

# Gwent Cross Country League 2009-2010

## 11 October 2009 : Newbridge Fields, Bridgend

### Senior Women (184 Starters)

Pos	Athlete	Club	Time	Pts
1	R. Felton (ind)	Stroud & District Athletic Club	23.19	184
2	A. Jones	Swansea Harriers Athletic Club	23.48	183
3	V. Barcello	Cardiff Amateur Athletic Club	24.12	182
4	Caryl Jones	(23) Taf Running & Orienteering Teams	24.37	181
5	N. Knapp	Swansea Harriers Athletic Club	25.00	180
6	C. Dugdale	Swansea Harriers Athletic Club	25.08	179
7	K. Roberts	(23) Bridgend Athletic Club	25.14	178
8	A. Heeley	San Domenico Road Runners Club	25.15	177
9	L. Dixon	(23) Cardiff University Harriers	25.27	176
10	A. Speight	(23) University of Wales Inst. Cardiff	25.32	175
11	A. Thomas	(40) Taf Running & Orienteering Teams	25.35	174
12	R. Mitchell	(23) Bristol and West Athletic Club	25.43	173
13	L. Dunn	(23) University of Bath	26.00	172
14	F. Ross-Harris	(23) University of Bath	26.05	171
15	S. Leech	(35) Carmarthen & District Harriers A.C.	26.09	170
16	C. Anderson	(23) University of Wales Inst. Cardiff	26.13	169
17	D. Marsden	Westbury Harriers	26.16	168
18	K. Beecher	Les Croupiers Running Club	26.17	167
19	S. Voller	Westbury Harriers	26.18	166
20	L. O'Duffy	(40) Les Croupiers Running Club	26.26	165
21	A. Culp	Great Western Runners	26.31	164
22	M. Watson	(40) Taf Running & Orienteering Teams	26.35	163
23	B. Strange	Cardiff Amateur Athletic Club	26.39	162
24	M. Gittoes	Chepstow Harriers	26.40	161

25	L. Backhouse	(23)	Cardiff University Harriers	26.52	160
26	L. Ferguson	(23)	University of Bath	27.02	159
27	A. Beynon-Thomas	(23)	Carmarthen & District Harriers A.C.	27.09	158
28	E. Brown		Cardiff Amateur Athletic Club	27.11	157
29	G. Leahy		Cardiff Amateur Athletic Club	27.15	156
30	S. Pinkham	(45)	Port Talbot Harriers & A. C.	27.20	155
31	C. Gaugham	(23)	Guest	27.21	Guest
32	E. Butler		Swansea Harriers Athletic Club	27.22	154
33	E. Jenkins	(35)	Brackla Harriers	27.27	153
34	S. Haikala	(40)	Brecon Athletic Club	27.29	152
35	B. Stearn	(23)	Cardiff University Harriers	27.34	151
36	R. Baker	(23)	University of Wales Inst. Cardiff	27.37	150
37	D. Cooke	(35)	Bridgend Athletic Club	27.43	149
38	K. Murray	(35)	Taf Running & Orienteering Teams	27.46	148
39	S. Davies	(40)	Croft Ambrey	27.48	Guest
40	R. Allcock	(35)	Amman Valley Harriers	27.52	147
41	R. Arnold	(23)	University of Wales - Swansea	27.53	146
42	L. James		Windsor Slough and Eton	28.01	Guest
43	Caroline Jones	(45)	Taf Running & Orienteering Teams	28.05	145
44	J. Salter	(35)	Les Croupiers Running Club	28.18	144
45	L. Gallagher		Westbury Harriers	28.20	143
46	L. Woodfinden	(23)	Cardiff University Harriers	28.25	142
47	L. Ellis		Great Western Runners	28.26	141
48	M. Bowen-Rees	(45)	Taf Running & Orienteering Teams	28.27	140
49	B. Merriman	(35)	Chepstow Harriers	28.32	139
50	L. Smith		Westbury Harriers	28.35	138
51	E. Jones		Carmarthen & District Harriers A.C.	28.43	137
52	D. Cleary		Westbury Harriers	28.47	136
53	D. Read	(40)	3M Gorseinon Road Runners	28.48	135
54	A. Hurford	(45)	Bristol and West Athletic Club	28.51	134
55	J. Davies (ind)	(35)	Griffithstown Harriers A. A. C.	28.52	133
56	C. Hudgell		Les Croupiers Running Club	28.53	132
57	M. Zubizarreta	(35)	Les Croupiers Running Club	28.53	131
58	L. Barker	(23)	Brecon Athletic Club	28.59	130
59	C. Tailby	(35)	Les Croupiers Running Club	29.00	129
60	K. Prior	(35)	Wells and Yeovil	29.00	128
61	R. Loudon	(40)	Newport Harriers Athletic Club	29.08	127
62	R. Sampson	(23)	University of Bath	29.10	126
63	A. Saxena	(50)	Newport Harriers Athletic Club	29.14	125

