

Gwent Cross Country League 2009-2010

13 February 2010 : Penlan Leisure Centre, Brecon

Senior Men (203 Starters)

| Pos | Athlete | Club | Time | Pts |
|-----|--------------|--|-------|-----|
| 1 | D. Griffiths | (23) Carmarthen & District Harriers A.C. | 31.17 | 203 |
| 2 | A. Davies | (45) Brecon Athletic Club | 31.30 | 202 |
| 3 | T. Wallis | Bristol and West Athletic Club | 31.44 | 201 |
| 4 | L. Ladd | (23) Carmarthen & District Harriers A.C. | 32.29 | 200 |
| 5 | B. Morley | Great Western Runners | 32.34 | 199 |
| 6 | M. Collins | Cardiff Amateur Athletic Club | 32.53 | 198 |
| 7 | M. Roberts | (35) Swansea Harriers Athletic Club | 33.11 | 197 |
| 8 | P. Ryder | Cardiff Amateur Athletic Club | 33.16 | 196 |
| 9 | D. Woolford | Bristol and West Athletic Club | 33.18 | 195 |
| 10 | M. Shaw | Brecon Athletic Club | 33.32 | 194 |
| 11 | S. Paterson | San Domenico Road Runners Club | 33.39 | 193 |
| 12 | P. Cook | (40) Les Croupiers Running Club | 33.52 | 192 |
| 13 | A. Lindsay | Wells and Yeovil | 34.05 | 191 |
| 14 | M. Palser | Les Croupiers Running Club | 34.17 | 190 |
| 15 | S. Crees | Les Croupiers Running Club | 34.19 | 189 |
| 16 | M. Harvey | Neath Harriers | 34.31 | 188 |
| 17 | D. Coales | Team Bath | 34.32 | 187 |
| 18 | J. Morgan | (23) Newport Harriers Athletic Club | 34.35 | 186 |
| 19 | P. Richards | (45) Neath Harriers | 34.49 | 185 |
| 20 | C. Williams | (40) Neath Harriers | 35.01 | 184 |
| 21 | N. Dukes | Les Croupiers Running Club | 35.06 | 183 |
| 22 | H. Matthews | Brecon Athletic Club | 35.07 | 182 |
| 23 | P. Coles | (45) Pontypridd Athletic Club | 35.12 | 181 |
| 24 | M. Gurmin | (35) Swansea Harriers Athletic Club | 35.16 | 180 |
| 25 | D. Jones | Team Bath | 35.23 | 179 |
| 26 | A. Roberts | (23) Taf Running & Orienteering Teams | 35.24 | 178 |
| 27 | N. Frost | (45) Pontypridd Athletic Club | 35.25 | 177 |

