

Gwent Cross Country League 2011-2012

13 November 2011 : University of Bath

Senior Women (161 Starters)

Pos	Athlete	Club	Time	Pts
1	C. Jones	Swansea Harriers Athletic Club	20.09	161
2	G. Nicholls	(23) University of Bath	20.18	160
3	N. Knapp	Swansea Harriers Athletic Club	20.29	159
4	K. Roberts	Bridgend Athletic Club	20.57	158
5	A. Grady	University of Bath	21.04	157
6	G. Kinsey	(35) Stroud & District Athletic Club	21.07	156
7	L. Richens	Southville Running Club	21.19	155
8	S. Wilder	San Domenico Road Runners Club	21.26	154
9	H. Fell	Team Bath	21.30	153
10	K. Beecher	Les Croupiers Running Club	21.37	152
11	F. Hughes	(23) Cambridge University	21.57	Guest
12	J. Horler	(40) Chepstow Harriers	22.04	151
13	A. Davies	(23) University of Bath	22.06	150
14	S. Haikala	(35) Brecon Athletic Club	22.07	149
15	A. Nixon	(50) Forest of Dean Athletic Club	22.17	148
16	L. Smith	Westbury Harriers	22.22	147
17	R. Baker	(23) Cardiff Amateur Athletic Club	22.31	146
18	R. Underhill	(23) Cardiff University Harriers	22.33	145
19	M. Watson	(45) Taf Running & Orienteering Teams	22.43	144
20	R. Barrett	San Domenico Road Runners Club	22.49	143
21	V. Tester	Westbury Harriers	22.58	142
22	R. Jinny-Jones	Griffithstown Harriers A. A. C.	23.00	141
23	J. Coker	(50) Les Croupiers Running Club	23.07	140
24	L. O'Duffy	(40) Les Croupiers Running Club	23.08	139
25	S. Davies	(45) Bristol and West Athletic Club	23.15	138
26	C. Beatty	Les Croupiers Running Club	23.19	137
27	A.N. Unknown	Anonymous Athletic Club	23.28	136

28	B. Nutall	(23)	University of Wales Inst. Cardiff	23.32	135
29	H. Jessop	(35)	Les Croupiers Running Club	23.43	134
30	L. Summers	(40)	Chepstow Harriers	23.48	133
31	K. Prior	(35)	Wells City Harriers	23.49	132
32	L. Davies		Cardiff Amateur Athletic Club	23.55	131
33	N. Gething	(40)	Parc Bryn Bach Runners	23.56	130
34	J. Plumbley	(35)	Thornbury Running Club	24.09	129
35	C. Griffiths		Stroud & District Athletic Club	24.16	128
36	A-M. Harris	(40)	Parc Bryn Bach Runners	24.17	127
37	A. Rhys		Les Croupiers Running Club	24.25	126
38	K. Morgan		Pontypridd Athletic Club	24.26	125
39	C. Bower	(35)	Team Bath	24.27	124
40	N. Prosser	(23)	Cardiff University Harriers	24.28	123
41	K. Winstone		Westbury Harriers	24.29	122
42	T. Paisey		Cardiff Amateur Athletic Club	24.30	121
43	C. Griffiths		Bridgend Athletic Club	24.31	120
44	C. Tailby	(40)	Les Croupiers Running Club	24.37	119
45	L. Cleary	(45)	Penarth and Dinas Runners	24.41	118
46	S. McCarthy	(35)	Les Croupiers Running Club	24.43	117
47	A. Lyons		Les Croupiers Running Club	24.44	116
48	R. Matthews	(35)	Cardiff Amateur Athletic Club	24.45	115
49	L. Kirwan		Les Croupiers Running Club	24.53	114
50	K. Robertson	(35)	Westbury Harriers	24.54	113
51	V. Lawson	(40)	Chepstow Harriers	24.55	112
52	C. Jones	(50)	Taf Running & Orienteering Teams	25.01	111
53	S. Everitt	(35)	Bristol and West Athletic Club	25.02	110
54	E. Bowers	(35)	Bristol and West Athletic Club	25.04	109
55	N. Law	(35)	Brecon Athletic Club	25.05	108
56	C. Watts	(45)	Thornbury Running Club	25.06	107
57	G. Dando		Bridgend Athletic Club	25.15	106
58	W. Owen	(40)	San Domenico Road Runners Club	25.22	105
59	E. Oughton	(40)	Great Western Runners	25.29	104
60	J. Becker	(35)	Les Croupiers Running Club	25.33	103
61	R. Rowland	(45)	Thornbury Running Club	25.36	102
62	A. Saxena	(55)	Newport Harriers Athletic Club	25.38	101
63	A. Ahmed	(23)	University of Bath	25.49	100
64	S. Wales	(45)	Pontypridd Athletic Club	25.56	99
65	C. Brambley-Tucker	(40)	Port Talbot Harriers & A. C.	25.57	98
66	R. Loudon	(45)	Newport Harriers Athletic Club	25.58	97
67	A. Hurman	(45)	Penarth and Dinas Runners	25.59	96
68	F. Davies	(55)	Pontypridd Athletic Club	26.10	95
69	M. Morris	(35)	Port Talbot Harriers & A. C.	26.14	94