64	G. Hardman	(35)	Bridgend Athletic Club	29.18	124
65	W. Tippett	(45)	Westbury Harriers	29.27	123
66	C. Brambley-Tucker	(40)	Port Talbot Harriers & A. C.	29.28	122
67	L. Eynon	(45)	Taf Running & Orienteering Teams	29.36	121
68	C. Ross		Thornbury Running Club	29.39	120
69	V. Ford	(50)	Great Western Runners	29.40	119
70	F. Davies	(50)	Bridgend Athletic Club	29.44	118
71	E. Barnes		Thornbury Running Club	29.45	117
72	C. Beatty		Les Croupiers Running Club	29.50	116
73	K. Bates	(35)	Port Talbot Harriers & A. C.	29.55	115
74	S. Bennett		San Domenico Road Runners Club	29.56	114
75	L. Summers	(40)	Chepstow Harriers	30.03	113
76	L. Ashton		Les Croupiers Running Club	30.08	112
77	R. Rowland	(45)	Thornbury Running Club	30.09	111
78	J. Bailey	(23)	University of Bath	30.12	110
79	P. Gallagher	(60)	Westbury Harriers	30.13	109
80	V. Lawson	(35)	Chepstow Harriers	30.14	108
81	C. Johns	(35)	Brackla Harriers	30.17	107
82	J. Scholey	(50)	Les Croupiers Running Club	30.18	106
83	G. Kellam	(45)	Les Croupiers Running Club	30.19	105
84	G. Jones	(45)	Westbury Harriers	30.25	104
85	A. Starritt	(35)	Brackla Harriers	30.26	103
86	S. Woods	(45)	Griffithstown Harriers A. A. C.	30.29	102
87	H. Williams	(45)	Taf Running & Orienteering Teams	30.34	101
88	R. Richards	(23)	Cardiff University Harriers	30.38	100
89	A-M. Evans	(35)	Parc Bryn Bach Runners	30.42	99
90	C. Ambrose		Great Western Runners	30.44	98
91	F. Evans	(23)	Amman Valley Harriers	30.47	97
92	C. Hughes	(35)	Bridgend Athletic Club	30.53	96
93	G. Dando		Bridgend Athletic Club	31.00	95
94	H. Pretty	(23)	University of Wales Inst. Cardiff	31.04	94
95	J. Rhys	(45)	Les Croupiers Running Club	31.05	93
96	S. Ashton	(55)	Chepstow Harriers	31.06	92
97	J. Morris	(40)	Chepstow Harriers	31.24	91
98	L. Daley	(40)	Les Croupiers Running Club	31.26	90
99	S. Noel		Great Western Runners	31.29	89
100	G. Aldworth	(35)	Brecon Athletic Club	31.30	88
101	S. McCloughlin	(40)	Les Croupiers Running Club	31.31	87
102	A. James	(55)	Les Croupiers Running Club	31.34	86

103	P. Williams	(50) Port Talbot Harriers & A. C.	31.36	85
104	J. Williams	(23) University of Wales Inst. Cardiff	31.37	84
105	M. Parrott	(45) Thornbury Running Club	31.37	83
106	A. Molinard	(23) University of Wales Inst. Cardiff	31.39	82
107	S. Davies	(35) Thornbury Running Club	31.45	81
108	P. Sole	(23) University of Wales Inst. Cardiff	31.48	80
109	R. Jones	Cardiff Amateur Athletic Club	31.49	79
110	C. Hayes	(40) Barry & Vale Harriers A. A. C.	32.01	78
111	E. Turner	(55) Les Croupiers Running Club	32.10	77
112	C. Dallimore	(50) Les Croupiers Running Club	32.23	76
113	A. Follan	(35) Pontypridd Athletic Club	32.27	75
114	Y. Bullen	(45) Les Croupiers Running Club	32.31	74
115	L. Lavis	(45) Brackla Harriers	32.42	73
116	A. Rowell	(50) Taf Running & Orienteering Teams	32.44	72
117	C. Legier	Port Talbot Harriers & A. C.	32.45	71
118	H. Johnson	(35) Westbury Harriers	32.55	70
119	L. Dodds	Swansea Harriers Athletic Club	32.57	69
120	A. James	(40) Carmarthen & District Harriers A.C.	33.06	68
121	J. Mills	(50) Thornbury Running Club	33.08	67
122	S. Adkins	(60) Caerleon Running Club	33.17	66
123	F. Williams	(40) San Domenico Road Runners Club	33.20	65
124	S. Rees	(35) Caerleon Running Club	33.36	64
125	M. Palmer	(50) Westbury Harriers	33.45	63
126	J. Ash	(35) Les Croupiers Running Club	33.47	62
127	T. Arthur	(45) Port Talbot Harriers & A. C.	33.49	61
128	J. Oakley	(40) Port Talbot Harriers & A. C.	33.55	60
129	K. Tucker	Swansea Harriers Athletic Club	33.58	59
130	D. Howells	(40) Barry & Vale Harriers A. A. C.	33.59	58
131	W. Owen	(35) San Domenico Road Runners Club	34.00	57
132	G. McCue	Les Croupiers Running Club	34.00	56
133	H. Eve	(40) Swansea Harriers Athletic Club	34.29	55
134	B. Avery	(55) Chepstow Harriers	34.31	54
135	Y. Brown	(50) Port Talbot Harriers & A. C.	34.40	53
136	T. Johnson	(40) Thornbury Running Club	34.52	52
137	K. John	(40) 3M Gorseinon Road Runners	34.56	51
138	V. Clare	(50) Lliswerry Runners	34.57	50
139	S. Neal	(55) Les Croupiers Running Club	35.15	49
140	J. Jones	(40) Sarn Helen Orienteering & R. C.	35.20	48
141	J. Mogford	Amman Valley Harriers	35.25	47

