

# Gwent Cross Country League 2010-2011

## 13 March 2011 : Singleton Park, Swansea

### Senior Women (115 Starters)

Pos	Athlete	Club	Time	Pts
1	Caryl Jones	(23) Taf Running & Orienteering Teams	17.14	115
2	D. Rees	Cardiff Amateur Athletic Club	17.17	114
3	A. Beynon-Thomas	(23) Carmarthen & District Harriers A.C.	17.57	113
4	K. Roberts	(23) Bridgend Athletic Club	18.02	112
5	D. Marsden	Westbury Harriers	18.21	111
6	E. Loveland	(23) Cardiff Amateur Athletic Club	18.26	110
7	A. Davies	(23) University of Bath	18.27	109
8	H. Fell	Team Bath	18.37	108
9	R. Pierce	Team Bath	18.59	107
10	C. Rimmer	Swansea Harriers Athletic Club	19.01	106
11	P. Williams	(23) Cardiff Amateur Athletic Club	19.12	105
12	L. O'Duffy	(40) Les Croupiers Running Club	19.19	104
13	R. Barrett	San Domenico Road Runners Club	19.20	103
14	T. Chick	Westbury Harriers	19.22	102
15	S. Haikala	(40) Brecon Athletic Club	19.36	101
16	Z. Dixon	Westbury Harriers	19.43	100
17	M. Watson	(45) Taf Running & Orienteering Teams	19.48	99
18	D. Kennedy	Woodford Green	19.52	Guest
19	M. Zubizarreta	(40) Les Croupiers Running Club	19.55	98
20	J. Coker	(50) Les Croupiers Running Club	20.01	97
21	S. Pinkham	(45) Port Talbot Harriers & A. C.	20.03	96
22	K. Murray	(35) Taf Running & Orienteering Teams	20.06	95
23	K. Britten	(35) Clevedon Athletic Club	20.09	94
24	A. Hurford	(45) Bristol and West Athletic Club	20.15	93
25	J. Phillips	(35) Llanelli Amateur Athletic Club	20.23	92
26	S. Chipper	(35) Lliswerry Runners	20.31	91

27	L. Summers	(40)	Chepstow Harriers	20.43	90
28	K. Prior	(35)	Wells and Yeovil	20.44	89
29	E. Gonzalez		Westbury Harriers	20.50	88
30	S. McCarthy	(35)	Les Croupiers Running Club	20.52	87
31	J. Plumbly		Thornbury Running Club	21.00	86
32	R. Allcock	(35)	Amman Valley Harriers	21.03	85
33	Caroline Jones	(45)	Taf Running & Orienteering Teams	21.04	84
34	V. Jones		Westbury Harriers	21.05	83
35	J. Becker	(35)	Les Croupiers Running Club	21.07	82
36	V. Lawson	(35)	Chepstow Harriers	21.09	81
37	E. Oughton	(40)	Great Western Runners	21.10	80
38	K. Winstone	(23)	Westbury Harriers	21.15	79
39	L. Ashton		Les Croupiers Running Club	21.18	78
40	L. Eynon	(45)	Taf Running & Orienteering Teams	21.19	77
41	L. Cleary	(45)	Penarth and Dinas Runners	21.20	76
42	A. Hurman	(35)	Penarth and Dinas Runners	21.21	75
43	C. Tailby	(40)	Les Croupiers Running Club	21.31	74
44	C. Sandles	(40)	3M Gorseinon Road Runners	21.44	73
45	A-M. Harris	(40)	Parc Bryn Bach Runners	21.47	72
46	R. Loudon	(45)	Newport Harriers Athletic Club	21.52	71
47	A. Saxena	(55)	Newport Harriers Athletic Club	21.56	70
48	C. Brambley-Tucker	(40)	Port Talbot Harriers & A. C.	22.09	69
49	R. Rowland	(45)	Thornbury Running Club	22.12	68
50	W. Owen	(35)	San Domenico Road Runners Club	22.12	67
51	K. Jones	(35)	Neath Harriers	22.25	66
52	M. Thomas		Taf Running & Orienteering Teams	22.29	65
53	Y. Bullen	(45)	Les Croupiers Running Club	22.38	64
54	P. Williams	(50)	Port Talbot Harriers & A. C.	22.42	63
55	C. Davies	(23)	Sarn Helen Orienteering & R. C.	22.51	62
56	H. Johnson	(35)	Westbury Harriers	22.53	61
57	C. Turnbull		Great Western Runners	22.54	60
58	C. Jones		3M Gorseinon Road Runners	22.58	59
59	J. Cummins	(35)	Westbury Harriers	23.00	58
60	S. Cooke	(23)	University of Wales - Swansea	23.01	57
61	J. Scholey	(50)	Les Croupiers Running Club	23.02	56
62	L. Miskell	(40)	3M Gorseinon Road Runners	23.04	55
63	C. Miller	(45)	Les Croupiers Running Club	23.08	54
64	H. Eve	(40)	Swansea Harriers Athletic Club	23.14	53
65	D. Eyre	(45)	3M Gorseinon Road Runners	23.24	52
66	C. Hayes	(40)	Barry & Vale Harriers A. A. C.	23.25	51