70	J. Scholey	(50) Les Croupiers Running Club	26.15	93
71	M. Thompson	(55) Team Bath	26.17	92
72	J. Cummins	(35) Westbury Harriers	26.22	91
73	H. Johnson	(35) Westbury Harriers	26.23	90
74	V. Jones	Westbury Harriers	26.24	89
75	T. Halliday	(45) Wells City Harriers	26.33	88
76	G. Mayled	(23) Cardiff University Harriers	26.34	87
77	E. Turner	(55) Les Croupiers Running Club	26.37	86
78	S. Baker	(40) Wells City Harriers	26.45	85
79	C. Dallimore	(55) Les Croupiers Running Club	26.50	84
80	P. Williams	(50) Port Talbot Harriers & A. C.	26.51	83
81	M. Lebrec	(23) University of Bath	26.59	82
82	A. James	(60) Les Croupiers Running Club	27.04	81
83	M. Parrott	(45) Thornbury Running Club	27.12	80
84	H. Pretty	(23) University of Wales Inst. Cardiff	27.15	79
85	C. Pockock	(23) Cardiff University Harriers	27.25	78
86	C. Greenslade	(55) Newport Harriers Athletic Club	27.28	77
87	J. Oakley	(45) Port Talbot Harriers & A. C.	27.29	76
88	L. Richards	(45) Caerleon Running Club	27.31	75
89	R. Harris	Penarth and Dinas Runners	27.32	74
90	A. Bull	(45) Westbury Harriers	27.35	73
91	C. Thomas	(40) Wells City Harriers	27.41	72
92	Y. Bullen	(45) Les Croupiers Running Club	27.47	71
93	V. Woodsford	San Domenico Road Runners Club	27.59	70
94	K. Jones	(40) Neath Harriers	28.00	69
95	R. Sampson-Geroski	(23) University of Bath	28.14	68
96	D. Loudon	(23) Newport Harriers Athletic Club	28.15	67
97	A. Rowell	(55) Taf Running & Orienteering Teams	28.17	66
98	Y. Williams	(55) Penarth and Dinas Runners	28.18	65
99	E. Wharmby	(45) Newport Harriers Athletic Club	28.23	64
100	R. Hambrook	(60) Porthcawl Runners Life	28.25	63
101	C. Turnbull	Great Western Runners	28.28	62
102	A. Rackham	Caerleon Running Club	28.36	61
103	L. Lewis	Bridgend Athletic Club	28.40	60
104	B. Tucker	(40) Brecon Athletic Club	28.52	59
105	M. Phillips	(35) Amman Valley Harriers	28.54	58
106	M. Monk	(60) Parc Bryn Bach Runners	28.56	57
107	G. Edwards	(45) Les Croupiers Running Club	28.59	56
108	K. Davies (ind)	Great Western Runners	29.00	55
109	L. Richards	Porthcawl Runners Life	29.07	54
110	C. Goldsmid	(45) Wells City Harriers	29.10	53
111	T. Rossiter	(50) Les Croupiers Running Club	29.12	52