142	R. Davies	(55)	Great Western Runners	35.50	46
143	C. Lidgett	(40)	Chepstow Harriers	36.02	45
144	J. Horler	(35)	Chepstow Harriers	36.03	44
145	S. Lewis		Taf Running & Orienteering Teams	36.04	43
146	M. Colburn	(35)	Celtic Tri Club	36.05	42
147	S. Mogford		Amman Valley Harriers	36.06	41
148	M. Owen	(35)	Amman Valley Harriers	36.11	40
149	M. Reynolds (ind)	(45)	Swansea Harriers Athletic Club	36.16	39
150	G. Murphy	(55)	Les Croupiers Running Club	36.31	38
151	D. Keeble	(45)	Wells and Yeovil	36.40	37
152	K. Burrow	(45)	Celtic Tri Club	37.13	36
153	G. Howells	(55)	Caerleon Running Club	37.13	35
154	H. Phillips	(50)	Amman Valley Harriers	37.25	34
155	C. Johnson	(60)	Les Croupiers Running Club	37.51	33
156	A. Mogford	(45)	Amman Valley Harriers	37.56	32
157	K. Jones	(35)	Parc Bryn Bach Runners	38.11	31
158	B. Havers		Chepstow Harriers	38.21	30
159	P. Thomas	(65)	Taf Running & Orienteering Teams	38.29	29
160	K. Evans	(55)	Brackla Harriers	39.22	28
161	M. Rowson	(60)	Les Croupiers Running Club	39.27	27
162	P. Jones	(55)	Brackla Harriers	39.57	26
163	J. Thomas	(40)	Amman Valley Harriers	40.42	25
164	A. Neal	(50)	Les Croupiers Running Club	41.16	24
165	P. Parr	(55)	Great Western Runners	41.26	23
166	E. Arwyn	(55)	Les Croupiers Running Club	41.38	22
167	J. McMillan		Weston Athletic Club	41.41	21
168	S. Bailey-Gard	(55)	Westbury Harriers	41.52	20
169	K. Phillips	(40)	Les Croupiers Running Club	42.14	19
170	T. William	(45)	Celtic Tri Club	42.25	18
171	L. Ogilvie	(35)	Celtic Tri Club	42.43	17
172	R. Fitzgerald	(60)	Amman Valley Harriers	43.21	16
173	S. Evans	(35)	Amman Valley Harriers	43.33	15
174	S. Morgan		Brackla Harriers	43.37	14
175	S. Rose	(40)	Brackla Harriers	43.37	13
176	S. Jenkins	(40)	Amman Valley Harriers	43.52	12
177	S. Jenkins	(50)	Sarn Helen Orienteering & R. C.	44.05	11
178	S. Ackland	(35)	Brackla Harriers	45.32	10
179	T. Cappell		Brackla Harriers	46.16	9
180	L. Lloyd	(45)	Brackla Harriers	46.16	8

181 A. Butler

(65) Great Western Runners

46.42

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## **Gwent Cross Country League 2009-2010**

### **11 October 2009 : Newbridge Fields, Bridgend**

#### **Male Veterans Over 70 ( 2 Starters )**

Pos	Athlete	Club	Time	Pts
1	L. Tew	Port Talbot Harriers & A. C.	32.31	2
2	E. Alexis	Les Croupiers Running Club	37.58	1

