

# Gwent Cross Country League 2011-2012

## 09 October 2011 : Newbridge Fields, Bridgend

### Senior Men (329 Starters)

Pos	Athlete	Club	Time	Pts
1	D. Griffiths	(23) Swansea Harriers Athletic Club	33.19	329
2	C. Maclean	(23) Bristol and West Athletic Club	34.05	328
3	P. Matthews	Swansea Harriers Athletic Club	34.14	327
4	M. Hobbs	Swansea Harriers Athletic Club	34.21	326
5	A. Hunt	Cardiff Amateur Athletic Club	34.28	325
6	R. Gardiner	Aberdare Valley A. A. C.	34.37	324
7	B. Nagy	(23) University of Bath	34.46	323
8	A. Haines	Cardiff Amateur Athletic Club	34.52	322
9	A. Marriott	Wells City Harriers	35.07	321
10	A. Humphries	Swansea Harriers Athletic Club	35.19	320
11	J. Thie	University of Wales Inst. Cardiff	35.28	319
12	G. Halliwell	(23) Stroud & District Athletic Club	35.30	318
13	A. Jones	Aberystwyth Athletic Club	35.35	317
14	W. Evans	Carmarthen & District Harriers A.C.	35.39	316
15	J. Dalgleish	(23) Stroud & District Athletic Club	35.44	315
16	L. Hobbs	Swansea Harriers Athletic Club	35.49	314
17	R. Atkin	Bridgend Athletic Club	35.53	313
18	M. Ellis	Westbury Harriers	35.55	312
19	M. Roberts	(40) Swansea Harriers Athletic Club	36.00	311
20	D. Gurmin	Swansea Harriers Athletic Club	36.04	310
21	L. Scott	(40) Taunton Athletic Club	36.06	309
22	A. Davies	(45) Brecon Athletic Club	36.08	308
23	J. Thomas	Cardiff Amateur Athletic Club	36.19	307
24	M. Johnson	Bristol and West Athletic Club	36.49	306
25	J. Mills	Cardiff Amateur Athletic Club	36.55	305
26	A. Bitchell	(23) University of Wales Inst. Cardiff	36.55	304
27	J. Collier	Westbury Harriers	36.56	303

28	M. Harvey	Neath Harriers	36.57	302
29	M. Kershaw	(23) University of Wales Inst. Cardiff	37.10	301
30	M. Kallenberg	(23) University of Wales Inst. Cardiff	37.16	300
31	D. Rees	(35) Swansea Harriers Athletic Club	37.17	299
32	M. Wells	Bridgend Athletic Club	37.18	298
33	T. Phillips	(23) University of Wales Inst. Cardiff	37.23	297
34	D. Coales	(40) Team Bath	37.31	296
35	J. Edwards	(35) Les Croupiers Running Club	37.36	295
36	M. Emery	Bridgend Athletic Club	37.40	294
37	S. Taylor	Griffithstown Harriers A. A. C.	37.48	293
38	D. Bodman	(23) Aberdare Valley A. A. C.	37.54	292
39	N. Dukes	(35) Les Croupiers Running Club	37.59	291
40	S. Everington	Westbury Harriers	38.05	290
41	F. Tasker	(23) University of Bath	38.21	289
42	C. Green	(23) University of Wales Inst. Cardiff	38.22	288
43	C. Pristavec	Les Croupiers Running Club	38.23	287
44	C. Williams	(40) Neath Harriers	38.24	286
45	D. Jones	Team Bath	38.25	285
46	N. Wood	(23) University of Wales Inst. Cardiff	38.36	284
47	P. Coles	(45) Pontypridd Athletic Club	38.37	283
48	A. Glover	Westbury Harriers	38.38	282
49	L. Winfield-Young	Cardiff Amateur Athletic Club	38.39	281
50	M. Palser	Les Croupiers Running Club	38.47	280
51	S. Crees	Les Croupiers Running Club	38.55	279
52	J. Terry	Westbury Harriers	38.56	278
53	P. Griffiths	(40) Neath Harriers	38.57	277
54	J. Bancroft	Wells City Harriers	38.59	276
55	H. Matthews	Brecon Athletic Club	39.00	275
56	C. Hill	(23) Aberdare Valley A. A. C.	39.09	274
57	I. Lloyd	(50) Swansea Harriers Athletic Club	39.11	273
58	T. Davis	Porthcawl Runners Life	39.12	272
59	P. Talbot	(40) Neath Harriers	39.13	271
60	E. Donovan	Les Croupiers Running Club	39.14	270
61	R. Bullen	(50) Les Croupiers Running Club	39.22	269
62	T. Bowerman	(23) University of Wales - Swansea	39.27	268
63	C. Fulcher	(40) Port Talbot Harriers & A. C.	39.34	267
64	O. Haswell	(23) Cardiff University Harriers	39.36	266
65	G. Ward	Westbury Harriers	39.40	265
66	S. Penny	(45) Chepstow Harriers	39.47	264
67	N. Frost	(50) Pontypridd Athletic Club	39.52	263
68	G. Thomas	San Domenico Road Runners Club	39.53	262
69	S. Campbell	Southville Running Club	39.54	261