67	C. Dallimore	(55) Les Croupiers Running Club	23.27	50
68	S. Baker	(35) Wells and Yeovil	23.31	49
69	J. Austerberry	(35) Chepstow Harriers	23.36	48
70	D. Howels	(40) Barry & Vale Harriers A. A. C.	23.37	47
71	J. Skilton	(50) San Domenico Road Runners Club	23.40	46
72	E. Turner	(55) Les Croupiers Running Club	23.43	45
73	S. Tucker	(35) Westbury Harriers	23.55	44
74	J. Goodwin	(35) Westbury Harriers	24.06	43
75	M. Morris	(35) Port Talbot Harriers & A. C.	24.07	42
76	M. Parrot	(45) Thornbury Running Club	24.12	41
77	A. James	(60) Les Croupiers Running Club	24.31	40
78	A. Rowell	(55) Taf Running & Orienteering Teams	24.44	39
79	L. Williams	3M Gorseinon Road Runners	24.46	38
80	A. Rackham	Newport Harriers Athletic Club	24.49	37
81	A. Delaney	(40) Swansea Harriers Athletic Club	24.55	36
82	Y. Williams	(55) Penarth and Dinas Runners	24.58	35
83	S. Flanagan	(23) Cardiff University Harriers	25.01	34
84	R. Havers	Chepstow Harriers	25.06	33
85	K. Gregory	(23) Cardiff University Harriers	25.08	32
86	M. Palmer	(55) Westbury Harriers	25.40	31
87	M. Hoey (ind)	Penarth and Dinas Runners	25.43	30
88	B. Wilkinson	(45) San Domenico Road Runners Club	25.45	29
89	C. Hurdidge	(55) 3M Gorseinon Road Runners	25.50	28
90	T. Rossiter	(50) Les Croupiers Running Club	26.48	27
91	L. Rees	(50) 3M Gorseinon Road Runners	27.14	26
92	V. Clare	(50) Lliswerry Runners	27.17	25
93	J. Thornton	(35) Westbury Harriers	27.21	24
94	K. Cardwell	(23) Cardiff University Harriers	27.34	23
95	S. Neal	(55) Les Croupiers Running Club	27.41	22
96	L. Hall	(45) Westbury Harriers	27.52	21
97	E. Noonan	(45) Westbury Harriers	27.53	20
98	J. Rawlinson	(35) Caerleon Running Club	27.55	19
99	R. Davies	(55) Great Western Runners	28.08	18
100	E. Page	(45) Sarn Helen Orienteering & R. C.	28.10	17
101	C. Johnson	(65) Les Croupiers Running Club	28.15	16
102	J. Maragna	(55) Penarth and Dinas Runners	28.52	15
103	L. Waller	(55) 3M Gorseinon Road Runners	29.01	14
104	G. Howells	(60) Caerleon Running Club	29.09	13
105	P. Thomas	(65) Taf Running & Orienteering Teams	29.15	12
106	S. Mogford	Amman Valley Harriers	29.39	11

107	E. Luke		Penarth and Dinas Runners	29.52	10
108	A. Mogford	(45)	Amman Valley Harriers	30.03	9
109	L. Owens	(60)	3M Gorseinon Road Runners	30.10	8
110	P. Parr	(55)	Great Western Runners	30.15	7
111	E. Arwyn	(55)	Les Croupiers Running Club	30.35	6
112	A. Neal	(55)	Les Croupiers Running Club	31.32	5
113	S. Bailey-Gard	(55)	Westbury Harriers	31.39	4
114	R. Fitzgerald	(60)	Amman Valley Harriers	33.55	3
115	A. Butler	(70)	Great Western Runners	35.52	2

## Gwent Cross Country League 2010-2011

### 13 March 2011 : Singleton Park, Swansea

#### Senior Men (208 Starters)

Pos	Athlete		Club	Time	Pts
1	M. Ekvall	(23)	Guest	26.54	Guest
2	D. Griffiths	(23)	University of Wales - Swansea	27.01	208
3	J. Mills		Cardiff Amateur Athletic Club	27.53	207
4	W. Evans		Carmarthen & District Harriers A.C.	28.00	206
5	P. Matthews		Swansea Harriers Athletic Club	28.20	205
6	C. Discombe		Les Croupiers Running Club	28.31	204
7	A. Marriott		Wells and Yeovil	28.44	203
8	J. James	(40)	Wells and Yeovil	29.06	202
9	D. Studley	(23)	Westbury Harriers	29.10	201
10	D. Gurmin		Swansea Harriers Athletic Club	29.28	200
11	D. Coales	(40)	Team Bath	29.29	199
12	P. Cook	(40)	Les Croupiers Running Club	29.40	198
13	R. Atkin		Bridgend Athletic Club	29.45	197
14	C. Williams	(40)	Neath Harriers	29.49	196
15	M. Harvey		Neath Harriers	29.57	195