## **Gwent Cross Country League 2009-2010**

### **11 October 2009 : Newbridge Fields, Bridgend**

#### **Senior Men (339 Starters)**

Pos	Athlete	Club	Time	Pts
1	N. Lane	Cardiff Amateur Athletic Club	31.56	339

2	I. Thomas	(23)	University of Wales Inst. Cardiff	31.59	338
3	S. Jones (ind)		Neath Harriers	32.09	337
4	M. Hobbs		Swansea Harriers Athletic Club	32.19	336
5	T. Marshall	(23)	University of Wales Inst. Cardiff	32.24	335
6	D. Griffiths	(23)	Carmarthen & District Harriers A.C.	32.28	334
7	R. Gardiner		Cardiff Amateur Athletic Club	32.44	333
8	T. Wallis		Bristol and West Athletic Club	32.51	332
9	C. Hopkins	(23)	Swansea Harriers Athletic Club	33.01	331
10	L. Hobbs		Swansea Harriers Athletic Club	33.04	330
11	R. Bugden		Bristol and West Athletic Club	33.21	329
12	A. Davies	(45)	Brecon Athletic Club	33.35	328
13	D. Woolford	(23)	Bristol and West Athletic Club	33.39	327
14	J. Mills	(23)	University of Bath	34.02	326
15	D. Hiscox	(35)	Bridgend Athletic Club	34.05	325
16	A. Bitchell	(23)	University of Wales Inst. Cardiff	34.16	324
17	S. Paterson		San Domenico Road Runners Club	34.21	323
18	M. Hopkinson	(23)	Taunton Athletic Club	34.23	322
19	A. Friend		Cardiff Amateur Athletic Club	34.24	321
20	C. Discombe		Les Croupiers Running Club	34.31	320
21	B. Morley		Great Western Runners	34.35	319
22	J. Thomas		Cardiff Amateur Athletic Club	34.44	318
23	M. Roberts	(35)	Swansea Harriers Athletic Club	34.47	317
24	M. Palser		Les Croupiers Running Club	34.51	316
25	L. Ladd	(23)	Carmarthen & District Harriers A.C.	34.52	315
26	M. Shaw	(35)	Brecon Athletic Club	35.01	314
27	T. Marley	(23)	University of Wales Inst. Cardiff	35.08	313
28	A. Humphries	(23)	Cwmbran Harriers	35.10	312
29	P. Ryder		Cardiff Amateur Athletic Club	35.11	311
30	D. Rees		Swansea Harriers Athletic Club	35.15	310
31	N. Wood	(23)	University of Wales Inst. Cardiff	35.19	309
32	P. Coles	(45)	Pontypridd Athletic Club	35.29	308
33	R. MacDonald	(23)	University of Wales - Swansea	35.32	307
34	R. Spear	(23)	University of Bath	35.34	306
35	P. Halford	(35)	Guest	35.36	Guest
36	M. Gurmin	(35)	Swansea Harriers Athletic Club	35.40	305
37	C. Moore	(23)	Cardiff University Harriers	35.42	304
38	C. Williams	(40)	Neath Harriers	35.47	303
39	L. Aherne	(40)	Les Croupiers Running Club	35.53	302
40	K. Fairbank		Cardiff Amateur Athletic Club	35.55	301

41	I. Lloyd	(45)	Swansea Harriers Athletic Club	35.58	300
42	M. Evans		Neath Harriers	35.59	299
43	H. Matthews		Brecon Athletic Club	36.02	298
44	N. Dukes		Les Croupiers Running Club	36.07	297
45	G. Davies	(40)	Bridgend Athletic Club	36.15	296
46	P. Cook	(40)	Les Croupiers Running Club	36.20	295
47	D. Bodman	(23)	Aberdare Valley A. A. C.	36.24	294
48	P. Griffiths	(40)	Neath Harriers	36.27	293
49	D. Studley	(23)	Westbury Harriers	36.32	292
50	N. Frost	(45)	Pontypridd Athletic Club	36.35	291
51	S. Crees		Les Croupiers Running Club	36.38	290
52	M. Harvey		Neath Harriers	36.39	289
53	P. Talbot	(40)	Neath Harriers	36.40	288
54	S. Rose		Team Bath	36.45	287
55	L. Hiscox		Pontypridd Athletic Club	36.46	286
56	T. Woodhouse	(23)	Cardiff University Harriers	36.48	285
57	S. Penny	(45)	Chepstow Harriers	36.52	284
58	M. Green		Thornbury Running Club	36.54	283
59	A. Wood	(40)	Bridgend Athletic Club	36.56	282
60	A. Lindsay		Wells and Yeovil	36.59	281
61	T. Hawkins		Wells and Yeovil	37.00	280
62	M. Emery		Bridgend Athletic Club	37.08	279
63	Phil Crane	(45)	Neath Harriers	37.20	278
64	A. Woods	(45)	Griffithstown Harriers A. A. C.	37.23	277
65	D. Jones		Team Bath	37.25	276
66	T. Hindle	(40)	Brecon Athletic Club	37.29	275
67	R. Bullen	(45)	Les Croupiers Running Club	37.30	274
68	C. Parker	(40)	Swansea Harriers Athletic Club	37.31	273
69	G. Ward		Westbury Harriers	37.33	272
70	S. Osborne	(45)	Bridgend Athletic Club	37.35	271
71	D. Davies	(50)	Brecon Athletic Club	37.37	270
72	G. Jenkins		Brackla Harriers	37.38	269
73	J. Butler	(23)	Swansea Harriers Athletic Club	37.39	268
74	S. Morgan	(35)	Croft Ambrey	37.40	267
75	Peter Crane	(45)	Neath Harriers	37.43	266
76	J. Edwards		San Domenico Road Runners Club	37.45	265
77	R. Bower	(23)	Team Bath	37.48	264
78	M. Lewis	(40)	Taunton Athletic Club	37.50	263
79	S. Davies	(50)	Mansfield Harriers	37.51	Guest