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|----|---------------|------|----------------------------------|-------|-----|
| 28 | A. Deamer | (40) | Wells and Yeovil | 35.35 | 176 |
| 29 | J. Tugwell | | Bristol and West Athletic Club | 35.47 | 175 |
| 30 | T. Woodhouse | (23) | Cardiff University Harriers | 35.51 | 174 |
| 31 | G. Ward | | Westbury Harriers | 36.01 | 173 |
| 32 | J. Scanlon | | Pontypridd Athletic Club | 36.07 | 172 |
| 33 | C. Harrhy | (40) | Lliswerry Runners | 36.14 | 171 |
| 34 | Phil Crane | (45) | Neath Harriers | 36.22 | 170 |
| 35 | J. Foster | (50) | Lliswerry Runners | 36.26 | 169 |
| 36 | A. Glover | | Westbury Harriers | 36.29 | 168 |
| 37 | J. King | | Caerleon Running Club | 36.30 | 167 |
| 38 | C. Flower | (40) | Brecon Athletic Club | 36.34 | 166 |
| 39 | Peter Crane | (45) | Neath Harriers | 36.37 | 165 |
| 40 | R. Wallis | (50) | Westbury Harriers | 36.39 | 164 |
| 41 | A. Wood | (40) | Bridgend Athletic Club | 36.45 | 163 |
| 42 | C. Bridges | | Team Bath | 36.57 | 162 |
| 43 | R. Bullen | (45) | Les Croupiers Running Club | 37.04 | 161 |
| 44 | T. Bloodworth | (23) | Taunton Athletic Club | 37.11 | 160 |
| 45 | S. Pritchard | | Pontypridd Athletic Club | 37.13 | 159 |
| 46 | D. Wythe | (50) | Wells and Yeovil | 37.14 | 158 |
| 47 | M. McGeoch | (50) | Les Croupiers Running Club | 37.19 | 157 |
| 48 | M. Leathard | | Chepstow Harriers | 37.21 | 156 |
| 49 | J. Morris | | Amman Valley Harriers | 37.28 | 155 |
| 50 | P. Kendrick | (45) | Brecon Athletic Club | 37.36 | 154 |
| 51 | P. Hayes | (50) | Taf Running & Orienteering Teams | 37.40 | 153 |
| 52 | P. Sowerby | (45) | Brecon Athletic Club | 37.43 | 152 |
| 53 | D. Buchanan | | San Domenico Road Runners Club | 37.45 | 151 |
| 54 | K. Ham | (40) | Thornbury Running Club | 37.47 | 150 |
| 55 | R. Self | (45) | Les Croupiers Running Club | 37.49 | 149 |
| 56 | R. Whitehouse | (45) | Neath Harriers | 37.51 | 148 |
| 57 | D. Garner | (23) | Cardiff University Harriers | 37.53 | 147 |
| 58 | R. Hunt | (40) | Bridgend Athletic Club | 37.58 | 146 |
| 59 | P. Osborne | (45) | Swansea Harriers Athletic Club | 38.05 | 145 |
| 60 | A. Baker | (40) | Pontypridd Athletic Club | 38.08 | 144 |
| 61 | J. Blore | (23) | Chepstow Harriers | 38.12 | 143 |
| 62 | T. Hindle | (40) | Brecon Athletic Club | 38.16 | 142 |
| 63 | A. Anderson | (23) | Cardiff University Harriers | 38.20 | 141 |
| 64 | C. Walsh | (35) | Port Talbot Harriers & A. C. | 38.26 | 140 |
| 65 | A. Cleves | (35) | Les Croupiers Running Club | 38.30 | 139 |
| 66 | R. Jones | (50) | Les Croupiers Running Club | 38.33 | 138 |
| 67 | M. Hurford | (35) | Les Croupiers Running Club | 38.35 | 137 |
| 68 | R. Evans | | Pontypridd Athletic Club | 38.37 | 136 |
| 69 | D. Vorres | (45) | Griffithstown Harriers A. A. C. | 38.39 | 135 |