70	S. Shields	San Domenico Road Runners Club	39.55	260
71	M. Evans	Taf Running & Orienteering Teams	40.03	259
72	L. Davies	Llanelli Amateur Athletic Club	40.05	258
73	P. Cook	(40) Les Croupiers Running Club	40.08	257
74	P. Kendrick	(50) Brecon Athletic Club	40.13	256
75	D. Johnston	Neath Harriers	40.14	255
76	K. Griffiths	(40) Taf Running & Orienteering Teams	40.15	254
77	L. Rawlinson	Caerleon Running Club	40.16	253
78	P. Hart	(23) Cardiff University Harriers	40.19	252
79	R. Matthews	Chepstow Harriers	40.21	251
80	J. Gilling	Wells City Harriers	40.22	250
81	Peter Crane	(50) Neath Harriers	40.23	249
82	A. Hodgson	(40) Bridgend Athletic Club	40.24	248
83	L. Banner	(23) University of Wales - Swansea	40.31	247
84	M. Deacon	(23) Bristol and West Athletic Club	40.32	246
85	Phil Jenkins	(40) Bridgend Athletic Club	40.33	245
86	G. Lewis	Porthcawl Runners Life	40.34	244
87	A. Donald	Cardiff Amateur Athletic Club	40.35	243
88	R. Whitehouse	(45) Neath Harriers	40.37	242
89	M. Hurford	(35) Les Croupiers Running Club	40.41	241
90	R. Mulvaney	(35) Neath Harriers	40.57	240
91	S. Osborne	(50) Bridgend Athletic Club	40.58	239
92	J. McBrien	(23) University of Bath	41.00	238
93	A. Wood	(40) Bridgend Athletic Club	41.04	237
94	P. Speyer	(35) Guest	41.07	Guest
95	R. Self	(45) Les Croupiers Running Club	41.17	236
96	M. Whittle	(35) San Domenico Road Runners Club	41.18	235
97	T. Hindle	(40) Brecon Athletic Club	41.20	234
98	R. Dando	Bridgend Athletic Club	41.22	233
99	D. Davies	(55) Brecon Athletic Club	41.28	232
100	A. Anderson	(23) 3M Gorseinon Road Runners	41.29	231
101	C. Johnson	(40) Westbury Harriers	41.30	230
102	R. Phillips	Westbury Harriers	41.31	229
103	S. Masters	(50) Wells City Harriers	41.32	228
104	T. Guest	(40) Swansea Harriers Athletic Club	41.33	227
105	I. McCan	(23) University of Bath	41.39	226
106	D. Buchanan	San Domenico Road Runners Club	41.43	225
107	S. Howell	(50) Les Croupiers Running Club	41.44	224
108	J. Morris	Amman Valley Harriers	41.56	223
109	J. Jones	(40) Carmarthen & District Harriers A.C.	42.00	222
110	J. Appleton (ind)	Les Croupiers Running Club	42.02	221
111	M. Hopkins	Les Croupiers Running Club	42.03	220