80	I. Webb	(50)	Llanelli Amateur Athletic Club	37.52	262
81	J. Terry		Westbury Harriers	37.56	261
82	M. Brown		Team Bath	37.59	260
83	R. Jones	(50)	Les Croupiers Running Club	38.05	259
84	R. Matthews		Chepstow Harriers	38.09	258
85	M. McGeoch	(50)	Les Croupiers Running Club	38.15	257
86	R. Hunt	(45)	Bridgend Athletic Club	38.17	256
87	J. Foster	(50)	Llisbury Runners	38.19	255
88	J. Smith	(23)	University of Bath	38.22	254
89	D. Vorres	(45)	Griffithstown Harriers A. A. C.	38.26	253
90	D. Coales		Team Bath	38.31	252
91	L. Sandham	(40)	Neath Harriers	38.32	251
92	T. Butt	(23)	University of Wales - Swansea	38.34	250
93	E. Donovan		San Domenico Road Runners Club	38.38	249
94	M. Williams	(40)	Les Croupiers Running Club	38.40	248
95	K. Lewis	(45)	Neath Harriers	38.42	247
96	G. Lynch		Les Croupiers Running Club	38.44	246
97	J. Scanlon	(35)	Pontypridd Athletic Club	38.47	245
98	A. Anderson	(23)	Cardiff University Harriers	38.48	244
99	P. Jenkins	(40)	Bridgend Athletic Club	38.49	243
100	P. Speyer		Brackla Harriers	38.50	242
101	P. Osborne	(45)	Swansea Harriers Athletic Club	38.52	241
102	T. Bloodworth	(23)	Taunton Athletic Club	38.53	240
103	S. Richards		Swansea Harriers Athletic Club	38.53	239
104	J. King	(35)	Caerleon Running Club	38.54	238
105	D. Wintle	(55)	Great Western Runners	38.55	237
106	M. Tabor	(55)	Les Croupiers Running Club	38.59	236
107	C. Walsh		Port Talbot Harriers & A. C.	39.01	235
108	D. Crane	(50)	Neath Harriers	39.02	234
109	L. Rawlinson		Caerleon Running Club	39.03	233
110	A. Cleverley	(23)	Swansea Harriers Athletic Club	39.04	232
111	T. Jewell-Davies	(40)	Westbury Harriers	39.05	231
112	R. Wallis	(50)	Westbury Harriers	39.06	230
113	M. Leathard		Chepstow Harriers	39.10	229
114	D. Buchanan		San Domenico Road Runners Club	39.11	228
115	D. Thomas	(23)	Swansea Harriers Athletic Club	39.12	227
116	P. Davies	(55)	Bridgend Athletic Club	39.24	226
117	D. Harris		Les Croupiers Running Club	39.26	225
118	D. Reynolds	(23)	Cardiff University Harriers	39.28	224

