



Welsh Road Relays

SA1 Swansea Waterfront - Saturday 22nd March 200

(UK:A Permit No WWRAC11/2008)



Held on flat courses, with a twice out and back format for the juniors, and a 2 lap around the dock for seniors. Underfoot road surface was reasonable to good on the course which took in SA1 land, British Ports Authority and HM highways. Thanks are due to Nigel Jones and his team at City and County of Swansea for their assistance in hosting the event, WAG for the use of the Norwegian Church, and the members of Swansea Harriers who marshalled the course. Welsh Athletics is grateful to St Johns Ambulance Service who were in attendance for the event and the officials who made the event possible.

Weather conditions were difficult with a strong to gale force northerly wind, and temperatures of 6°C, which made the day cold and affected the athletes on the exposed parts of the course.

RESULTS

Race 1 ~ Year 5 - Boys & Girls

| Race Number | Position | Time | First Name | Surname | M/F | School | Medals |
|-------------|----------|------|------------|-----------------|-----|--------------|--------|
| 307 | 1 | 3:45 | JACK | PARKINSON | M | SAUNDERSFOOT | 1 |
| 302 | 2 | 3:49 | JAMES | WILLIAMS | M | CLYDACH | 2 |
| 450 | 3 | 3:55 | ALICE | RUSSELL-STRETCH | F | HOLY NAME | 1 |
| 304 | 4 | 4:08 | RHYS | GRIFFITHS | M | BRYN Y MOR | 3 |
| 303 | 5 | 4:17 | BRANDON | DAVIES | M | LLWYNDERW | |
| 453 | 6 | 4:31 | CATRIN | EVANS | F | KNELSTON | 2 |
| 452 | 7 | 4:35 | LOTTIE | REES-GODWIN | F | LLWYNDERW | 3 |
| 306 | 8 | 4:49 | JAMES | LEWIS | M | CRAIG Y NOS | |

Race ~ Year 6 – Boys & Girls

| Race Number | Position | Time | First Name | Surname | M/F | School | Medals |
|-------------|----------|------|------------|-----------|-----|---------------|--------|
| 410 | 1 | 3:37 | CHRISTIAN | LOVATT | M | ? | 1 |
| 411 | 2 | 3:40 | JAMES | BRYAN | M | ? | 2 |
| 409 | 3 | 3:45 | THOMAS | JOHN | M | CWMRHYDYCEIRW | 3 |
| 408 | 4 | 3:55 | JAMES | IRVINE | M | KNELSTON | |
| 407 | 5 | 3:58 | JAC | HOPKINS | M | PENNARD | |
| 403 | 6 | 4:01 | JAMES | EAST | M | BRYN Y MOR | |
| 350 | 7 | 4:08 | BETHAN | RADFORD | F | HENDREFOILAN | 1 |
| 405 | 8 | 4:10 | JARED | WALTERS | M | PONTARDULAIS | |
| 402 | 9 | 4:16 | FREDDIE | JONES | M | CRAIG Y NOS | |
| 406 | 10 | 4:29 | CALLUM | CHAPPELL | M | CASLLWCHWR | |
| 352 | 11 | 4:30 | CHARLOTTE | JOHN | F | CWMRHYDYCEIRW | 2 |
| 400 | 12 | 4:35 | TOMOS | STRAFFORD | M | BRYN Y MOR | |
| 404 | 13 | 4:48 | RHYS | UNDERDOWN | M | BRYN Y MOR | |
| 401 | 14 | 5:10 | JACK | CANA | M | CWM GLAS | |



Welsh Athletics Ltd
 Cardiff Athletic Stadium, Leckwith Road, Cardiff, CF11 8AZ
 Tel: 02920 644870 Fax: 02920 342687
 Email: office@welshathletics.org
 Web: www.welshathletics.org



sports council wales
 cyngor chwaraeon cymru

Relay 1 – 2km legs

Overall
Position

1st

No ~ **8** Club ~ **Carmarthen H** Age Group ~ **Under 13 B** Position ~ **1st**

| <u>Leg</u> | <u>Name</u> | <u>Accumulative time</u> | <u>Individual Split</u> |
|------------|----------------|--------------------------|-------------------------|
| 1 | Ronan Llyr | 6:49 | 6:49 |
| 2 | Rhys Granville | 14:01 | 7:12 |
| 3 | Kyran Roberts | 21:03 | 7:02 |
| 4 | Lloyd Heckler | 27:59 | 6:56 |