112	J. Morgan		Bridgend Athletic Club	42.04	219
113	A. Care	(23)	Cardiff University Harriers	42.05	218
114	N. Clement	(50)	Penarth and Dinas Runners	42.06	217
115	M. Williams	(45)	Les Croupiers Running Club	42.07	216
116	B. Davies	(23)	University of Wales - Swansea	42.08	215
117	P. Osborne	(50)	Swansea Harriers Athletic Club	42.09	214
118	T. Hone	(23)	University of Bath	42.10	213
119	K. Ham	(50)	Westbury Harriers	42.11	212
120	S. Richards		Swansea Harriers Athletic Club	42.24	211
121	A. Roberts	(23)	Taf Running & Orienteering Teams	42.25	210
122	D. Wintle	(50)	Great Western Runners	42.26	209
123	Luke Watson	(23)	Taf Running & Orienteering Teams	42.29	208
124	P. Darton		Wells City Harriers	42.34	207
125	C. Prothero		Cardiff Amateur Athletic Club	42.36	206
126	M. Havard	(45)	San Domenico Road Runners Club	42.37	205
127	E. Lepore	(55)	Les Croupiers Running Club	42.38	204
128	J. Blore	(23)	Chepstow Harriers	42.39	203
129	P. Kellam	(45)	Les Croupiers Running Club	42.40	202
130	E. Penny	(23)	University of Wales - Swansea	42.41	201
131	M. McGeoch	(55)	Les Croupiers Running Club	42.42	200
132	R. Reissman	(35)	Swansea Harriers Athletic Club	42.43	199
133	J. King	(35)	Caerleon Running Club	42.44	198
134	J. Bailey-Gard (Jun)		Westbury Harriers	42.46	197
135	P. Coker	(55)	Les Croupiers Running Club	42.50	196
136	A. Jones	(55)	Port Talbot Harriers & A. C.	42.51	195
137	G. Williams		Aberdare Valley A. A. C.	42.52	194
138	N. Williams	(45)	Pontypridd Athletic Club	42.53	193
139	R. Evans		Pontypridd Athletic Club	42.54	192
140	D. John	(40)	Taf Running & Orienteering Teams	42.55	191
141	G. Thomas	(45)	Les Croupiers Running Club	42.56	190
142	M. Flear		Llanelli Amateur Athletic Club	42.57	189
143	T. Fowler	(23)	Newport Harriers Athletic Club	42.58	188
144	D. Vorres	(40)	Griffithstown Harriers A. A. C.	42.59	187
145	D. Williams		Aberdare Valley A. A. C.	43.00	186
146	E. Husband	(50)	Lancaster and Morecombe	43.04	Guest
147	P. Mason		Great Western Runners	43.05	185
148	S. Price	(40)	Wells City Harriers	43.06	184
149	M. Hooper		Les Croupiers Running Club	43.07	183
150	G. Sansom	(45)	San Domenico Road Runners Club	43.12	182
151	T. Davies	(60)	Aldershot Farnham and District	43.13	Guest
152	R. Thompson	(45)	Pembrokeshire Harriers	43.18	181
153	S. Johnston	(60)	Les Croupiers Running Club	43.21	180

154	P. Dawes	(45) San Domenico Road Runners Club	43.31	179
155	S. Wadley	(50) Newport Harriers Athletic Club	43.36	178
156	G. Draisey	(40) Swansea Harriers Athletic Club	43.39	177
157	Jeff Thomas	(45) Bridgend Athletic Club	43.42	176
158	M. Murphy	(55) Les Croupiers Running Club	43.48	175
159	I. Roberts	(45) Stroud & District Athletic Club	43.58	174
160	G. Irving	(50) Swansea Harriers Athletic Club	44.03	173
161	P. Sowerby	(45) Brecon Athletic Club	44.04	172
162	R. Cook	(23) University of Bath	44.05	171
163	G. Cullen	Bristol and West Athletic Club	44.06	170
164	B. Lovett	(40) San Domenico Road Runners Club	44.10	169
165	C. Speed	(23) Aberdare Valley A. A. C.	44.11	168
166	M. Harvey	Chepstow Harriers	44.14	167
167	J. O'Shea	(55) Les Croupiers Running Club	44.16	166
168	R. Marks	(60) Sarn Helen Orienteering & R. C.	44.18	165
169	J. Potts	(40) San Domenico Road Runners Club	44.20	164
170	T. Butt	(23) University of Wales - Swansea	44.24	163
171	A. Jones	(35) Les Croupiers Running Club	44.25	162
172	K. Jackson	(50) Dursley & District Athletic Club	44.34	161
173	J. Cleall-Harding	(55) Les Croupiers Running Club	44.44	160
174	A. Buck (ind)	(40) Westbury Harriers	44.45	159
175	K. Taylor	(50) Amman Valley Harriers	44.53	158
176	V. Edwards	Cardiff Harlequins	45.01	157
177	P. Chan	(40) Great Western Runners	45.04	156
178	T. Westmacott	(40) Westbury Harriers	45.08	155
179	M. Thomas	Lliswerry Runners	45.09	154
180	A. Russell	(35) Les Croupiers Running Club	45.10	153
181	M. Dunscombe	(50) Sarn Helen Orienteering & R. C.	45.16	152
182	J. Bruce	(35) Les Croupiers Running Club	45.23	151
183	P.J. Llewellyn	(65) BRATS	45.28	Guest
184	M. Paviour	(45) Croft Ambrey	45.29	Guest
185	G. Griffiths	Les Croupiers Running Club	45.32	150
186	M. Davies (ind)	(50) Lliswerry Runners	45.33	149
187	K. Lewis	(50) Neath Harriers	45.39	148
188	C. Lewis	(35) Port Talbot Harriers & A. C.	45.41	147
189	J. Diffey	(45) San Domenico Road Runners Club	45.42	146
190	A. Blair	(45) Les Croupiers Running Club	45.46	145
191	A. Wood	(40) San Domenico Road Runners Club	45.52	144
192	G. Goldsmid	(50) Wells City Harriers	46.00	143
193	R. Samuel	(40) Cardiff Harlequins	46.13	142
194	R. Bowen	(65) Neath Harriers	46.15	141
195	H. Carpenter	(55) Neath Harriers	46.18	140