119	D. Griffiths	(40)	Newport Harriers Athletic Club	39.32	223
120	I. Teed		Chepstow Harriers	39.34	222
121	A. Powell	(40)	Neath Harriers	39.39	221
122	S. Morris	(35)	Bridgend Athletic Club	39.41	220
123	S. Pritchard		Pontypridd Athletic Club	39.42	219
124	P. Kendrick	(45)	Brecon Athletic Club	39.43	218
125	S. Wilson	(40)	Guest	39.44	Guest
126	P. Hayes	(50)	Taf Running & Orienteering Teams	39.46	217
127	R. Self	(40)	Les Croupiers Running Club	39.47	216
128	C. Johnson	(40)	Westbury Harriers	39.49	215
129	O. Flage	(35)	Oldham and Royton	39.52	Guest
130	M. Harvey	(23)	Chepstow Harriers	40.00	214
131	E. Husband	(50)	Lancaster and Morecombe	40.01	Guest
132	D. Shroll		Neath Harriers	40.04	213
133	G. Irving	(50)	Swansea Harriers Athletic Club	40.08	212
134	A. Pitt	(40)	Stroud & District Athletic Club	40.10	211
135	S. Harris		Chepstow Harriers	40.15	210
136	E. Lepore	(50)	Les Croupiers Running Club	40.15	209
137	I. McDonald	(45)	San Domenico Road Runners Club	40.18	208
138	R. Sage		Les Croupiers Running Club	40.19	207
139	H. Roberts	(50)	Bridgend Athletic Club	40.21	206
140	S. Davies		Pontypridd Athletic Club	40.23	205
141	N. Rees	(50)	Les Croupiers Running Club	40.25	204
142	M. Havard	(40)	San Domenico Road Runners Club	40.26	203
143	R. Evans		Pontypridd Athletic Club	40.28	202
144	S. Coupe	(55)	Sospan Road Runners	40.31	201
145	R. Evans	(55)	Les Croupiers Running Club	40.33	200
146	P. Chan	(40)	Great Western Runners	40.35	199
147	P. Kellam	(40)	Les Croupiers Running Club	40.41	198
148	S. Richards	(23)	University of Wales - Swansea	40.47	197
149	M. Davies		Taf Running & Orienteering Teams	40.49	196
150	A. Wood	(40)	San Domenico Road Runners Club	40.53	195
151	Jeff Thomas	(40)	Bridgend Athletic Club	40.56	194
152	J. Cleall-Harding	(55)	Les Croupiers Running Club	40.57	193
153	A. Rees		Neath Harriers	40.58	192
154	R. Thompson	(45)	Pembrokeshire Harriers	41.00	191
155	M. Paviour	(45)	Croft Ambrey	41.03	190
156	R. Bowen	(60)	Neath Harriers	41.05	189
157	K. Jackson	(45)	Dursley & District Athletic Club	41.06	188

158	S. Prior	(40) Wells and Yeovil	41.10	187
159	P. Miles	(55) Parc Bryn Bach Runners	41.13	186
160	F. Checcia	(40) Team Bath	41.17	185
161	P. Ross-Davies	(55) Blackheath and Bromley	41.18	Guest
162	S. Williams	(50) Neath Harriers	41.19	184
163	A. Rees	(45) Bridgend Athletic Club	41.22	183
164	A. Doel	(45) Neath Harriers	41.23	182
165	S. Hooper	(40) Pontypridd Athletic Club	41.24	181
166	R. Morris	(55) San Domenico Road Runners Club	41.25	180
167	D. Taylor	(45) Bristol and West Athletic Club	41.28	179
168	H. Porter	(23) University of Wales - Swansea	41.30	178
169	R. Coombs	(40) Taf Running & Orienteering Teams	41.32	177
170	J. Diffey	(40) Les Croupiers Running Club	41.33	176
171	K. Taylor	(45) Amman Valley Harriers	41.36	175
172	K. Paul	(40) Taunton Athletic Club	41.37	174
173	I. Ogilvie	(40) Brackla Harriers	41.38	173
174	T. Jefferies	(60) Westbury Harriers	41.41	172
175	P. Lidgett	(40) Chepstow Harriers	41.42	171
176	P. Llewellyn	(60) Guest	41.43	Guest
177	C. Hobbs	Westbury Harriers	41.45	170
178	L. Carter	(50) Chepstow Harriers	41.48	169
179	D. Scarborough	(50) Bridgend Athletic Club	41.53	168
180	M. Jones	(45) Pontypridd Athletic Club	41.56	167
181	D. Rose	(40) Brackla Harriers	41.58	166
182	A. Russell	Les Croupiers Running Club	42.03	165
183	J. Jones	Aberystwyth Athletic Club	42.06	164
184	G. Sansom	(45) San Domenico Road Runners Club	42.12	163
185	P. Lewis	(40) 3M Gorseinon Road Runners	42.17	162
186	S. Broome	Neath Harriers	42.18	161
187	R. Marks	(55) Sarn Helen Orienteering & R. C.	42.20	160
188	A. Walton	(35) San Domenico Road Runners Club	42.25	159
189	P. Meyler	(50) Pontypridd Athletic Club	42.28	158
190	M. Murphy	(55) Les Croupiers Running Club	42.30	157
191	D. Hughes	(40) Bridgend Athletic Club	42.33	156
192	G. Torrington	(35) Westbury Harriers	42.34	155
193	D. Hardie	(50) 3M Gorseinon Road Runners	42.35	154
194	M. Evans	Amman Valley Harriers	42.36	153
195	J. Greenwood	(55) Thornbury Running Club	42.37	152
196	J. Wright	(40) Chepstow Harriers	42.38	151