2nd

No ~ **15** Club ~ **Swansea H** Age Group ~ **Under 15 G** Position ~ **1st**

| <u>Leg</u> | <u>Name</u> | <u>Accumulative time</u> | <u>Individual Split</u> |
|------------|---------------------|--------------------------|-------------------------|
| 1 | Elysia Pearson | 7:17 | 7:17 |
| 2 | Olivia McCarthy | 14:41 | 7:24 |
| 3 | Katryna Ley | 21:55 | 7:14 |
| 4 | Cerys Morgan | 28:37 | 6:42* |

3rd

No ~ **6** Club ~ **Bridgend AC** Age Group ~ **Under 13 G** Position ~ **1st**

| <u>Leg</u> | <u>Name</u> | <u>Accumulative time</u> | <u>Individual Split</u> |
|------------|---------------------|--------------------------|-------------------------|
| 1 | Lucy Tarrant | 7:16 | 7:16 * |
| 2 | Kirsten Watts | 14:43 | 7:27 |
| 3 | Megan Osborne | 22:12 | 7:29 |
| 4 | Lora Roberts | 29:45 | 7:33 |

4th

No ~ **11** Club ~ **Swansea H** Age Group ~ **Under 13 B** Position ~ **2nd**

| <u>Leg</u> | <u>Name</u> | <u>Accumulative time</u> | <u>Individual Split</u> |
|------------|---------------|--------------------------|-------------------------|
| 1 | Luke Ford | 7:24 | 7:24 |
| 2 | Kyle Friswell | 15:51 | 8:27 |
| 3 | Daniel Hall | 23:39 | 7:48 |
| 4 | Lewis Preece | 30:34 | 6:55 |

5th

No ~ **9** Club ~ **Carmarthen H** Age Group ~ **Under 13 B** Position ~ **3rd**

| <u>Leg</u> | <u>Name</u> | <u>Accumulative time</u> | <u>Individual Split</u> |
|------------|-------------------------|--------------------------|-------------------------|
| 1 | Timmy Jones | 7:19 | 7:19 |
| 2 | Daniel Jones | 15:45 | 8:26 |
| 3 | James Bryan | 23:35 | 7:50 |
| 4 | Christian Lovatt | 31:07 | 6:32* |

6th

No ~ **1** Club ~ **Carmarthen H** Age Group ~ **Under 13 G** Position ~ **2nd**

| <u>Leg</u> | <u>Name</u> | <u>Accumulative time</u> | <u>Individual Split</u> |
|------------|-----------------|--------------------------|-------------------------|
| 1 | Kari O'Neill | 7:52 | 7:52 |
| 2 | Carys Mansfield | 15:47 | 7:55 |
| 3 | Lowri Heckler | 24:21 | 8:36 |
| 4 | Alyce Phillips | 32:37 | 8:16 |

7thNo ~ **7** Club ~ **Bridgend AC** Age Group ~ **Under 13 G** Position ~ **3rd**

| <u>Leg</u> | <u>Name</u> | <u>Accumulative time</u> | <u>Individual Split</u> |
|------------|---------------------|--------------------------|-------------------------|
| 1 | Amiee Price | 8:30 | 8:30 |
| 2 | Nia Ward | 17:07 | 8:37 |
| 3 | Jazmine Briganti | 25:08 | 8:01 |
| 4 | Hannah Mittelburger | 32:42 | 7:34 |

8thNo ~ **4** Club ~ **Swansea H** Age Group ~ **Under 13 G** Position ~ **4th**

| <u>Leg</u> | <u>Name</u> | <u>Accumulative time</u> | <u>Individual Split</u> |
|------------|--------------|--------------------------|-------------------------|
| 1 | Olivia Gwynn | 7:39 | 7:39 |
| 2 | Lucy Hammett | 15:48 | 8:09 |
| 3 | Iona Evans | 24:59 | 9:11 |
| 4 | Amy Smith | 33:24 | 8:25 |

*** Fastest Leg**

| | | | | |
|----------------------|---|-------------------------|---------------------|-------------|
| <i>Under 13 Girl</i> | ~ | <i>Lucy Tarrant</i> | <i>Bridgend AC</i> | <i>7:16</i> |
| <i>Under 13 Boy</i> | ~ | <i>Christian Lovatt</i> | <i>Carmarthen H</i> | <i>6:32</i> |
| <i>Under 15 Girl</i> | ~ | <i>Cerys Morgan</i> | <i>Swansea H</i> | <i>6:42</i> |