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|-----|----------------|------|-------------------------------------|-------|-----|
| 70 | M. Havard | (40) | San Domenico Road Runners Club | 38.44 | 134 |
| 71 | P. Speyer | | Brackla Harriers | 38.46 | 133 |
| 72 | S. Harris | | Chepstow Harriers | 38.47 | 132 |
| 73 | L. Smith | (40) | Llisbury Runners | 38.54 | 131 |
| 74 | M. Bown | | Team Bath | 38.56 | 130 |
| 75 | M. Tabor | (55) | Les Croupiers Running Club | 38.59 | 129 |
| 76 | Jeff Thomas | (40) | Bridgend Athletic Club | 39.07 | 128 |
| 77 | P. Chan | (40) | Great Western Runners | 39.08 | 127 |
| 78 | K. Griffiths | (45) | Taf Running & Orienteering Teams | 39.09 | 126 |
| 79 | G. Irving | (50) | Swansea Harriers Athletic Club | 39.10 | 125 |
| 80 | S. Nurse | (35) | Les Croupiers Running Club | 39.15 | 124 |
| 81 | R. Watkins | (40) | Thornbury Running Club | 39.22 | 123 |
| 82 | P. Lewis | (40) | 3M Gorseinon Road Runners | 39.23 | 122 |
| 83 | J. Jones | | Aberystwyth Athletic Club | 39.24 | 121 |
| 84 | R. Samuel | | Cardiff Harlequins | 39.25 | 120 |
| 85 | S. Scholz | (35) | Les Croupiers Running Club | 39.27 | 119 |
| 86 | D. Thomas | (23) | Swansea Harriers Athletic Club | 39.29 | 118 |
| 87 | D. Reynolds | (23) | Cardiff University Harriers | 39.32 | 117 |
| 88 | G. Sansom | (45) | San Domenico Road Runners Club | 39.33 | 116 |
| 89 | S. Prior | (40) | Wells and Yeovil | 39.34 | 115 |
| 90 | D. Griffiths | (40) | Newport Harriers Athletic Club | 39.44 | 114 |
| 91 | A. Wood | (40) | San Domenico Road Runners Club | 39.47 | 113 |
| 92 | B. Richardson | (50) | Les Croupiers Running Club | 39.49 | 112 |
| 93 | S. Glynn | | Carmarthen & District Harriers A.C. | 40.02 | 111 |
| 94 | I. McDonald | (45) | San Domenico Road Runners Club | 40.14 | 110 |
| 95 | R. Bowen | (60) | Neath Harriers | 40.16 | 109 |
| 96 | K. Jackson | (45) | Dursley & District Athletic Club | 40.20 | 108 |
| 97 | O. Sims | | Brecon Athletic Club | 40.28 | 107 |
| 98 | M. Tutesigensi | (23) | Cardiff University Harriers | 40.32 | 106 |
| 99 | J. O'Shea | (50) | Les Croupiers Running Club | 40.36 | 105 |
| 100 | A. Smith | | Cardiff Harlequins | 40.55 | 104 |
| 101 | P. Miles | (55) | Parc Bryn Bach Runners | 40.56 | 103 |
| 102 | D. Stansfield | (45) | Wells and Yeovil | 40.57 | 102 |
| 103 | J. Embling | (50) | Bridgend Athletic Club | 41.00 | 101 |
| 104 | I. Ogilvie | (40) | Brackla Harriers | 41.07 | 100 |
| 105 | C. Blackmore | | Cardiff Harlequins | 41.17 | 99 |
| 106 | D. McAtee | (45) | Newport Harriers Athletic Club | 41.24 | 98 |
| 107 | L. Morgan | (35) | San Domenico Road Runners Club | 41.32 | 97 |
| 108 | R. Morris | (60) | San Domenico Road Runners Club | 41.33 | 96 |
| 109 | R. Withers | (40) | Pembrokeshire Harriers | 41.35 | 95 |
| 110 | S. Childs | | Aberystwyth Athletic Club | 41.37 | 94 |
| 111 | R. Sandles | (40) | 3M Gorseinon Road Runners | 41.38 | 93 |

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|-----|---------------|---------------------------------------|-------|----|
| 112 | A. Russell | Les Croupiers Running Club | 41.40 | 92 |
| 113 | S. Merrick | (40) Swansea Harriers Athletic Club | 41.45 | 91 |
| 114 | M. Harvey | (23) Chepstow Harriers | 41.47 | 90 |
| 115 | S. Arnold | (40) Wells and Yeovil | 41.48 | 89 |
| 116 | P. Meyler | (50) Pontypridd Athletic Club | 41.55 | 88 |
| 117 | L. Watson | (45) Taf Running & Orienteering Teams | 42.02 | 87 |
| 118 | P. Holder | (50) Cardiff Harlequins | 42.07 | 86 |
| 119 | S. Harrhy | (45) Lliswerry Runners | 42.10 | 85 |
| 120 | C. Ashworth | (55) Dursley & District Athletic Club | 42.12 | 84 |
| 121 | R. Davis | (50) Bridgend Athletic Club | 42.12 | 83 |
| 122 | S. Pearce | Newport Harriers Athletic Club | 42.16 | 82 |
| 123 | G. Colvin | (45) 3M Gorseinon Road Runners | 42.25 | 81 |
| 124 | D. Shields | (45) San Domenico Road Runners Club | 42.27 | 80 |
| 125 | P. Chadwick | (50) Wells and Yeovil | 42.30 | 79 |
| 126 | S. Broome | (35) Neath Harriers | 42.31 | 78 |
| 127 | G. Jehu | (40) Aberdare Valley A. A. C. | 42.35 | 77 |
| 128 | D. Smout | (60) Parc Bryn Bach Runners | 42.39 | 76 |
| 129 | S. Matchett | (40) Pembrokeshire Harriers | 42.41 | 75 |
| 130 | M. Davies | (50) Lliswerry Runners | 42.41 | 74 |
| 131 | A. Haq | (23) Cardiff University Harriers | 42.45 | 73 |
| 132 | C. Osmond | (45) Les Croupiers Running Club | 42.47 | 72 |
| 133 | B. Phillips | (45) Parc Bryn Bach Runners | 42.55 | 71 |
| 134 | M. Murphy | (55) Les Croupiers Running Club | 42.56 | 70 |
| 135 | D. Proffitt | (55) Newport Harriers Athletic Club | 42.58 | 69 |
| 136 | J. Hargreaves | (55) Great Western Runners | 42.59 | 68 |
| 137 | M. Haswell | Llanelli Amateur Athletic Club | 43.05 | 67 |
| 138 | D. Thomas | 3M Gorseinon Road Runners | 43.11 | 66 |
| 139 | E. Davey | (60) Llanelli Amateur Athletic Club | 43.16 | 65 |
| 140 | T. Jefferies | (65) Westbury Harriers | 43.24 | 64 |
| 141 | G. Cole | Wells and Yeovil | 43.26 | 63 |
| 142 | J. Matthews | (23) Chepstow Harriers | 43.29 | 62 |
| 143 | R. Sewell | (50) Les Croupiers Running Club | 43.32 | 61 |
| 144 | B. O'Leary | (40) Amman Valley Harriers | 43.35 | 60 |
| 145 | A. Mason | (50) Les Croupiers Running Club | 43.37 | 59 |
| 146 | D. Osborne | (45) Brecon Athletic Club | 43.42 | 58 |
| 147 | J. Jones | Carmarthen & District Harriers A.C. | 43.44 | 57 |
| 148 | G. Trueman | (55) Stroud & District Athletic Club | 43.56 | 56 |
| 149 | M. Hopkins | (45) Westbury Harriers | 44.06 | 55 |
| 150 | R. Whitcombe | (50) Wells and Yeovil | 44.12 | 54 |
| 151 | M. Wilcox | (60) Great Western Runners | 44.18 | 53 |
| 152 | A. Bunney | (40) Aberdare Valley A. A. C. | 44.20 | 52 |
| 153 | R. Fowler | (60) Amman Valley Harriers | 44.28 | 51 |