112	M. Kent	(55)	Brecon Athletic Club	29.19	51
113	C. Cummins		Brecon Athletic Club	29.26	50
114	C. Lafon		San Domenico Road Runners Club	29.27	49
115	L. Charman	(23)	University of Bath	29.28	48
116	J. Nurse	(40)	Les Croupiers Running Club	29.33	47
117	J. Austerberry	(35)	Chepstow Harriers	29.36	46
118	R. Havers		Chepstow Harriers	29.44	45
119	P. Sole	(23)	University of Wales Inst. Cardiff	30.07	44
120	S. Adkins	(60)	Caerleon Running Club	30.09	43
121	C. Vorres	(50)	Griffithstown Harriers A. A. C.	30.18	42
122	K. Cardwell	(23)	Cardiff University Harriers	30.28	41
123	K. Cree		Caerleon Running Club	30.29	40
124	R. Richards	(55)	Brecon Athletic Club	30.31	39
125	L. Turner	(35)	Blaenau Gwent	30.32	38
126	E. Noonan	(55)	Westbury Harriers	30.41	37
127	K. Chadwell	(35)	Les Croupiers Running Club	30.48	36
128	G. Page	(45)	Sarn Helen Orienteering & R. C.	30.54	35
129	D. Russell	(35)	Anonymous Athletic Club	31.12	Disq.
130	V. Clare	(50)	Lliswerry Runners	31.17	34
131	C. Johnson	(65)	Les Croupiers Running Club	31.31	33
132	Y. Forsey	(50)	Lliswerry Runners	31.33	32
133	M. Trenfield	(45)	Caerleon Running Club	31.35	31
134	E. Arwyn	(55)	Les Croupiers Running Club	31.50	30
135	R. Davies	(60)	Great Western Runners	31.51	29
136	G. Howells	(60)	Caerleon Running Club	31.53	28
137	L. Rossiter	(55)	Lliswerry Runners	32.05	27
138	S. Mogford		Amman Valley Harriers	32.25	26
139	K. Ridgewell	(45)	Westbury Harriers	32.30	25
140	G. Murphy	(55)	Les Croupiers Running Club	32.47	24
141	T. Talbot		Great Western Runners	32.53	23
142	J. Dakin	(45)	Bridgend Athletic Club	32.56	22
143	N. Parry (ind)	(40)	Pontypridd Athletic Club	33.04	21
144	A. Mogford	(45)	Amman Valley Harriers	33.20	20
145	J. Maragna	(55)	Penarth and Dinas Runners	33.21	19
146	P. Thomas	(60)	Taf Running & Orienteering Teams	33.36	18
147	P. Hoddinott	(40)	Caerleon Running Club	33.40	17
148	A. Westren	(50)	Les Croupiers Running Club	34.09	16
149	S. Jenkins	(55)	Sarn Helen Orienteering & R. C.	34.41	15
150	C. Bannister	(45)	Westbury Harriers	34.43	14
151	N. Maguire	(23)	Caerleon Running Club	34.55	13
152	M. Rowson	(60)	Les Croupiers Running Club	35.07	12
153	J. Dukes	(35)	Wells City Harriers	35.36	11

154	P. Parr	(55)	Great Western Runners	35.55	10
155	G. Davies (ind)		Brecon Athletic Club	36.18	9
156	S. Bailey-Gard	(55)	Westbury Harriers	39.42	8
157	H. Williams		Aberdare Valley A. A. C.	40.06	7
158	A. Butler	(70)	Great Western Runners	45.46	6

Gwent Cross Country League 2011-2012

13 November 2011 : University of Bath

Senior Men (257 Starters)

Pos	Athlete		Club	Time	Pts
1	P. Whyte		Bristol and West Athletic Club	31.46	257
2	P. Matthews		Swansea Harriers Athletic Club	32.16	256
3	B. Nagy	(23)	University of Bath	32.18	255
4	A. Marriott		Wells City Harriers	32.41	254
5	A. Davies	(45)	Brecon Athletic Club	33.06	253
6	M. Johnson		Bristol and West Athletic Club	33.11	252
7	J. Thomas	(23)	Cardiff Amateur Athletic Club	33.25	251
8	M. Kallenberg	(23)	University of Wales Inst. Cardiff	33.44	250
9	J. Mills		Cardiff Amateur Athletic Club	33.57	249
10	M. Ellis		Westbury Harriers	34.04	248
11	R. Gardiner		Aberdare Valley A. A. C.	34.09	247
12	D. Woolford		Bristol and West Athletic Club	34.19	246
13	M. Kershaw	(23)	University of Wales Inst. Cardiff	34.31	245
14	N. Lane		Cardiff Amateur Athletic Club	34.43	244
15	T. Phillips	(23)	University of Wales Inst. Cardiff	34.45	243
16	J. Peters	(23)	Cardiff Amateur Athletic Club	34.48	242
17	M. Roberts (ind)	(40)	Swansea Harriers Athletic Club	34.53	241
18	E. Richards	(40)	Wells City Harriers	34.56	240
19	Luke Watson	(23)	Taf Running & Orienteering Teams	35.00	239
20	J. Baker	(40)	Les Croupiers Running Club	35.07	238