Relay 2 – 3 km legsOverall
Position**1st**No ~ **25** Club ~ **Carmarthen H** Age Group ~ **Under 17 M** Position ~ **1st**

| <u>Leg</u> | <u>Name</u> | <u>Accumulative time</u> | <u>Individual Split</u> |
|------------|----------------------|--------------------------|-------------------------|
| 1 | Nicky Morrell | 9:50 | 9:50 |
| 2 | Geraint Mansfield | 19:36 | 9:46 |
| 3 | Adam Bitchell | 28:40 | 9:04* |

2ndNo ~ **21** Club ~ **Newport H** Age Group ~ **Under 15 B** Position ~ **1st**

| <u>Leg</u> | <u>Name</u> | <u>Accumulative time</u> | <u>Individual Split</u> |
|------------|-----------------------|--------------------------|-------------------------|
| 1 | Daniel Chesworth | 9:35 | 9:35 |
| 2 | Chris Carpanini | 19:22 | 9:47 |
| 3 | Elliott Hardee | 28:55 | 9:33* |

3rdNo ~ **27** Club ~ **Swansea H** Age Group ~ **Under 17 M** Position ~ **2nd**

| <u>Leg</u> | <u>Name</u> | <u>Accumulative time</u> | <u>Individual Split</u> |
|------------|-----------------|--------------------------|-------------------------|
| 1 | Ceri Lewis | 10:12 | 10:12 |
| 2 | Antonio Cirillo | 20:35 | 10:23 |
| 3 | Tom Millar | 30:08 | 9:33 |

4thNo ~ **24** Club ~ **Neath H** Age Group ~ **Under 17 M** Position ~ **3rd**

| <u>Leg</u> | <u>Name</u> | <u>Accumulative time</u> | <u>Individual Split</u> |
|------------|----------------|--------------------------|-------------------------|
| 1 | Chris Driscoll | 10:12 | 10:12 |
| 2 | Adam Marshall | 20:27 | 10:15 |
| 3 | Rhodri Harris | 30:25 | 9:58 |

5thNo ~ **19** Club ~ **Swansea H** Age Group ~ **Under 15 B** Position ~ **2nd**

| <u>Leg</u> | <u>Name</u> | <u>Accumulative time</u> | <u>Individual Split</u> |
|------------|-------------|--------------------------|-------------------------|
| 1 | Ben Jenkins | 10:46 | 10:46 |
| 2 | Sam Joseph | 21:38 | 10:52 |
| 3 | Seon White | 32:40 | 11:02 |

6thNo ~ **16** Club ~ **Carmarthen H** Age Group ~ **Under 15 B** Position ~ **3rd**

| <u>Leg</u> | <u>Name</u> | <u>Accumulative time</u> | <u>Individual Split</u> |
|------------|-------------|--------------------------|-------------------------|
| 1 | Davey Lewis | 11:10 | 11:10 |
| 2 | Glen Elsdon | 22:39 | 11:29 |
| 3 | Jack Lear | 34:03 | 11:24 |

7thNo ~ **22** Club ~ **Carmarthen H** Age Group ~ **Under 17 W** Position ~ **1st**

| <u>Leg</u> | <u>Name</u> | <u>Accumulative time</u> | <u>Individual Split</u> |
|------------|------------------------|--------------------------|-------------------------|
| 1 | Aneura Phillips | 11:26 | 11:26* |
| 2 | Angharad Roberts | 24:12 | 12:46 |
| 3 | Angharad Davies | 35:45 | 11:33 |

8thNo ~ **23** Club ~ **Swansea H** Age Group ~ **Under 17 W** Position ~ **2nd**

| <u>Leg</u> | <u>Name</u> | <u>Accumulative time</u> | <u>Individual Split</u> |
|------------|-------------------|--------------------------|-------------------------|
| 1 | Nia Lewis | 12:19 | 12:19 |
| 2 | Rhiannon Anderson | 24:19 | 12:00 |
| 3 | Rebecca King | 36:07 | 11:48 |

Fastest LegUnder 15 Boys ~ Elliot Hardee Newport H 9:33**Under 17 Men ~ Adam Bitchell Carmarthen H 9:04**Under 17 Women ~ Aneura Phillips Carmarthen H 11:26***Relay 3 – 5 km legs – Senior – 4 to run**Overall
Position**1st**No ~ **40** Club ~ **Swansea H “A”** Age Group ~ **Senior Men** Position ~ **1st**

| <u>Leg</u> | <u>Name</u> | <u>Accumulative time</u> | <u>Individual Split</u> |
|------------|--------------------|--------------------------|-------------------------|
| 1 | Steve Davies | 15:50 | 15:50 |
| 2 | Chris Davies | 32:31 | 16:41 |
| 3 | Lewys Hobbs | 47:50 | 15:19* |
| 4 | Marc Hobbs | 63:14 | 15:24 |