197	S. Wadley	(45) Newport Harriers Athletic Club	42.39	150
198	P. Sowerby	(45) Brecon Athletic Club	42.40	149
199	T. Caveney	(50) Les Croupiers Running Club	42.41	148
200	M. Evans	(45) Neath Harriers	42.42	147
201	D. McAtee	(45) Newport Harriers Athletic Club	42.45	146
202	J. Embling	(50) Bridgend Athletic Club	42.48	145
203	H. Carpenter	(55) Neath Harriers	42.56	144
204	L. Davies	(35) Pontypridd Athletic Club	42.58	143
205	K. Corcoran	(45) Swansea Harriers Athletic Club	43.00	142
206	J. Pocknell	(40) Caerleon Running Club	43.09	141
207	A. Jones	Les Croupiers Running Club	43.14	140
208	J. Bailey-Gard (sen)	(55) Westbury Harriers	43.15	139
209	L. Chapman	(60) Amman Valley Harriers	43.16	138
210	R. Davis	(50) Bridgend Athletic Club	43.19	137
211	L. Morgan	(35) San Domenico Road Runners Club	43.20	136
212	B. Tyrrell	(50) Thornbury Running Club	43.22	135
213	L. McLaren	Cardiff Amateur Athletic Club	43.24	134
214	L. Watson	(45) Taf Running & Orienteering Teams	43.30	133
215	R. Samuel	Cardiff Harlequins	43.38	132
216	P. Chadwick	(50) Wells and Yeovil	43.39	131
217	E. Tucker	(45) Bridgend Athletic Club	43.40	130
218	M. Fitzhugh	(40) Westbury Harriers	43.41	129
219	G. Howe	(50) 3M Gorseinon Road Runners	43.41	128
220	A. Smith	(23) Swansea Harriers Athletic Club	43.44	127
221	S. Partridge	(55) Neath Harriers	43.46	126
222	S. Harrhy	(45) Lliswerry Runners	43.48	125
223	A. Davies	(45) Pontypridd Athletic Club	43.49	124
224	B. O'Leary	(40) Amman Valley Harriers	43.50	123
225	A. Mundy	Brackla Harriers	43.52	122
226	L. Gardener	(40) Swansea Harriers Athletic Club	43.54	121
227	C. Osmond	(45) Les Croupiers Running Club	43.55	120
228	H. Mason	(40) Caerleon Running Club	43.56	119
229	M. Davies	(50) Lliswerry Runners	43.57	118
230	D. Shields	(40) San Domenico Road Runners Club	44.00	117
231	G. Jehu	Aberdare Valley A. A. C.	44.09	116
232	M. Hopkins	(40) Westbury Harriers	44.11	115
233	B. Henderson	(50) Port Talbot Harriers & A. C.	44.12	114
234	D. Smout	(60) Parc Bryn Bach Runners	44.13	113
235	J. Hargreaves	(55) Great Western Runners	44.16	112

236	S. Arnold	(40) Wells and Yeovil	44.18	111
237	P. Walters	(45) Taf Running & Orienteering Teams	44.19	110
238	J. Davies	San Domenico Road Runners Club	44.24	109
239	P. Bristow	(45) San Domenico Road Runners Club	44.28	108
240	A. Smith	Cardiff Harlequins	44.30	107
241	J. Tuck	(40) Wells and Yeovil	44.46	106
242	S. Merrick	(40) Swansea Harriers Athletic Club	44.51	105
243	P. Moody	(65) Carmarthen & District Harriers A.C.	45.02	104
244	P. Holder	(45) Cardiff Harlequins	45.08	103
245	C. Corcoran	(40) Pontypridd Athletic Club	45.09	102
246	B. Mogford	(45) Amman Valley Harriers	45.10	101
247	S. Pearce	Newport Harriers Athletic Club	45.11	100
248	B. Dias	Cardiff Amateur Athletic Club	45.12	99
249	P. Spriggs	(35) Swansea Harriers Athletic Club	45.13	98
250	A. Brown	(40) Swansea Harriers Athletic Club	45.21	97
251	R. Withers	(40) Pembrokeshire Harriers	45.23	96
252	M. Harris	(55) Westbury Harriers	45.26	95
253	A. Mann	(50) Les Croupiers Running Club	45.31	94
254	R. Whitcombe	(50) Wells and Yeovil	45.32	93
255	M. Halsall	Llanelli Amateur Athletic Club	45.33	92
256	D. Osborne	(45) Brecon Athletic Club	45.34	91
257	R. Bloss	(40) Westbury Harriers	45.35	90
258	R. Sewell	(50) Les Croupiers Running Club	45.36	89
259	M. Nash	(45) 3M Gorseinon Road Runners	45.38	88
260	W. Frewen	(50) Brackla Harriers	45.40	87
261	M. Adams	(50) Taf Running & Orienteering Teams	45.42	86
262	P. Bamsey	(55) Neath Harriers	45.49	85
263	M. Roblin	(40) Carmarthen & District Harriers A.C.	45.53	84
264	J. Thorpe	(40) Great Western Runners	45.56	83
265	G. Trueman	(55) Stroud & District Athletic Club	45.57	82
266	A. Croucher	(23) University of Wales - Swansea	46.04	81
267	J. Plain	(60) Les Croupiers Running Club	46.05	80
268	A. Weaver	Port Talbot Harriers & A. C.	46.07	79
269	A. Bunney	Aberdare Valley A. A. C.	46.13	78
270	K. Buckle	(65) Cheltenham Harriers	46.15	Guest
271	S. Bendle	(45) Swansea Harriers Athletic Club	46.16	77
272	E. Davey	(55) Llanelli Amateur Athletic Club	46.21	76
273	G. Cole	Wells and Yeovil	46.23	75
274	A. Perkins	(55) Port Talbot Harriers & A. C.	46.30	74