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|-----|---------------|---------------------------------------|-------|----|
| 154 | J. Delaney | (50) San Domenico Road Runners Club | 44.29 | 50 |
| 155 | T. Fenton | (50) Great Western Runners | 44.30 | 49 |
| 156 | J. Magee | (35) Les Croupiers Running Club | 44.31 | 48 |
| 157 | N. Tatnell | (50) Les Croupiers Running Club | 44.38 | 47 |
| 158 | D. Finch | (60) Chepstow Harriers | 44.40 | 46 |
| 159 | M. Davies | (60) Les Croupiers Running Club | 44.41 | 45 |
| 160 | G. John | (50) Les Croupiers Running Club | 44.57 | 44 |
| 161 | J. Rees | (40) Pembrokeshire Harriers | 45.00 | 43 |
| 162 | P. Wright | (50) Wells and Yeovil | 45.02 | 42 |
| 163 | M. Harris | (55) Westbury Harriers | 45.04 | 41 |
| 164 | T. Holling | (50) Port Talbot Harriers & A. C. | 45.09 | 40 |
| 165 | A.N. Unknown | Anonymous Athletic Club | 45.27 | 39 |
| 166 | G. Donnan | (55) Les Croupiers Running Club | 45.32 | 38 |
| 167 | K. Taylor | (45) Amman Valley Harriers | 45.34 | 37 |
| 168 | B. Mogford | (45) Amman Valley Harriers | 45.44 | 36 |
| 169 | A. Lloyd | Amman Valley Harriers | 45.56 | 35 |
| 170 | D.E. Williams | (45) Les Croupiers Running Club | 46.00 | 34 |
| 171 | C. Rees | (45) Chepstow Harriers | 46.11 | 33 |
| 172 | C. Walters | (60) Taf Running & Orienteering Teams | 46.14 | 32 |
| 173 | P. Morfey | (50) Cardiff Harlequins | 46.16 | 31 |
| 174 | C. Bennett | (55) Great Western Runners | 46.20 | 30 |
| 175 | J. Clune | (60) Thornbury Running Club | 46.29 | 29 |
| 176 | R. Hobbs | (65) Dursley & District Athletic Club | 46.31 | 28 |
| 177 | A. Jones | (50) Brackla Harriers | 47.02 | 27 |
| 178 | M. Bennett | (55) Great Western Runners | 47.11 | 26 |
| 179 | P. Mainstone | (50) Thornbury Running Club | 47.23 | 25 |
| 180 | I. Morris | (45) Taf Running & Orienteering Teams | 47.43 | 24 |
| 181 | A. Dunscombe | (40) Pontypridd Athletic Club | 47.44 | 23 |
| 182 | P. Bigmore | (50) Brackla Harriers | 47.48 | 22 |
| 183 | J. Wilson | (60) Westbury Harriers | 47.53 | 21 |
| 184 | J. Thomas | (40) Brackla Harriers | 47.55 | 20 |
| 185 | N. Pringle | (50) Lliswerry Runners | 48.02 | 19 |
| 186 | C. Anthony | (60) Port Talbot Harriers & A. C. | 48.06 | 18 |
| 187 | A. Perkins | (55) Port Talbot Harriers & A. C. | 48.12 | 17 |
| 188 | H. Brown | (60) Les Croupiers Running Club | 48.26 | 16 |
| 189 | A. Taylor | (50) Caerleon Running Club | 49.10 | 15 |
| 190 | A. Bray | (50) Chepstow Harriers | 49.25 | 14 |
| 191 | R. Bown | (50) Pontypridd Athletic Club | 49.35 | 13 |
| 192 | G. Bodman | (45) Les Croupiers Running Club | 49.45 | 12 |
| 193 | D. Hughes | (40) Bridgend Athletic Club | 49.48 | 11 |
| 194 | S. Williams | (50) Les Croupiers Running Club | 50.12 | 10 |
| 195 | J. Aston | (60) Les Croupiers Running Club | 51.25 | 9 |