196	M. Hopkins	(40)	Westbury Harriers	46.19	139
197	P. Rees	(40)	3M Gorseinon Road Runners	46.20	138
198	M. Terry	(50)	Taf Running & Orienteering Teams	46.29	137
199	C. Davies	(35)	San Domenico Road Runners Club	46.35	136
200	T. Hesslenberg	(23)	Cardiff University Harriers	46.36	135
201	R. Hayes		Aberdare Valley A. A. C.	46.38	134
202	R. Withers	(45)	Pembrokeshire Harriers	46.42	133
203	D. McAtee	(50)	Newport Harriers Athletic Club	46.43	132
204	C. Osmond	(50)	Les Croupiers Running Club	46.46	131
205	S. Hazel	(40)	Les Croupiers Running Club	46.47	130
206	W. Edwards		Porthcawl Runners Life	46.54	129
207	L. Pole		Pontypridd Athletic Club	46.55	128
208	T. Jefferies	(60)	Westbury Harriers	46.58	127
209	M. Davies	(60)	Les Croupiers Running Club	46.59	126
210	S. Alexander	(40)	Les Croupiers Running Club	47.03	125
211	J. Hargreaves	(55)	Great Western Runners	47.07	124
212	J. Pocknell		Caerleon Running Club	47.08	123
213	I. McDonald	(45)	San Domenico Road Runners Club	47.09	122
214	G. Orme	(65)	Carmarthen & District Harriers A.C.	47.11	121
215	S. Williams	(50)	Neath Harriers	47.17	120
216	J. Bailey-Gard (Sen)	(60)	Westbury Harriers	47.19	119
217	S. Partridge	(55)	Neath Harriers	47.20	118
218	J. Lott		Bridgend Athletic Club	47.25	117
219	L. Richards		Newport Harriers Athletic Club	47.35	116
220	P. Burton	(45)	Great Western Runners	47.36	115
221	M. Tabor	(55)	Les Croupiers Running Club	47.39	114
222	P. Walters	(40)	Taf Running & Orienteering Teams	47.40	113
223	J. Palser	(23)	Guest	47.43	Guest
224	L. Morgan	(35)	San Domenico Road Runners Club	47.44	112
225	A. Davidson		Les Croupiers Running Club	47.45	111
226	D. Davies	(60)	Neath Harriers	47.46	110
227	P. Bristow	(50)	San Domenico Road Runners Club	47.47	109
228	S. Morath		Penarth and Dinas Runners	47.49	108
229	A. Mason	(50)	Les Croupiers Running Club	47.54	107
230	A. Gillard	(40)	Cardiff Harlequins	47.55	106
231	S. Scurrrell		Taf Running & Orienteering Teams	47.55	105
232	G. John	(55)	Les Croupiers Running Club	47.58	104
233	P. Moody	(65)	Carmarthen & District Harriers A.C.	48.00	103
234	R. Davis	(50)	Porthcawl Runners Life	48.01	102
235	R. Whitcombe	(50)	Wells City Harriers	48.02	101
236	C. Bodman	(23)	Aberdare Valley A. A. C.	48.03	100
237	A. Bunney	(40)	Aberdare Valley A. A. C.	48.04	99