2ndNo ~ **41** Club ~ **Swansea H “B”** Age Group ~ **Senior Men** Position ~ **2nd**

| <u>Leg</u> | <u>Name</u> | <u>Accumulative time</u> | <u>Individual Split</u> |
|------------|---------------|--------------------------|-------------------------|
| 1 | David Rees | 17:07 | 17:07 |
| 2 | Ollie Howton | 32:43 | 15:36 |
| 3 | Daniel Gurmin | 48:19 | 15:36 |
| 4 | Jon Williams | 65:26 | 17:07 |

3rdNo ~ **50** Club ~ **Les Croupiers** Age Group ~ **Senior Men** Position ~ **3rd**

| <u>Leg</u> | <u>Name</u> | <u>Accumulative time</u> | <u>Individual Split</u> |
|------------|----------------|--------------------------|-------------------------|
| 1 | Chris Discombe | 16:02 | 16:02 |
| 2 | Stuart Crees | 32:39 | 16:37 |
| 3 | Nick Dukes | 49:49 | 17:10 |
| 4 | Julian Baker | 65:38 | 15:49 |

4thNo ~ **42** Club ~ **Swansea H "C"** Age Group ~ **Senior Men** Position ~ **4th**

| <u>Leg</u> | <u>Name</u> | <u>Accumulative time</u> | <u>Individual Split</u> |
|------------|-----------------|--------------------------|-------------------------|
| 1 | Shaun Tobin | 17:12 | 17:12 |
| 2 | Marc Davies | 34:30 | 17:18 |
| 3 | Jamie Fenarolli | 52:16 | 17:46 |
| 4 | Sam Walsh | 69:06 | 16:50 |

5thNo ~ **54** Club ~ **Chepstow H** Age Group ~ **Senior Men** Position ~ **5th**

| <u>Leg</u> | <u>Name</u> | <u>Accumulative time</u> | <u>Individual Split</u> |
|------------|------------------|--------------------------|-------------------------|
| 1 | Mark Harvey | 17:43 | 17:43 |
| 2 | Luke Malarz | 36:34 | 18:51 |
| 3 | Rich Matthews | 54:38 | 18:04 |
| 4 | Phillip Matthews | 71:19 | 16:41 |

6thNo ~ **60** Club ~ **Bridgend AC** Age Group ~ **Senior Men** Position ~ **6th**

| <u>Leg</u> | <u>Name</u> | <u>Accumulative time</u> | <u>Individual Split</u> |
|------------|-------------------|--------------------------|-------------------------|
| 1 | Matthew Parkes | 17:34 | 17:34 |
| 2 | Steve Morris | 35:07 | 17:33 |
| 3 | Derek Scarborough | 54:19 | 19:12 |
| 4 | Jeff Thomas | 72:53 | 18:34 |

7thNo ~ **37** Club ~ **Neath H** Age Group ~ **Senior Men** Position ~ **7th**

| <u>Leg</u> | <u>Name</u> | <u>Accumulative time</u> | <u>Individual Split</u> |
|------------|---------------|--------------------------|-------------------------|
| 1 | Andy Doel | 18:13 | 18:13 |
| 2 | Rhys Jones | 36:03 ? | 17:50 |
| 3 | Chris Melborn | 53:52 | 17:49 |
| 4 | Andrew Baker | 73:37 | 19:45 |

8thNo ~ **30** Club ~ **Swansea H "A"** Age Group ~ **Senior Ladies** Position ~ **1st**

| <u>Leg</u> | <u>Name</u> | <u>Accumulative time</u> | <u>Individual Split</u> |
|------------|-----------------------|--------------------------|-------------------------|
| 1 | Ellie Kirk | 17:53 | 17:53* |
| 2 | Caroline Rimmer | 37:02 | 19:09 |
| 3 | Amanda Jones | 56:08 | 19:06 |
| 4 | Eleanor Sherrad-Smith | 74:07 | 17:59 |