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|-----|------------|-----------------------------------|-------|---|
| 196 | J. Davies | (60) Port Talbot Harriers & A. C. | 54.22 | 8 |
| 197 | S. Selwyn | (40) Thornbury Running Club | 54.49 | 7 |
| 198 | R. Davey | (60) Les Croupiers Running Club | 55.02 | 6 |
| 199 | I. Swanson | (55) Port Talbot Harriers & A. C. | 58.49 | 5 |
| 200 | M. Ashton | (65) Lliswerry Runners | 60.24 | 4 |

Gwent Cross Country League 2009-2010

13 February 2010 : Penlan Leisure Centre, Brecon

Senior Women (117 Starters)

| Pos | Athlete | Club | Time | Pts |
|-----|----------------|---------------------------------------|-------|-----|
| 1 | K. Roberts | (23) Bridgend Athletic Club | 22.11 | 117 |
| 2 | N. Knapp | Swansea Harriers Athletic Club | 22.19 | 116 |
| 3 | B. Strange | (23) Cardiff Amateur Athletic Club | 22.28 | 115 |
| 4 | C. Blew | (23) Taunton Athletic Club | 22.40 | 114 |
| 5 | K. Beecher | Les Croupiers Running Club | 22.46 | 113 |
| 6 | A. Thomas | (40) Taf Running & Orienteering Teams | 23.01 | 112 |
| 7 | R. Golding | Westbury Harriers | 23.11 | 111 |
| 8 | M. Gittoes | Chepstow Harriers | 23.17 | 110 |
| 9 | M. Watson | (45) Taf Running & Orienteering Teams | 23.22 | 109 |
| 10 | L. Woodfinden | (23) Cardiff University Harriers | 23.24 | 108 |
| 11 | R. Pierce | (23) Team Bath | 23.39 | 107 |
| 12 | H. Marshall | Aberystwyth Athletic Club | 23.50 | 106 |
| 13 | V. Tester | Bristol and West Athletic Club | 23.59 | 105 |
| 14 | M. Zubizarreta | (40) Les Croupiers Running Club | 24.03 | 104 |
| 15 | V. Brann | (23) Bristol and West Athletic Club | 24.07 | 103 |
| 16 | A. Hurford | (45) Bristol and West Athletic Club | 24.10 | 102 |
| 17 | S. Haikala | (40) Brecon Athletic Club | 24.31 | 101 |
| 18 | S. Davies | (45) Croft Ambrey | 24.40 | 100 |
| 19 | L. Summers | (40) Chepstow Harriers | 24.54 | 99 |
| 20 | B. Stearn | (23) Cardiff University Harriers | 24.56 | 98 |
| 21 | S. Harris | Chepstow Harriers | 24.58 | 97 |