238	A. Davies		Les Croupiers Running Club	48.08	98
239	Les Watson	(50)	Taf Running & Orienteering Teams	48.11	97
240	J. Horner		Les Croupiers Running Club	48.12	96
241	C. Corcoran	(40)	Pontypridd Athletic Club	48.22	95
242	G. Cole	(40)	Wells City Harriers	48.25	94
243	B. Dias		Cardiff Amateur Athletic Club	48.29	93
244	H. Mason	(40)	Caerleon Running Club	48.34	92
245	B. Mogford	(50)	Amman Valley Harriers	48.39	91
246	H. Durham		Pontypridd Athletic Club	48.44	90
247	R. Evans	(45)	Penarth and Dinas Runners	48.54	89
248	E. Cummins	(40)	Les Croupiers Running Club	48.57	88
249	N. Pringle	(50)	Lliswerry Runners	49.01	87
250	A. Ulyet	(23)	Cardiff University Harriers	49.07	86
251	S. Merrick	(40)	Swansea Harriers Athletic Club	49.08	85
252	P. Chadwick	(50)	Wells City Harriers	49.09	84
253	G. Jehu	(40)	Aberdare Valley A. A. C.	49.14	83
254	A. Perkins	(60)	Port Talbot Harriers & A. C.	49.17	82
255	E. Marshall	(23)	Cardiff University Harriers	49.18	81
256	D. Hardie	(50)	3M Gorseinon Road Runners	49.25	80
257	G. Jenkins	(40)	Amman Valley Harriers	49.28	79
258	T. Szikszay		Bristol and West Athletic Club	49.30	78
259	M. Willcox	(60)	Great Western Runners	49.31	77
260	S. Hames	(45)	Neath Harriers	49.38	76
261	A. Dunscombe	(45)	Pontypridd Athletic Club	49.42	75
262	D. Gardner	(40)	Guest	49.48	Guest
263	M. Bradley	(60)	Penarth and Dinas Runners	49.54	74
264	E. Davey	(60)	Llanelli Amateur Athletic Club	49.56	73
265	D. Osborne	(45)	Brecon Athletic Club	49.59	72
266	S. Hughes	(23)	Aberdare Valley A. A. C.	50.01	71
267	N. Langridge	(50)	Thornbury Running Club	50.04	70
268	A. Croucher	(23)	University of Wales - Swansea	50.10	69
269	T. O'Sullivan	(55)	Les Croupiers Running Club	50.12	68
270	D. Shields	(45)	San Domenico Road Runners Club	50.13	67
271	P. Wright	(60)	Wells City Harriers	50.26	66
272	D.E. Williams	(45)	Les Croupiers Running Club	50.33	65
273	M. Harris	(50)	Westbury Harriers	50.36	64
274	B. Ford	(55)	Pontypridd Athletic Club	50.39	63
275	R. Silver	(50)	Les Croupiers Running Club	51.16	62
276	I. Bennett	(40)	Barry & Vale Harriers A. A. C.	51.24	61
277	P. Morfey	(50)	Cardiff Harlequins	51.36	60
278	P. Hughes		San Domenico Road Runners Club	51.40	59
279	M. James	(65)	Les Croupiers Running Club	51.42	58

280	A. Bridge	(40) Wells City Harriers	51.50	57
281	D. Collins	(40) Rhondda A.C.	52.06	56
282	C. Anthony	(65) Port Talbot Harriers & A. C.	52.09	55
283	P. Holder	(50) Cardiff Harlequins	52.14	54
284	M. Halsall	Llanelli Amateur Athletic Club	52.16	53
285	A. Taylor	(55) Caerleon Running Club	52.29	52
286	M. Bennett	(60) Great Western Runners	52.37	51
287	G. Trueman	(60) Stroud & District Athletic Club	52.41	50
288	D. James	Brecon Athletic Club	52.53	49
289	B. Hall	(40) Weston Athletic Club	53.10	48
290	A. Lomvardos	(40) Guest	53.14	Guest
291	C. Young	(55) Stroud & District Athletic Club	53.16	47
292	C. Edwards	(40) Pontypridd Athletic Club	53.17	46
293	J. Aston	(60) Les Croupiers Running Club	53.18	45
294	R. Hobbs	(60) Dursley & District Athletic Club	53.23	44
295	A. Davies	(45) Pontypridd Athletic Club	53.54	43
296	H. Evans	(50) Llanelli Amateur Athletic Club	53.59	42
297	D. Fiebig	(50) Great Western Runners	54.02	41
298	H. Attwood	(60) Lliswerry Runners	54.06	40
299	G. Rees	(45) Les Croupiers Running Club	54.09	39
300	N. Simms	Cardiff Harlequins	54.10	38
301	T. Fenton	(50) Great Western Runners	54.16	37
302	S. Hill	(45) Penarth and Dinas Runners	54.21	36
303	J. Jones	(40) Pontypridd Athletic Club	54.22	35
304	M. Rossiter	(50) Les Croupiers Running Club	54.24	34
305	E. Rees	(45) San Domenico Road Runners Club	54.29	33
306	B. Roberts	(65) Bourneville Athletic Club	54.57	Guest
307	C. Bennett	(55) Great Western Runners	55.23	32
308	A. Williams	(35) Barry & Vale Harriers A. A. C.	55.40	31
309	R. Sherwood	(65) Carmarthen & District Harriers A.C.	55.50	30
310	L. Newman	(40) Porthcawl Runners Life	56.09	29
311	D. McDonald	(45) Les Croupiers Running Club	56.10	28
312	D. Breen	(50) Porthcawl Runners Life	56.28	27
313	D. Oak	(65) Port Talbot Harriers & A. C.	56.39	26
314	S. Pearce	Newport Harriers Athletic Club	57.08	25
315	D. Hughes	(45) Bridgend Athletic Club	58.47	24
316	G. Hyatt	(60) Les Croupiers Running Club	59.39	23
317	I. Yates	(45) Bridgend Athletic Club	62.07	22
318	N. Jones	(50) Llanelli Amateur Athletic Club	62.46	21
319	I. Swanson	(60) Port Talbot Harriers & A. C.	63.53	20
320	J. Davies	(60) Port Talbot Harriers & A. C.	68.21	19
321	D. Davies	(60) Les Croupiers Running Club	68.21	18