9thNo ~ **31** Club ~ **Swansea H "B"** Age Group ~ **Senior Ladies** Position ~ **2nd**

| <u>Leg</u> | <u>Name</u> | <u>Accumulative time</u> | <u>Individual Split</u> |
|------------|----------------|--------------------------|-------------------------|
| 1 | Elysia Ridley | 18:52 | 18:52 |
| 2 | Rachel Alcock | 40:49 | 21:57 |
| 3 | Angela Delaney | 64:16 | 23:27 |
| 4 | Sain Kirk | 86:24 | 22:08 |

Relay 3 – 5 km legs – Masters – 3 to run

Overall
Position

1st

No ~ **38** Club ~ **Neath H** Age Group ~ **Masters Men 35 +** Position ~ **1st**

| <u>Leg</u> | <u>Name</u> | <u>Accumulative time</u> | <u>Individual Split</u> |
|------------|----------------|--------------------------|-------------------------|
| 1 | Paul Talbot | 16:45 | 16:45 |
| 2 | Lee Sandham | 34:27 | 17:42 |
| 3 | Paul Griffiths | 50:48 | 16:21 |

2nd

No ~ **39** Club ~ **Neath H** Age Group ~ **Masters Men 45+** Position ~ **1st**

| <u>Leg</u> | <u>Name</u> | <u>Accumulative time</u> | <u>Individual Split</u> |
|------------|--------------------|--------------------------|-------------------------|
| 1 | Martin Rees | 16:21 | 16:21* |
| 2 | Phil Crane | 33:12 | 16:51 |
| 3 | Tudor Harries | 51:37 | 18:25 |

3rd

No ~ **53** Club ~ **Newport H** Age Group ~ **Masters Men 35 +** Position ~ **2nd**

| <u>Leg</u> | <u>Name</u> | <u>Accumulative time</u> | <u>Individual Split</u> |
|------------|--------------------|--------------------------|-------------------------|
| 1 | Neil Hardee | 16:11 | 16:11* |
| 2 | Mark Carpanini | 34:29 | 18:18 |
| 3 | Darryn McAtee | 53:46 | 19:17 |

4th

No ~ **55** Club ~ **Chepstow H** Age Group ~ **Masters Men 35 +** Position ~ **3rd**

| <u>Leg</u> | <u>Name</u> | <u>Accumulative time</u> | <u>Individual Split</u> |
|------------|-----------------|--------------------------|-------------------------|
| 1 | Nick Davis | 16:55 | 16:55 |
| 2 | Mark Jefferies | 36:45 | 19:50 |
| 3 | David Sommersol | 55:28 | 18:43 |

5th

No ~ **57** Club ~ **Neath H "B"** Age Group ~ **Masters Men 45+** Position ~ **2nd**

| <u>Leg</u> | <u>Name</u> | <u>Accumulative time</u> | <u>Individual Split</u> |
|------------|----------------|--------------------------|-------------------------|
| 1 | Steve Williams | 18:21 | 18:21 |
| 2 | David Crane | 36:42 | 18:21 |
| 3 | Dai Davies | 55:33 | 18:51 |

6th

No ~ **46** Club ~ **Swansea H** Age Group ~ **Masters Men 45+** Position ~ **3rd**

| <u>Leg</u> | <u>Name</u> | <u>Accumulative time</u> | <u>Individual Split</u> |
|------------|-------------------|--------------------------|-------------------------|
| 1 | Martin Webborn | 17:21 | 17:21 |
| 2 | Gary Irving | 35:39 | 18:18 |
| 3 | Burkhard Markhoff | 57:42 | 22:03 |

7th

No ~ **45** Club ~ **Swansea H** Age Group ~ **Masters Men 35 +** Position ~ **4th**

| <u>Leg</u> | <u>Name</u> | <u>Accumulative time</u> | <u>Individual Split</u> |
|------------|----------------|--------------------------|-------------------------|
| 1 | Chris Parker | 17:16 | 17:16 |
| 2 | Peter Spriggs | 37:10 | 19:54 |
| 3 | Kevin Corcoran | 58:22 | 21:12 |

8thNo ~ **62** Club ~ **Bridgend AC** Age Group ~ **Masters Men 45+** Position ~ **4th**

| <u>Leg</u> | <u>Name</u> | <u>Accumulative time</u> | <u>Individual Split</u> |
|------------|-----------------|--------------------------|-------------------------|
| 1 | Steve Brace | 20:35 | 20:35 |
| 2 | Alan Kerr | 39:11 | 18:36 |
| 3 | Stuart Davidson | 60:18 | 21:07 |