21	M. Harvey		Neath Harriers	35.12	237
22	D. Gurmin		Swansea Harriers Athletic Club	35.20	236
23	J. Bancroft		Wells City Harriers	35.21	235
24	J. Edwards	(35)	Les Croupiers Running Club	35.24	234
25	J. Collier		Westbury Harriers	35.27	233
26	R. Atkin		Bridgend Athletic Club	35.32	232
27	G. Thomas		San Domenico Road Runners Club	35.35	231
28	D. Bodman	(23)	Aberdare Valley A. A. C.	35.40	230
29	C. Williams	(40)	Neath Harriers	35.41	229
30	E. Ibrahim	(35)	Cardiff Amateur Athletic Club	35.44	228
31	S. Taylor		Griffithstown Harriers A. A. C.	35.49	227
32	M. Emery	(23)	University of Bath	35.50	226
33	S. Crees		Les Croupiers Running Club	35.59	225
34	C. Hudson	(23)	University of Bath	36.06	224
35	T. Hawkins	(40)	Wells City Harriers	36.07	223
36	N. Dukes	(35)	Les Croupiers Running Club	36.08	222
37	S. Campbell		Southville Running Club	36.16	221
38	P. Coles	(45)	Pontypridd Athletic Club	36.18	220
39	B. Fanshawe	(23)	University of Bath	36.21	219
40	M. Wells		Bridgend Athletic Club	36.28	218
41	G. Green		San Domenico Road Runners Club	36.34	217
42	H. Matthews		Brecon Athletic Club	36.38	216
43	P. Griffiths	(40)	Neath Harriers	36.44	215
44	A. Glover	(35)	Westbury Harriers	36.46	214
45	S. Everington	(35)	Westbury Harriers	36.47	213
46	E. Donovan		Les Croupiers Running Club	36.48	212
47	P. Talbot	(40)	Neath Harriers	37.00	211
48	J. Gilling		Wells City Harriers	37.01	210
49	R. Bullen	(50)	Les Croupiers Running Club	37.03	209
50	G. Ward		Westbury Harriers	37.07	208
51	C. Moore		Wells City Harriers	37.10	207
52	A. Donald		Cardiff Amateur Athletic Club	37.15	206
53	M. Palser		Les Croupiers Running Club	37.16	205
54	R. Caburn	(40)	Taunton Athletic Club	37.17	204
55	M. Windsor		San Domenico Road Runners Club	37.25	203
56	J. McBrien	(23)	University of Bath	37.29	202
57	P. Cook	(40)	Les Croupiers Running Club	37.30	201
58	L. Rawlinson		Caerleon Running Club	37.31	200
59	R. Dennes		Wells City Harriers	37.33	199
60	C. Prothero	(23)	Cardiff Amateur Athletic Club	37.38	198
61	S. Shields		San Domenico Road Runners Club	37.39	197
62	S. Penny	(45)	Chepstow Harriers	37.40	196