# Gwent Cross Country League 2011-2012

## 09 October 2011 : Newbridge Fields, Bridgend

### Senior Women (184 Starters)

Pos	Athlete	Club	Time	Pts
1	R. Randall	Bristol and West Athletic Club	25.45	184
2	D. Rees	Cardiff Amateur Athletic Club	26.18	183
3	C. Arter	(23) University of Wales Inst. Cardiff	26.30	182
4	D. Marsden	Westbury Harriers	26.45	181
5	K. Roberts	Bridgend Athletic Club	26.59	180
6	S. Knill	Brecon Athletic Club	27.04	179
7	G. Brown	(23) Bristol University	27.18	178
8	A. Beynon-Thomas	(23) Swansea Harriers Athletic Club	27.25	177
9	L. Richens	Southville Running Club	27.26	176
10	V. Tester	Westbury Harriers	27.30	175
11	S. Voller	Westbury Harriers	27.32	174
12	A. Grady	(23) University of Bath	27.34	173
13	S. Leech	(40) Carmarthen & District Harriers A.C.	27.51	172
14	V. Ockenden	(23) University of Wales - Swansea	27.54	171
15	A. Davies	(23) University of Bath	27.57	170
16	S. Haikala	(40) Brecon Athletic Club	28.02	169
17	E. Loveland	Cardiff Amateur Athletic Club	28.09	168
18	D. Kennedy	Woodford Green with Essex Ladies	28.10	Guest
19	E. Bayliss	Griffithstown Harriers A. A. C.	28.17	167
20	M. Watson	(45) Taf Running & Orienteering Teams	28.19	166
21	R. Underhill	(23) Cardiff University Harriers	28.21	165
22	E. Murray	(23) Team Bath	28.26	164
23	H. Jarvis	Stockport Harriers	28.29	Guest
24	L. O'Duffy	(40) Les Croupiers Running Club	28.30	163
25	A. Nixon	(50) Forest of Dean Athletic Club	28.41	162

26	H. Marshall		Aberystwyth Athletic Club	28.45	161
27	L. Smith		Westbury Harriers	28.51	160
28	J. Horler	(40)	Chepstow Harriers	28.59	159
29	R. Barrett		San Domenico Road Runners Club	29.12	158
30	K. Murray	(35)	Taf Running & Orienteering Teams	29.16	157
31	S. Pinkham	(45)	Port Talbot Harriers & A. C.	29.17	156
32	S. Davies	(45)	Croft Ambrey	29.18	Guest
33	L. Summers	(40)	Chepstow Harriers	29.21	155
34	C. Beatty		Les Croupiers Running Club	29.25	154
35	L. Davies		Cardiff Amateur Athletic Club	29.26	153
36	A. Hayes	(35)	Les Croupiers Running Club	29.26	152
37	E. Goodwin-Jones		Taf Running & Orienteering Teams	29.50	151
38	E. Retton	(23)	University of Wales - Swansea	29.57	150
39	S. Turvey	(23)	Cardiff University Harriers	30.02	149
40	L. Kirwan		Les Croupiers Running Club	30.07	148
41	N. McWilliam		Les Croupiers Running Club	30.10	147
42	K. Prior	(35)	Wells City Harriers	30.13	146
43	C. Griffiths		Bridgend Athletic Club	30.15	145
44	K. Winstone		Westbury Harriers	30.43	144
45	A. Lyons		Les Croupiers Running Club	30.46	143
46	J. Phillips	(45)	Llanelli Amateur Athletic Club	30.49	142
47	H. Jessop	(35)	Les Croupiers Running Club	30.49	141
48	K. Britten	(35)	Clevedon Athletic Club	30.56	140
49	A-M. Harris	(40)	Parc Bryn Bach Runners	30.59	139
50	E. Bowers	(35)	Bristol and West Athletic Club	31.02	138
51	E. Oughton	(40)	Great Western Runners	31.11	137
52	M. Bowen-Rees	(45)	Taf Running & Orienteering Teams	31.16	136
53	V. Lawson	(40)	Chepstow Harriers	31.24	135
54	H. Hughes	(23)	University of Bath	31.31	134
55	C. Tailby	(40)	Les Croupiers Running Club	31.35	133
56	L. Cleary	(45)	Penarth and Dinas Runners	31.42	132
57	H. Willoughby	(45)	Sarn Helen Orienteering & R. C.	31.45	131
58	R. Loudon	(45)	Newport Harriers Athletic Club	31.49	130
59	E. Barnes	(35)	Thornbury Running Club	31.51	129
60	J. Becker	(35)	Les Croupiers Running Club	31.52	128
61	G. Dando		Bridgend Athletic Club	31.53	127
62	R. Matthews	(35)	Cardiff Amateur Athletic Club	31.54	126
63	L. Eynon	(50)	Taf Running & Orienteering Teams	31.56	125
64	W. Owen	(40)	San Domenico Road Runners Club	32.09	124
65	C. Santos	(23)	University of Wales - Swansea	32.14	123
66	T. Paisey		Cardiff Amateur Athletic Club	32.17	122
67	R. Rowland	(45)	Thornbury Running Club	32.21	121

