	34.33	194
24	M. Pfeiffer	(50)	Brecon Athletic Club	34.36	193
25	L. Aherne	(50)	Parc Bryn Bach Runners	34.37	192
26	M. Hurford	(40)	Les Croupiers Running Club	34.38	191
27	P. Ryder	(35)	Aberdare Valley A. A. C.	34.40	190
28	F. Van Arkel	(23)	Cardiff University Harriers	34.44	189
29	R. Dando	(35)	Bridgend Athletic Club	34.47	188
30	L. Tudor-Maisey	(40)	Les Croupiers Running Club	34.51	187
31	R. Jackson-Hookins	(35)	Penarth and Dinas Runners	34.59	186
32	N. Hardee	(50)	Newport Harriers Athletic Club	35.02	185
33	M. Norton		Llisbury Runners	35.07	184
34	H. Wright	(35)	White Rock Runners	35.23	183
35	C. Walker	(23)	Cardiff Amateur Athletic Club	35.32	182
36	V. Edwards	(35)	Cardiff Harlequins	35.38	181
37	S. Bartlett	(45)	Pontypridd Athletic Club	35.46	180
38	G. Powell		White Rock Runners	35.51	179
39	M. Flear		Llanelli Amateur Athletic Club	35.55	178
40	N. Lewis		White Rock Runners	36.01	177
41	N. Smart	(45)	Westbury Harriers	36.04	176
42	I. Owen	(35)	San Domenico Road Runners Club	36.05	175
43	R. Lloyd	(35)	Aberdare Valley A. A. C.	36.07	174
44	P. Slade	(40)	Avon Valley Runners	36.09	173
45	J. Hobbs		Avon Valley Runners	36.15	172

46	R. Whitehouse	(50)	Neath Harriers	36.19	171
47	C. Scott	(23)	Cardiff University Harriers	36.21	170
48	J. Best	(23)	Cardiff University Harriers	36.22	169
49	P. Cook	(45)	Les Croupiers Running Club	36.27	168
50	C. Jenkins	(35)	Neath Harriers	36.34	167
51	L. Spencer	(23)	Aberdare Valley A. A. C.	36.37	166
52	A. Lewis	(45)	Aberdare Valley A. A. C.	36.40	165
53	G. Stuokus		Les Croupiers Running Club	36.49	164
54	R. Phillips	(40)	Westbury Harriers	36.53	163
55	J. Belcher	(40)	Lliswerry Runners	36.56	162
56	J. Craven	(35)	Les Croupiers Running Club	37.01	161
57	A. Lee	(40)	Pont-y-Pwl & District Runners	37.08	160
58	S. Mathers		Parc Bryn Bach Runners	37.10	159
59	J. Southwood	(23)	University of the West of England	37.12	158
60	J. Phillips	(35)	Pontypridd Athletic Club	37.15	157
61	M. Hughes-Dowdle	(50)	Swansea Harriers Athletic Club	37.16	156
62	R. Noble	(45)	Westbury Harriers	37.17	155
63	A. Fox	(35)	White Rock Runners	37.18	154
64	R. Griffiths		Caldicot Running Club	37.21	153
65	P. Williams	(35)	Pontypridd Athletic Club	37.27	152
66	D. Williams	(50)	Parc Bryn Bach Runners	37.28	151
67	A. Care		San Domenico Road Runners Club	37.30	150
68	R. Wilder	(40)	San Domenico Road Runners Club	37.31	149
69	T. Spencer		Aberdare Valley A. A. C.	37.32	148
70	D. Williams	(40)	Brecon Athletic Club	37.35	147
71	M. Gleeson	(40)	Swansea Harriers Athletic Club	37.37	146
72	M. Torode	(23)	Cardiff University Harriers	37.38	145
73	K. James	(35)	Pontypridd Athletic Club	37.44	144
74	V. Nazareth	(55)	Les Croupiers Running Club	37.48	143
75	T. Hearsey	(23)	University of Wales - Swansea	37.50	142
76	S. Olingschaeger	(23)	University of the West of England	37.51	141
77	L. Williams		San Domenico Road Runners Club	37.57	140
78	B. Jones (ind)		Pontypridd Athletic Club	38.00	139
79	P. Sowerby	(50)	Brecon Athletic Club	38.01	138
80	A. Jones	(35)	Penarth and Dinas Runners	38.02	137
81	R. Bullen	(55)	Les Croupiers Running Club	38.03	136
82	P. Crane	(55)	Neath Harriers	38.08	135
83	K. Ham	(55)	Westbury Harriers	38.09	134
84	D. Jones	(40)	Cardiff Harlequins	38.25	133