63	M. Hurford	(35) Les Croupiers Running Club	37.41	195
64	M. Emery	Bridgend Athletic Club	37.43	194
65	M. Deacon	Bristol and West Athletic Club	37.47	193
66	R. Wilder	(35) San Domenico Road Runners Club	37.55	192
67	N. Frost	(50) Pontypridd Athletic Club	38.02	191
68	R. Sage	(35) Les Croupiers Running Club	38.03	190
69	R. Dando	Bridgend Athletic Club	38.06	189
70	B. Moon	Cardiff Harlequins	38.07	188
71	I. McCann	(23) University of Bath	38.08	187
72	G. Lynch	(35) Les Croupiers Running Club	38.09	186
73	A. Roberts	(23) Taf Running & Orienteering Teams	38.15	185
74	N. Somerville	(50) Wells City Harriers	38.17	184
75	R. Self	(45) Les Croupiers Running Club	38.30	183
76	J. Morris	Amman Valley Harriers	38.31	182
77	R. Teare	Team Bath	38.32	181
78	K. Griffiths	(40) Taf Running & Orienteering Teams	38.33	180
79	A. Anderson	(23) 3M Gorseinon Road Runners	38.40	179
80	K. Ham	(50) Westbury Harriers	38.43	178
81	K. Dunn	Westbury Harriers	38.52	177
82	S. Masters	(50) Wells City Harriers	38.55	176
83	J. Williams	Llanelli Amateur Athletic Club	39.10	175
84	R. Cook	(23) University of Bath	39.11	174
85	M. McGeoch	(55) Les Croupiers Running Club	39.20	173
86	J. King	Caerleon Running Club	39.21	172
87	D. Vorres	(45) Griffithstown Harriers A. A. C.	39.26	171
88	N. Clement	(50) Penarth and Dinas Runners	39.28	170
89	D. Williams	Aberdare Valley A. A. C.	39.30	169
90	C. Gardner	Stroud & District Athletic Club	39.31	168
91	M. Havard	(45) San Domenico Road Runners Club	39.36	167
92	G. Thomas	(45) Les Croupiers Running Club	39.40	166
93	S. Platt	(23) University of Bath	39.41	165
94	R. Phillips	(35) Westbury Harriers	39.43	164
95	A. Cleves	(35) Les Croupiers Running Club	39.44	163
96	D. Wintle	(55) Great Western Runners	39.45	162
97	G. Robinson	Stroud & District Athletic Club	39.50	161
98	E. Lepore	(55) Les Croupiers Running Club	39.52	160
99	A. Pillow	Team Bath	39.53	159
100	P. Sowerby	(45) Brecon Athletic Club	39.54	158
101	J. Bloor	(23) Chepstow Harriers	40.00	157
102	P. Coker	(50) Les Croupiers Running Club	40.01	156
103	P. Chan	(45) Great Western Runners	40.03	155
104	D. Moore	(23) Cardiff University Harriers	40.10	154

105	J. Jones	(40)	Carmarthen & District Harriers A.C.	40.11	153
106	J. Scanlon	(40)	Pontypridd Athletic Club	40.16	152
107	C. Stockdale		Great Western Runners	40.17	151
108	P. Kellam	(45)	Les Croupiers Running Club	40.22	150
109	S. Prior	(40)	Wells City Harriers	40.25	149
110	A. Pitt	(45)	Stroud & District Athletic Club	40.33	148
111	G. Williams		Aberdare Valley A. A. C.	40.34	147
112	J. Morgan	(45)	Bridgend Athletic Club	40.35	146
113	J. Bailey-Gard (Jun)		Westbury Harriers	40.36	145
114	T. Jefferies		Les Croupiers Running Club	40.40	144
115	R. Evans		Pontypridd Athletic Club	40.42	143
116	C. Harwood	(60)	Wells City Harriers	40.48	142
117	G. Brown		Penarth and Dinas Runners	40.49	141
118	G. Sansom	(45)	San Domenico Road Runners Club	41.00	140
119	R. Samuel	(40)	Cardiff Harlequins	41.05	139
120	M. Murphy	(55)	Les Croupiers Running Club	41.09	138
121	A. Gardiner		San Domenico Road Runners Club	41.10	137
122	C. Priest	(23)	Cardiff University Harriers	41.11	136
123	J. Lam	(35)	San Domenico Road Runners Club	41.12	135
124	Jeff Thomas	(45)	Bridgend Athletic Club	41.21	134
125	K. Taylor	(50)	Amman Valley Harriers	41.23	133
126	A. Jones	(40)	Les Croupiers Running Club	41.25	132
127	A. Care	(23)	Cardiff University Harriers	41.26	131
128	P. Darton		Wells City Harriers	41.30	130
129	C. Sprod	(23)	Aberdare Valley A. A. C.	41.31	129
130	B. Lovett	(40)	San Domenico Road Runners Club	41.36	128
131	J. Foster	(50)	Llswerry Runners	41.37	127
132	K. Jackson	(50)	Dursley & District Athletic Club	41.43	126
133	N. Bower	(40)	Team Bath	41.46	125
134	V. Edwards		Cardiff Harlequins	41.48	124
135	C. Corcoran	(40)	Pontypridd Athletic Club	41.52	123
136	S. Wadley	(50)	Newport Harriers Athletic Club	41.58	122
137	J. Dickinson	(40)	Taf Running & Orienteering Teams	42.02	121
138	A. Blair	(45)	Les Croupiers Running Club	42.10	120
139	M. Davies	(50)	Llswerry Runners	42.11	119
140	I. McDonald	(45)	San Domenico Road Runners Club	42.13	118
141	M. Lawson	(40)	Chepstow Harriers	42.24	117
142	J. Cleall-Harding	(55)	Les Croupiers Running Club	42.29	116
143	M. Dunscombe	(50)	Sarn Helen Orienteering & R. C.	42.32	115
144	S. Williams	(50)	Neath Harriers	42.40	114
145	G. Goldsmid	(50)	Wells City Harriers	42.41	113
146	S. Morath		Penarth and Dinas Runners	42.47	112