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|----|----------------|------|-----------------------------------|-------|----|
| 22 | K. Murray | (35) | Taf Running & Orienteering Teams | 25.00 | 96 |
| 23 | S. Pinkham | (45) | Port Talbot Harriers & A. C. | 25.04 | 95 |
| 24 | K. Prior | (35) | Wells and Yeovil | 25.05 | 94 |
| 25 | D. Cleary | | Westbury Harriers | 25.13 | 93 |
| 26 | M. Bowen-Rees | (45) | Taf Running & Orienteering Teams | 25.19 | 92 |
| 27 | V. Jones | | Westbury Harriers | 25.22 | 91 |
| 28 | Caroline Jones | (45) | Taf Running & Orienteering Teams | 25.33 | 90 |
| 29 | H. Pretty | (23) | University of Wales Inst. Cardiff | 25.35 | 89 |
| 30 | C. Ross | | Thornbury Running Club | 25.40 | 88 |
| 31 | A. Saxena | (55) | Newport Harriers Athletic Club | 25.43 | 87 |
| 32 | C. Tailby | (35) | Les Croupiers Running Club | 25.44 | 86 |
| 33 | S. Jones | | Westbury Harriers | 25.45 | 85 |
| 34 | A. Jones | (40) | Brecon Athletic Club | 25.50 | 84 |
| 35 | L. Eynon | (45) | Taf Running & Orienteering Teams | 25.55 | 83 |
| 36 | K. Bates | (35) | Port Talbot Harriers & A. C. | 25.56 | 82 |
| 37 | L. Smith | | Westbury Harriers | 25.57 | 81 |
| 38 | D. Reed | (40) | 3M Gorseinon Road Runners | 26.06 | 80 |
| 39 | T. Loftus | (23) | Cardiff University Harriers | 26.11 | 79 |
| 40 | W. Tippett | (45) | Westbury Harriers | 26.24 | 78 |
| 41 | S. Chipper | (35) | Llisbury Runners | 26.26 | 77 |
| 42 | R. Loudon | (40) | Newport Harriers Athletic Club | 26.31 | 76 |
| 43 | C. Moseley | | Port Talbot Harriers & A. C. | 26.43 | 75 |
| 44 | C. Johns | (35) | Brackla Harriers | 26.50 | 74 |
| 45 | S. Thorne | | Westbury Harriers | 26.54 | 73 |
| 46 | F. Evans | (23) | Amman Valley Harriers | 26.57 | 72 |
| 47 | R. Rowland | (45) | Thornbury Running Club | 27.00 | 71 |
| 48 | H. Williams | (45) | Taf Running & Orienteering Teams | 27.10 | 70 |
| 49 | J. Tucker | (35) | Les Croupiers Running Club | 27.20 | 69 |
| 50 | T. Chick | | Westbury Harriers | 27.22 | 68 |
| 51 | L. Miskell | (35) | 3M Gorseinon Road Runners | 27.24 | 67 |
| 52 | P. Sole | (23) | University of Wales Inst. Cardiff | 27.28 | 66 |
| 53 | D. Eyre | (45) | 3M Gorseinon Road Runners | 27.29 | 65 |
| 54 | N. Law | (35) | Brecon Athletic Club | 27.34 | 64 |
| 55 | S. Tucker | (35) | Westbury Harriers | 27.39 | 63 |
| 56 | L. Ashton | | Les Croupiers Running Club | 27.44 | 62 |
| 57 | K. Robertson | (35) | Westbury Harriers | 27.45 | 61 |
| 58 | S. Ashton | (55) | Chepstow Harriers | 27.51 | 60 |
| 59 | J. Scholey | (50) | Les Croupiers Running Club | 27.54 | 59 |
| 60 | C. Sandles | (40) | 3M Gorseinon Road Runners | 27.55 | 58 |
| 61 | A. James | (60) | Les Croupiers Running Club | 27.56 | 57 |
| 62 | L. Lavis | (45) | Brackla Harriers | 28.00 | 56 |
| 63 | P. Williams | (50) | Port Talbot Harriers & A. C. | 28.05 | 55 |