85	R. Clarke		Caldicot Running Club	38.27	132
86	A. Davies	(35)	Taf Running & Orienteering Teams	38.30	Guest
87	K. Plank	(45)	San Domenico Road Runners Club	38.37	131
88	A. Bannon		San Domenico Road Runners Club	38.43	130
89	N. Reeks		Caldicot Running Club	38.48	129
90	P. Boorman	(45)	Lliswerry Runners	38.51	128
91	S. Evans	(40)	Llanelli Amateur Athletic Club	39.01	127
92	G. Hunt		Great Western Runners	39.04	126
93	J. Bruce	(40)	Les Croupiers Running Club	39.10	125
94	D. Davies	(60)	Brecon Athletic Club	39.14	124
95	E. Paton	(45)	Westbury Harriers	39.17	123
96	R. Davies	(45)	Lliswerry Runners	39.19	122
97	L. Walters	(40)	Aberdare Valley A. A. C.	39.23	121
98	S. Carter	(45)	Parc Bryn Bach Runners	39.25	120
99	P. Dodd	(55)	Chepstow Harriers	39.33	119
100	D. Coles	(55)	Les Croupiers Running Club	39.37	118
101	P. Osborne	(55)	Llanelli Amateur Athletic Club	39.43	117
102	D. Cook	(35)	Parc Bryn Bach Runners	39.44	116
103	H. Davis	(40)	Great Western Runners	39.46	115
104	C. Harris	(23)	Cardiff Metropolitan University	39.55	114
105	K. Seville	(40)	Newport Harriers Athletic Club	39.58	113
106	R. Cronin	(23)	University of the West of England	40.01	112
107	J. Corkery	(23)	Cardiff Metropolitan University	40.02	111
108	J. Jones	(35)	Swansea Harriers Athletic Club	40.02	110
109	B. Evans	(45)	Spirit of Monmouth	40.04	109
110	P. Chan	(50)	Great Western Runners	40.08	108
111	M. Hopkins	(35)	Les Croupiers Running Club	40.12	107
112	E. Lepore	(60)	Les Croupiers Running Club	40.13	106
113	L. Carter	(55)	Chepstow Harriers	40.19	105
114	B. Gould		Great Western Runners	40.30	104
115	M. Jones		Caldicot Running Club	40.36	103
116	J. Boon	(45)	Forest of Dean Athletic Club	40.37	102
117	S. Berry	(40)	Forest of Dean Athletic Club	40.40	101
118	D. Beggs	(35)	Les Croupiers Running Club	40.41	100
119	A. Sisley	(23)	Cardiff University Harriers	40.42	99
120	A. Wadey	(45)	Cardiff Amateur Athletic Club	40.48	98
121	T. Lowrie	(35)	Avon Valley Runners	40.52	97
122	J. Camani		Taf Running & Orienteering Teams	40.56	Guest
123	P. Hughes		San Domenico Road Runners Club	41.04	96



124	E. Cummings	(45)	Bridgend Athletic Club	41.10	95
125	S. Thomasson	(40)	Parc Bryn Bach Runners	41.18	94
126	D. Caswell	(40)	Parc Bryn Bach Runners	41.19	93
127	R. Gale	(35)	Parc Bryn Bach Runners	41.21	92
128	R. Owen		Rhondda Valley Runners	41.23	91
129	A. Clement	(50)	Taf Running & Orienteering Teams	41.26	Guest
130	G. Sansom	(55)	San Domenico Road Runners Club	41.29	90
131	D. McAtee	(55)	Newport Harriers Athletic Club	41.31	89
132	A. Jones	(45)	Parc Bryn Bach Runners	41.34	88
133	M. Dunscombe	(55)	Aberdare Valley A. A. C.	41.37	87
134	K. Jackson	(55)	Dursley & District Athletic Club	41.41	86
135	R. Roberts	(23)	University of Wales - Swansea	41.46	85
136	J. Hill		Bridgend Athletic Club	41.47	84
137	C. Rees	(23)	Cardiff University Harriers	41.47	83
138	R. Minard		Aberdare Valley A. A. C.	41.49	82
139	H. Davies	(45)	Carmarthen & District Harriers A.C.	41.59	81
140	C. Blackmore	(40)	Cardiff Harlequins	42.01	80
141	S. Hughes	(23)	Llanelli Amateur Athletic Club	42.03	79
142	D. Goodall	(60)	White Rock Runners	42.05	78
143	R. Phillips	(40)	Taf Running & Orienteering Teams	42.27	Guest
144	J. Solaja		Great Western Runners	42.29	77
145	M. Willis	(60)	Thornbury Running Club	42.31	76
146	M. Jones		Guest	42.34	Guest
147	O. Davies	(40)	Swansea Harriers Athletic Club	42.42	75
148	I. Bell	(55)	San Domenico Road Runners Club	42.47	74
149	P. Robbins	(40)	Llanelli Amateur Athletic Club	42.53	73
150	R. Finch	(50)	Spirit of Monmouth	42.59	72
151	R. Gribble		3M Gorseinon Road Runners	43.02	71
152	H. Jones	(45)	Aberdare Valley A. A. C.	43.07	70
153	C. Cook		Lordsmill Road Runners	43.13	Guest
154	N. Langridge	(65)	Thornbury Running Club	43.17	69
155	P. Harding	(60)	Avon Valley Runners	43.21	68
156	M. Morgan		Penarth and Dinas Runners	43.23	67
157	S. Stokes		White Rock Runners	43.24	66
158	N. Fordham	(23)	University of Wales - Swansea	43.29	65
159	I. Davies	(50)	Parc Bryn Bach Runners	43.42	64
160	C. Osmond	(55)	Les Croupiers Running Club	43.48	63
161	D. Shields	(50)	San Domenico Road Runners Club	43.53	62
162	N. Horsley	(60)	Neath Harriers	43.56	61