147	A. Russell		Les Croupiers Running Club	42.48	111
148	G. Griffiths		Les Croupiers Running Club	42.49	110
149	H. Carpenter	(55)	Neath Harriers	43.00	109
150	T. Hesslenberg	(23)	Cardiff University Harriers	43.09	108
151	R. Hopkins		Thornbury Running Club	43.12	107
152	M. Tabor	(55)	Les Croupiers Running Club	43.13	106
153	J. Outhwaite	(23)	Cardiff University Harriers	43.16	105
154	D. Gardner	(40)	Westbury Harriers	43.17	104
155	G. Slater	(40)	Thornbury Running Club	43.18	103
156	T. Smith	(23)	Cardiff University Harriers	43.19	102
157	S. Partridge	(55)	Neath Harriers	43.20	101
158	M. Tynedale (ind)		San Domenico Road Runners Club	43.25	100
159	S. Merrick	(40)	Swansea Harriers Athletic Club	43.26	99
160	P. Bogues	(23)	University of Bath	43.32	98
161	E. Cummins	(40)	Les Croupiers Running Club	43.40	97
162	J. Diffey	(45)	San Domenico Road Runners Club	43.51	96
163	S. Bridges	(40)	Aberdare Valley A. A. C.	43.54	95
164	T. Jefferies	(65)	Westbury Harriers	43.57	94
165	J. Hargreaves	(55)	Great Western Runners	43.59	93
166	C. Driscoll	(23)	Neath Harriers	44.02	92
167	C. Osmond	(50)	Les Croupiers Running Club	44.12	91
168	J. Bailey-Gard (Sen)	(60)	Westbury Harriers	44.13	90
169	Les Watson	(50)	Taf Running & Orienteering Teams	44.20	89
170	G. Cole	(40)	Wells City Harriers	44.21	88
171	S. Alexander	(40)	Les Croupiers Running Club	44.23	87
172	H. Mason	(40)	Caerleon Running Club	44.27	86
173	S. Hazel	(40)	Les Croupiers Running Club	44.38	85
174	D. Davies	(60)	Neath Harriers	44.40	84
175	A. Davies		Les Croupiers Running Club	44.42	83
176	R. Taylor		Chepstow Harriers	44.46	82
177	G. Wise	(23)	Cardiff University Harriers	44.56	81
178	A. Bunney	(40)	Aberdare Valley A. A. C.	45.01	80
179	L. Richards		Newport Harriers Athletic Club	45.10	79
180	A. Williams		Barry & Vale Harriers A. A. C.	45.11	78
181	A. Davidson		Les Croupiers Running Club	45.12	77
182	M. Davies	(60)	Les Croupiers Running Club	45.20	76
183	L. Morgan	(45)	San Domenico Road Runners Club	45.32	75
184	C. Nellins	(50)	Penarth and Dinas Runners	45.35	74
185	A. Mason	(50)	Les Croupiers Running Club	45.39	73
186	B. Dias		Cardiff Amateur Athletic Club	45.45	72
187	R. Whitcombe	(50)	Wells City Harriers	45.47	71
188	G. Viner	(50)	Caerleon Running Club	45.48	70