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| 64 | W. Owen | (35) San Domenico Road Runners Club | 28.06 | 54 |
| 65 | J. Hall | (45) Les Croupiers Running Club | 28.17 | 53 |
| 66 | B. Tucker | (40) Brecon Athletic Club | 28.31 | 52 |
| 67 | H. Johnson | (35) Westbury Harriers | 28.34 | 51 |
| 68 | V. Lawson | (35) Chepstow Harriers | 28.38 | 50 |
| 69 | C. Dallimore | (50) Les Croupiers Running Club | 28.41 | 49 |
| 70 | J. Mills | (50) Thornbury Running Club | 28.44 | 48 |
| 71 | Y. Bullen | (45) Les Croupiers Running Club | 28.58 | 47 |
| 72 | S. Olivant | (35) Brecon Athletic Club | 29.07 | 46 |
| 73 | A. James | (40) Carmarthen & District Harriers A.C. | 29.08 | 45 |
| 74 | A. Rowell | (50) Taf Running & Orienteering Teams | 29.10 | 44 |
| 75 | L. Feeney | (23) Cardiff University Harriers | 29.15 | 43 |
| 76 | J. Ash | (35) Les Croupiers Running Club | 29.20 | 42 |
| 77 | J. Oakley | (40) Port Talbot Harriers & A. C. | 29.22 | 41 |
| 78 | S. Stagg | (35) Thornbury Running Club | 29.24 | 40 |
| 79 | S. Adkins | (60) Caerleon Running Club | 29.44 | 39 |
| 80 | C. Davies | (23) Sarn Helen Orienteering & R. C. | 29.53 | 38 |
| 81 | A. Starritt | (35) Brackla Harriers | 29.59 | 37 |
| 82 | J. Nurse | (35) Les Croupiers Running Club | 30.06 | 36 |
| 83 | F. Williams | (40) San Domenico Road Runners Club | 30.12 | 35 |
| 84 | A. Bushell | (35) Thornbury Running Club | 30.24 | 34 |
| 85 | M. Palmer | (55) Westbury Harriers | 30.37 | 33 |
| 86 | C. Hurdidge | (55) 3M Gorseinon Road Runners | 30.51 | 32 |
| 87 | M. Reynolds | (45) Swansea Harriers Athletic Club | 30.53 | 31 |
| 88 | C. House | (35) San Domenico Road Runners Club | 31.33 | 30 |
| 89 | F. Sharpe | (50) 3M Gorseinon Road Runners | 31.49 | 29 |
| 90 | T. Johnson | (35) Thornbury Running Club | 31.54 | 28 |
| 91 | B. Havers | Chepstow Harriers | 32.04 | 27 |
| 92 | V. Clare | (50) Lliswerry Runners | 32.25 | 26 |
| 93 | J. Mogford | Amman Valley Harriers | 32.37 | 25 |
| 94 | C. Johnson | (60) Les Croupiers Running Club | 32.43 | 24 |
| 95 | R. Davies | (55) Great Western Runners | 32.52 | 23 |
| 96 | K. Jones | (35) Parc Bryn Bach Runners | 33.04 | 22 |
| 97 | S. Neal | (55) Les Croupiers Running Club | 33.34 | 21 |
| 98 | G. Howells | (60) Caerleon Running Club | 33.58 | 20 |
| 99 | K. Evans | (55) Brackla Harriers | 34.05 | 19 |
| 100 | P. Jones | (45) Brackla Harriers | 34.07 | 18 |
| 101 | C. Lansdown | (35) Thornbury Running Club | 34.30 | 17 |
| 102 | S. Osborn | (35) Guest | 34.46 | Guest |
| 103 | S. Mogford | Amman Valley Harriers | 34.48 | 16 |
| 104 | E. Morgan | (35) San Domenico Road Runners Club | 35.35 | 15 |
| 105 | A. Mogford | (40) Amman Valley Harriers | 35.36 | 14 |

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|-----|---------------|---------------------------------|-------|----|
| 106 | M. Rowson | (60) Les Croupiers Running Club | 36.00 | 13 |
| 107 | P. Parr | (55) Great Western Runners | 36.14 | 12 |
| 108 | E. Arwyn | (55) Les Croupiers Running Club | 36.58 | 11 |
| 109 | A. Neal | (50) Les Croupiers Running Club | 37.03 | 10 |
| 110 | S. Ackland | (35) Brackla Harriers | 37.18 | 9 |
| 111 | K. Phillips | (40) Les Croupiers Running Club | 38.05 | 8 |
| 112 | R. Fitzgerald | (60) Amman Valley Harriers | 38.56 | 7 |
| 113 | S. Jenkins | (40) Amman Valley Harriers | 39.38 | 6 |
| 114 | A. Butler | (65) Great Western Runners | 43.09 | 5 |
| 115 | S. Bennett | (60) Great Western Runners | 49.01 | 4 |
| 116 | S. Myers | (55) Great Western Runners | 49.02 | 3 |