68	C. Brambley-Tucker	(40)	Port Talbot Harriers & A. C.	32.29	120
69	A. Hurman	(45)	Penarth and Dinas Runners	32.30	119
70	D. Cooke	(45)	Bridgend Athletic Club	32.35	118
71	A. Saxena	(55)	Newport Harriers Athletic Club	32.37	117
72	N. Prosser	(23)	Cardiff University Harriers	32.42	116
73	A. Rhys		Les Croupiers Running Club	32.43	115
74	P. Williams	(50)	Port Talbot Harriers & A. C.	32.55	114
75	F. Davies	(55)	Pontypridd Athletic Club	32.56	113
76	V. Jones		Westbury Harriers	32.57	112
77	L. Barker	(23)	Brecon Athletic Club	32.59	111
78	S. Wales	(45)	Pontypridd Athletic Club	33.00	110
79	A. Hurford	(45)	Bristol and West Athletic Club	33.07	109
80	M. Morris	(35)	Port Talbot Harriers & A. C.	33.08	108
81	J. Scholey	(50)	Les Croupiers Running Club	33.18	107
82	S. Everitt	(35)	Bristol and West Athletic Club	33.21	106
83	R. Richards		Newport Harriers Athletic Club	33.26	105
84	S. Baker	(35)	Wells City Harriers	33.30	104
85	H. Johnson	(35)	Westbury Harriers	33.33	103
86	C. Dallimore	(55)	Les Croupiers Running Club	33.38	102
87	E. Turner	(55)	Les Croupiers Running Club	33.45	101
88	J. Cummins	(35)	Westbury Harriers	33.50	100
89	R. Curtis	(23)	Cardiff University Harriers	33.54	99
90	R. Jones		Newport Harriers Athletic Club	34.06	98
91	A. James	(60)	Les Croupiers Running Club	34.20	97
92	C. Jones		3M Gorseinon Road Runners	34.30	96
93	N. Holborrow	(23)	University of Wales - Swansea	34.32	95
94	K. Jones	(35)	Neath Harriers	34.32	94
95	L. Williams		3M Gorseinon Road Runners	34.37	93
96	V. Ford	(50)	Great Western Runners	34.42	92
97	G. Mayled	(23)	Cardiff University Harriers	34.49	91
98	Y. Bullen	(45)	Les Croupiers Running Club	34.52	90
99	C. Haydock	(23)	Newport Harriers Athletic Club	34.57	89
100	C. Turnbull		Great Western Runners	34.59	88
101	R. Sampson-Geroski	(23)	University of Bath	35.09	87
102	J. Rees		Port Talbot Harriers & A. C.	35.14	86
103	L. Richards	(45)	Caerleon Running Club	35.25	85
104	G. Pullen	(23)	Cardiff University Harriers	35.31	84
105	R. Jackson		Les Croupiers Running Club	35.37	83
106	Y. Williams	(55)	Penarth and Dinas Runners	35.38	82
107	A. Rowell	(55)	Taf Running & Orienteering Teams	35.39	81
108	V. Woodsford		San Domenico Road Runners Club	35.40	80
109	C. O'Leary	(35)	Port Talbot Harriers & A. C.	35.46	79