163	I. Line	(45)	Parc Bryn Bach Runners	44.01	60
164	E. Brown	(40)	White Rock Runners	44.03	59
165	R. Morris	(65)	San Domenico Road Runners Club	44.08	58
166	K. Taylor	(55)	Amman Valley Harriers	44.18	57
167	M. Tabor	(60)	Les Croupiers Running Club	44.22	56
168	J. Hanson	(55)	Rhondda A.C.	44.32	55
169	C. Walsh	(40)	Rhondda Valley Runners	44.44	54
170	D. Cornish	(50)	Port Talbot Harriers & A. C.	44.50	53
171	P. Bufton	(35)	Brecon Athletic Club	44.57	52
172	J. Bailey-Gard (Sr)	(65)	Westbury Harriers	44.59	51
173	D. Vorres	(50)	Pont-y-Pwl & District Runners	45.02	50
174	K. McEntee	(60)	Chepstow Harriers	45.16	49
175	T. Morfey	(23)	Cardiff Harlequins	45.17	48
176	S. Wood	(40)	Pegasus Running Club Cardiff	45.19	47
177	R. Sheehy		Parc Bryn Bach Runners	45.37	46
178	A. Mason	(55)	Les Croupiers Running Club	45.52	45
179	O. Evans	(40)	Llanelli Amateur Athletic Club	45.54	44
180	N. Pringle	(55)	Lliswerry Runners	45.57	43
181	S. Hames	(50)	Neath Harriers	46.03	42
182	J. Hargreaves	(60)	Great Western Runners	46.11	41
183	M. Matthews	(45)	Parc Bryn Bach Runners	46.16	40
184	L. Allcock	(23)	University of Wales - Swansea	46.25	39
185	A. Robertson	(60)	Forest of Dean Athletic Club	46.43	38
186	R. Wyatt	(45)	Spirit of Monmouth	46.52	37
187	M. Jenkins	(55)	Fairwater Runners	46.57	36
188	G. Griffiths	(40)	Rhondda Valley Runners	47.02	35
189	M. Bayona-Martinez	(23)	Cardiff University Harriers	47.11	34
190	J. Creasey	(50)	Spirit of Monmouth	47.16	33
191	C. Williams	(60)	Parc Bryn Bach Runners	47.36	32
192	J. Williams		Parc Bryn Bach Runners	47.40	31
193	D.E. Williams	(50)	Les Croupiers Running Club	47.58	30
194	T. Vaughan	(40)	Parc Bryn Bach Runners	48.13	29
195	G. Markey		Caldicot Running Club	48.31	28
196	C. Jones	(45)	3M Gorseinon Road Runners	48.45	27
197	M. Bradley	(65)	Penarth and Dinas Runners	48.55	26
198	M. Bennett	(65)	Great Western Runners	49.00	25
199	T. Lewis	(50)	Parc Bryn Bach Runners	49.14	24
200	L. Phillips	(40)	Parc Bryn Bach Runners	49.15	23
201	P. Trott	(45)	Penarth and Dinas Runners	49.25	22

202	P. Morfey	(60)	Cardiff Harlequins	49.45	21
203	R. Newman	(50)	Avon Valley Runners	50.38	20
204	S. Merrick	(45)	Swansea Harriers Athletic Club	51.33	19
205	D. Kempton	(55)	Parc Bryn Bach Runners	51.49	18
206	H-P. Kiekuth	(50)	Bristol and West Athletic Club	52.01	17
207	R. Perons	(50)	Les Croupiers Running Club	52.24	16
208	D. Hughes	(50)	Bridgend Athletic Club	53.14	15
209	C. Anagostopoulos	(23)	University of Wales - Swansea	54.12	14
210	R. Donne	(55)	3M Gorseinon Road Runners	54.57	13
211	S. Farmer	(50)	Penarth and Dinas Runners	56.10	12
212	B. Morgan	(60)	Llanelli Amateur Athletic Club	57.39	11
213	P. Balmont	(55)	Penarth and Dinas Runners	58.15	10
214	C. Crooks	(60)	Pegasus Running Club Cardiff	66.14	9