9thNo ~ **56** Club ~ **Chepstow H** Age Group ~ **Masters Men 45+** Position ~ **5th**

| <u>Leg</u> | <u>Name</u> | <u>Accumulative time</u> | <u>Individual Split</u> |
|------------|-------------|--------------------------|-------------------------|
| 1 | Mally Reeks | 20:55 | 20:55 |
| 2 | Andy Creber | 41:36 | 20:41 |
| 3 | Gweth Lewis | 62:00 | 20:24 |

10thNo ~ **29** Club ~ **Bridgend** Age Group ~ **Master Women 35+** Position ~ **1st**

| <u>Leg</u> | <u>Name</u> | <u>Accumulative time</u> | <u>Individual Split</u> |
|------------|---------------------|--------------------------|-------------------------|
| 1 | Jacqueline Brace | 21:20 | 20:20 |
| 2 | Maria Prout | 42:54 | 21:34 |
| 3 | Debbie Cooke | 63:43 | 20:49* |

11thNo ~ **49** Club ~ **Swansea H** Age Group ~ **Masters Men 55+** Position ~ **1st**

| <u>Leg</u> | <u>Name</u> | <u>Accumulative time</u> | <u>Individual Split</u> |
|------------|---------------------|--------------------------|-------------------------|
| 1 | Keith Davies | 21:27 | 21:27* |
| 2 | Ralph Allemano | 46:13 | 24:46 |
| 3 | John Collins | 67:56 | 21:43 |

12thNo ~ **34** Club ~ **Swansea H** Age Group ~ **Master Women 35+** Position ~ **2nd**

| <u>Leg</u> | <u>Name</u> | <u>Accumulative time</u> | <u>Individual Split</u> |
|------------|-----------------|--------------------------|-------------------------|
| 1 | Gwen Smith | 23:06 | 23:06 |
| 2 | Christine Lloyd | 47:15 | 24:09 |
| 3 | Sian Phillips | 69:09 | 21:54 |

13thNo ~ **59** Club ~ **Chepstow H** Age Group ~ **Masters Men 55+** Position ~ **2nd**

| <u>Leg</u> | <u>Name</u> | <u>Accumulative time</u> | <u>Individual Split</u> |
|------------|---------------|--------------------------|-------------------------|
| 1 | Geoff Bayliss | 23:36 | 23:36 |
| 2 | Dave Andrews | 48:26 | 24:50 |
| 3 | Dick Finch | 72:48 | 24:52 |

Incomplete TeamsNo ~ **36** Club ~ **Port Talbot H** Age Group ~ **Senior Men**

| <u>Leg</u> | <u>Name</u> | <u>Accumulative time</u> | <u>Individual Split</u> |
|------------|--------------|--------------------------|-------------------------|
| 1 | Carl Ellis | 17:53 | 17:53 |
| 2 | Ray James | 40:08 | 22:15 |
| 3 | Alan Perkins | 59:44 | 19:36 |

No ~ **43** Club ~ **Swansea "D"** Age Group ~ **Senior Men**

| <u>Leg</u> | <u>Name</u> | <u>Accumulative time</u> | <u>Individual Split</u> |
|------------|-----------------|--------------------------|-------------------------|
| 1 | Neville Johnson | 18:01 | 18:01 |

No ~ **58** Club ~ **Neath H** Age Group ~ **Masters Men 45+**

| <u>Leg</u> | <u>Name</u> | <u>Accumulative time</u> | <u>Individual Split</u> |
|------------|-------------|--------------------------|-------------------------|
| 1 | A Rees | 18:48 | 18:48 |

*** Fastest Legs**

| | | | | |
|-------------------------|---|---------------------|--------------------|--------------|
| <i>Senior Men</i> | ~ | <i>Lewys Hobbs</i> | <i>Swansea H</i> | <i>15:19</i> |
| <i>Master Men 35+</i> | ~ | <i>Neil Hardee</i> | <i>Newport H</i> | <i>16:11</i> |
| <i>Master Men 45+</i> | ~ | <i>Martin Rees</i> | <i>Neath H</i> | <i>16:21</i> |
| <i>Master Men 55+</i> | ~ | <i>Keith Davies</i> | <i>Swansea H</i> | <i>21:27</i> |
| <i>Senior Women</i> | ~ | <i>Elinor Kirk</i> | <i>Swansea H</i> | <i>17:53</i> |
| <i>Master Women 35+</i> | ~ | <i>Debbie Cooke</i> | <i>Bridgend AC</i> | <i>20:49</i> |