110	S. Tucker	(35)	Westbury Harriers	35.47	78
111	V. Howlett	(35)	Westbury Harriers	35.48	77
112	R. Spears	(40)	Les Croupiers Running Club	35.59	76
113	H. Eve	(40)	Swansea Harriers Athletic Club	36.22	75
114	R. Hambrook	(60)	Porthcawl Runners Life	36.23	74
115	D. Loudon	(23)	Newport Harriers Athletic Club	36.24	73
116	L. Lewis		Bridgend Athletic Club	36.40	72
117	C. Thomas	(45)	Porthcawl Runners Life	36.52	71
118	B. Tucker	(40)	Brecon Athletic Club	36.55	70
119	A. Helsing	(45)	Penarth and Dinas Runners	36.57	69
120	L. Rees	(50)	3M Gorseinon Road Runners	37.00	68
121	M. Monk	(60)	Parc Bryn Bach Runners	37.02	67
122	M. Palmer	(55)	Westbury Harriers	37.08	66
123	A. Rackham		Caerleon Running Club	37.12	65
124	R. Havers		Chepstow Harriers	37.26	64
125	J. Edwards	(40)	Pontypridd Athletic Club	37.32	63
126	M. Hoey	(35)	Penarth and Dinas Runners	37.35	62
127	C. Pocock	(23)	Cardiff University Harriers	37.39	61
128	I. Collier (ind)	(45)	Westbury Harriers	37.42	60
129	L. Muller	(55)	Les Croupiers Running Club	37.46	59
130	T. Rossiter	(50)	Les Croupiers Running Club	37.55	58
131	J. Otterson	(40)	3M Gorseinon Road Runners	38.00	57
132	S. Adkins	(60)	Caerleon Running Club	38.01	56
133	K. Tucker		Port Talbot Harriers & A. C.	38.05	55
134	M. Phillips	(35)	Amman Valley Harriers	38.08	54
135	C. Vorres	(50)	Griffithstown Harriers A. A. C.	38.09	53
136	M. Trenfield	(50)	Caerleon Running Club	38.10	52
137	C. Cummins		Brecon Athletic Club	38.11	51
138	B. Wilkinson	(45)	San Domenico Road Runners Club	38.13	50
139	S. Richards	(55)	Brecon Athletic Club	38.15	49
140	E. Morgan	(23)	University of Wales - Swansea	38.15	48
141	E. Luke	(35)	Penarth and Dinas Runners	38.28	47
142	C. Lansdown	(45)	Thornbury Running Club	38.55	46
143	E. Page	(45)	Sarn Helen Orienteering & R. C.	38.58	45
144	K. Chadwell	(35)	Les Croupiers Running Club	39.05	44
145	E. Noonan	(55)	Westbury Harriers	39.17	43
146	S. Dawes-Clark	(35)	Les Croupiers Running Club	39.21	42
147	V. Clare	(50)	Lliswerry Runners	39.25	41
148	L. Waller	(55)	3M Gorseinon Road Runners	39.34	40
149	R. Davies	(60)	Great Western Runners	39.35	39
150	L. Harvey		Caerleon Running Club	39.38	38
151	M. Allin	(45)	Guest	39.45	Guest

152	S. Neal	(60)	Les Croupiers Running Club	39.56	37
153	K. Cree		Caerleon Running Club	39.58	36
154	K. Cardwell	(23)	Cardiff University Harriers	40.02	35
155	J. Dakin	(45)	Bridgend Athletic Club	40.05	34
156	Y. Forsey	(50)	Lliswerry Runners	40.11	33
157	J. Mogford		Amman Valley Harriers	40.15	32
158	G. Howells	(60)	Caerleon Running Club	40.33	31
159	E. Arwyn	(55)	Les Croupiers Running Club	40.37	30
160	C. Johnson	(65)	Les Croupiers Running Club	40.46	29
161	G. Murphy	(55)	Les Croupiers Running Club	41.05	28
162	K. Ridgewell	(45)	Westbury Harriers	41.21	27
163	S. Perons	(45)	Les Croupiers Running Club	41.36	26
164	F. Sharp	(50)	3M Gorseinon Road Runners	41.51	25
165	J. Maragna	(55)	Penarth and Dinas Runners	42.01	24
166	P. Thomas	(65)	Taf Running & Orienteering Teams	42.27	23
167	A. Mogford	(45)	Amman Valley Harriers	42.32	22
168	L. Hall	(45)	Westbury Harriers	42.51	21
169	P. Parr	(55)	Great Western Runners	43.27	20
170	A. Neal	(55)	Les Croupiers Running Club	43.40	19
171	E. Morgan	(35)	San Domenico Road Runners Club	43.45	18
172	S. Jenkins	(55)	Sarn Helen Orienteering & R. C.	44.46	17
173	A. Westren	(50)	Les Croupiers Running Club	45.38	16
174	S. Mogford		Amman Valley Harriers	46.22	15
175	M. Rowson	(60)	Les Croupiers Running Club	46.46	14
176	S. Bailey-Gard	(55)	Westbury Harriers	47.20	13
177	R. Fitzgerald	(60)	Amman Valley Harriers	48.27	12
178	S. Bennett	(60)	Great Western Runners	61.30	11
179	A. Butler	(70)	Great Western Runners	61.30	10