189	P. Chadwick	(50)	Wells City Harriers	45.50	69
190	K. Corcoran	(45)	Swansea Harriers Athletic Club	45.56	68
191	G. John	(50)	Les Croupiers Running Club	46.00	67
192	G. Orme	(65)	Carmarthen & District Harriers A.C.	46.05	66
193	B. Hall	(40)	Weston Athletic Club	46.18	65
194	S. Hughes	(23)	Aberdare Valley A. A. C.	46.22	64
195	S. Hames	(45)	Neath Harriers	46.23	63
196	S. Scurrrell		Taf Running & Orienteering Teams	46.30	62
197	E. Davey	(60)	Llanelli Amateur Athletic Club	46.35	61
198	D. Hardie	(50)	3M Gorseinon Road Runners	47.01	60
199	S. Maher	(23)	University of Bath	47.12	59
200	T. O'Sullivan	(50)	Les Croupiers Running Club	47.20	58
201	D. Proffitt	(55)	Newport Harriers Athletic Club	47.22	57
202	M. Thurgood	(40)	Caerleon Running Club	47.28	56
203	G. Ashton	(55)	Chepstow Harriers	47.33	55
204	J. Horner		Les Croupiers Running Club	47.39	54
205	M. Davies	(40)	Port Talbot Harriers & A. C.	47.40	53
206	P. Holder	(50)	Cardiff Harlequins	47.42	52
207	A. Perkins	(60)	Port Talbot Harriers & A. C.	47.47	51
208	S. Davey	(40)	Caerleon Running Club	47.51	50
209	C. Anthony	(65)	Port Talbot Harriers & A. C.	47.53	49
210	M. Bradley	(60)	Penarth and Dinas Runners	47.56	48
211	J. Jones	(40)	Pontypridd Athletic Club	48.02	47
212	M. Harris	(55)	Westbury Harriers	48.03	46
213	N. Pringle	(50)	Lliswerry Runners	48.05	45
214	T. Fenton	(50)	Great Western Runners	48.12	44
215	D.E. Williams	(45)	Les Croupiers Running Club	48.23	43
216	C. Young	(55)	Stroud & District Athletic Club	48.25	42
217	D. Shields	(45)	San Domenico Road Runners Club	48.31	41
218	D. Finch	(60)	Chepstow Harriers	48.37	40
219	G. Trueman	(60)	Stroud & District Athletic Club	48.39	39
220	A. Sedgmond	(55)	Les Croupiers Running Club	48.40	38
221	A. Bridge	(40)	Wells City Harriers	48.46	37
222	R. Anderson	(70)	Lliswerry Runners	48.49	36
223	R. Silver	(55)	Les Croupiers Running Club	48.50	35
224	A. Pate	(50)	Wells City Harriers	48.51	34
225	A. Taylor	(50)	Caerleon Running Club	49.06	33
226	J. Aston	(60)	Les Croupiers Running Club	49.13	32
227	M. Bennett	(60)	Great Western Runners	49.28	31
228	G. Hart	(40)	Caerleon Running Club	49.40	30
229	D. Hughes	(45)	Bridgend Athletic Club	49.54	29
230	N. Simms		Cardiff Harlequins	50.17	28

231	S. Pearce	Newport Harriers Athletic Club	50.20	27
232	S. Dickinson	(40) Wells City Harriers	50.23	26
233	R. Hobbs	(60) Dursley & District Athletic Club	50.26	25
234	R. Briers	(65) Stroud & District Athletic Club	50.35	24
235	M. Rossiter	(50) Les Croupiers Running Club	50.52	23
236	M. Halsall	Llanelli Amateur Athletic Club	51.05	22
237	L. Newman	(40) Porthcawl Runners Life	51.20	21
238	D. Fussell	(40) Wells City Harriers	51.25	20
239	P. Mainstone	(60) Thornbury Running Club	51.30	19
240	D. James	Brecon Athletic Club	51.43	18
241	I. Jones	(40) Cwmbran Harriers	52.02	17
242	A. Silk	(50) Chepstow Harriers	52.10	16
243	B. Mogford	(50) Amman Valley Harriers	52.19	15
244	D. Breen	(55) Porthcawl Runners Life	52.29	14
245	A. Bray	(55) Chepstow Harriers	52.42	13
246	A. Renshaw	(60) Thornbury Running Club	52.57	12
247	S. Duncan	(50) Chepstow Harriers	53.20	11
248	D. McDonald	(45) Les Croupiers Running Club	53.49	10
249	I. Swanson	(60) Port Talbot Harriers & A. C.	56.58	9
250	J. Davies	(60) Port Talbot Harriers & A. C.	57.27	8
251	J. Watt	(50) Thornbury Running Club	58.11	7
252	C. Bennett	(55) Great Western Runners	60.26	6