275	E. Cummins	(40) Bridgend Athletic Club	46.35	73
276	J. O'Shea	(50) Les Croupiers Running Club	46.44	72
277	N. Tatnell	(50) Les Croupiers Running Club	46.47	71
278	T. Fenton	(50) Great Western Runners	46.54	70
279	J. Rees	(40) Pembrokeshire Harriers	47.01	69
280	I. Morris	(45) Taf Running & Orienteering Teams	47.05	68
281	G. Jones	(40) Sarn Helen Orienteering & R. C.	47.06	67
282	J. Aston	(60) Les Croupiers Running Club	47.09	66
283	N. Pringle	(50) Lliswerry Runners	47.14	65
284	M. Potter	Brackla Harriers	47.16	64
285	A. Dunscombe	(40) Pontypridd Athletic Club	47.23	63
286	D. Proffitt	(55) Newport Harriers Athletic Club	47.26	62
287	M. Rabaiotti	(45) Port Talbot Harriers & A. C.	47.32	61
288	J. Hurford	(55) Great Western Runners	47.37	60
289	D. Williams	Aberdare Valley A. A. C.	47.52	59
290	S. Davey	(40) Caerleon Running Club	48.06	58
291	J. Thomas	(40) Chepstow Harriers	48.12	57
292	B. Fox	(60) Swansea Harriers Athletic Club	48.19	56
293	P. Deacon	(50) Swansea Harriers Athletic Club	48.24	55
294	R. Summers	(40) Chepstow Harriers	48.35	54
295	G. Jenkins	(40) Amman Valley Harriers	48.44	53
296	A. Ford	(50) Brackla Harriers	48.45	52
297	R. Ford	(50) Pontypridd Athletic Club	48.52	51
298	R. Fowler	(60) Amman Valley Harriers	49.03	50
299	G. Waters	(60) Swansea Harriers Athletic Club	49.04	49
300	M. Bennett	(55) Great Western Runners	49.11	48
301	S. Horler	(40) Chepstow Harriers	49.17	47
302	P. Morfey	(50) Cardiff Harlequins	49.18	46
303	T. Jones	(50) Celtic Tri Club	49.24	45
304	D. Finch	(60) Chepstow Harriers	49.34	44
305	P. Mainstone	(55) Thornbury Running Club	49.39	43
306	J. Davies	(60) Port Talbot Harriers & A. C.	49.48	42
307	T. Cummins	(35) Les Croupiers Running Club	49.57	41
308	G. Williams	(65) 3M Gorseinon Road Runners	50.06	40
309	R. Hobbs	(60) Dursley & District Athletic Club	50.09	39
310	A. Jones	(50) Brackla Harriers	50.36	38
311	T. Holling	(50) Port Talbot Harriers & A. C.	51.04	37
312	C. Bennett	(55) Great Western Runners	51.19	36
313	D. McMillan	(60) Weston Athletic Club	51.36	35

314	S. Williams	(50) Les Croupiers Running Club	51.41	34
315	S. Lockwood	(50) Guest	52.01	Guest
316	J. Wilson	(60) Westbury Harriers	52.50	33
317	R. Silver	(60) Les Croupiers Running Club	52.50	32
318	N. Darroch	(50) Brackla Harriers	53.10	31
319	K. Treharne	(60) Brackla Harriers	53.56	30
320	A. Lock	(60) Bridgend Athletic Club	54.20	29
321	R. Davey	(60) Les Croupiers Running Club	54.37	28
322	R. Anthony	(55) Taf Running & Orienteering Teams	55.31	27
323	I. Swanson	(55) Port Talbot Harriers & A. C.	56.09	26
324	S. Selwyn	(45) Thornbury Running Club	56.25	25
325	G. Bishop	(65) Thornbury Running Club	57.12	24
326	M. Bullough	(50) Swansea Harriers Athletic Club	58.32	Guest
327	S. Wheeler	(70) Chepstow Harriers	59.17	23
328	R. Pullen	(65) Neath Harriers	60.09	22
329	G. Taylor	(40) Bridgend Athletic Club	62.14	21