16	S. Dalgleish	(23)	Westbury Harriers	30.00	194
17	J. Bancroft	(23)	Wells and Yeovil	30.07	193
18	M. Palser		Les Croupiers Running Club	30.13	192
19	Luke Watson	(23)	Taf Running & Orienteering Teams	30.14	191
20	S. Paterson		Les Croupiers Running Club	30.15	190
21	J. Gilling		Wells and Yeovil	30.17	189
22	M. Lewis		Wells and Yeovil	30.25	188
23	S. Everington		Westbury Harriers	30.32	187
24	J. Edwards	(35)	Les Croupiers Running Club	30.55	186
25	D. Jones		Team Bath	31.06	185
26	H. Aggleton		Cardiff Harlequins	31.07	184
27	N. Dukes	(35)	Les Croupiers Running Club	31.11	183
28	A. Tulu		Newport Harriers Athletic Club	31.17	182
29	P. Griffiths	(40)	Neath Harriers	31.18	181
30	D. Bodman	(23)	Pontypridd Athletic Club	31.20	180
31	P. Coles	(45)	Pontypridd Athletic Club	31.28	179
32	A. Roberts	(23)	Taf Running & Orienteering Teams	31.33	178
33	J. Terry		Westbury Harriers	31.34	177
34	S. Penny	(40)	Chepstow Harriers	31.36	176
35	E. Donovan		Les Croupiers Running Club	31.43	175
36	R. Bullen	(50)	Les Croupiers Running Club	31.46	174
37	R. Whitehouse	(45)	Neath Harriers	31.49	173
38	G. Green		San Domenico Road Runners Club	32.07	172
39	C. Fulcher	(40)	Port Talbot Harriers & A. C.	32.10	171
40	A. Powell	(40)	Neath Harriers	32.14	170
41	A. Wiltshire	(23)	Wells and Yeovil	32.18	169
42	S. Crees		Les Croupiers Running Club	32.23	168
43	J. King		Caerleon Running Club	32.24	167
44	R. Mulvany	(35)	Neath Harriers	32.32	166
45	M. McGeoch	(55)	Les Croupiers Running Club	32.37	165
46	S. Trommler	(23)	Cardiff University Harriers	32.40	164
47	L. Rawlinson		Caerleon Running Club	32.47	163
48	M. Hurford	(35)	Les Croupiers Running Club	32.48	162
49	N. Roberts		Wells and Yeovil	32.49	161
50	A. Harper	(23)	University of Wales - Swansea	32.50	160
51	R. Dennes		Wells and Yeovil	32.52	159
52	R. Hunt	(45)	Bridgend Athletic Club	32.56	158
53	C. Fraser	(23)	University of Bath	33.02	157
54	C. Johnson	(45)	Westbury Harriers	33.09	156
55	Peter Crane	(45)	Neath Harriers	33.13	155

56	R. Self	(45)	Les Croupiers Running Club	33.14	154
57	A. Morrison		Swansea Harriers Athletic Club	33.20	153
58	S. Richards		Swansea Harriers Athletic Club	33.21	152
59	A. Care	(23)	Cardiff University Harriers	33.27	151
60	L. Sandham	(40)	Neath Harriers	33.28	150
61	R. Jones	(50)	Swansea Harriers Athletic Club	33.33	149
62	G. Petts		University of Wales - Swansea	33.34	148
63	A. Anderson	(23)	Cardiff University Harriers	33.35	147
64	A. Baker	(45)	Pontypridd Athletic Club	33.44	146
65	B. Lovett	(40)	San Domenico Road Runners Club	33.45	145
66	A. Haq	(23)	Cardiff University Harriers	33.48	144
67	R. Evans		Pontypridd Athletic Club	33.51	143
68	Jeff Thomas	(45)	Bridgend Athletic Club	33.57	142
69	M. Harvey		Chepstow Harriers	33.58	141
70	P. Osborne	(50)	Swansea Harriers Athletic Club	33.59	140
71	D. Crane	(50)	Neath Harriers	34.00	139
72	K. Griffiths	(40)	Taf Running & Orienteering Teams	34.01	138
73	S. Johnston	(60)	Les Croupiers Running Club	34.02	137
74	A. Maggs	(40)	Team Bath	34.03	136
75	E. Lepore	(55)	Les Croupiers Running Club	34.11	135
76	G. Sansom	(45)	San Domenico Road Runners Club	34.21	134
77	M. Davies		Taf Running & Orienteering Teams	34.23	133
78	A. Pitt	(45)	Stroud & District Athletic Club	34.25	132
79	J. Reader		Guest	34.27	Guest
80	M. Parkes		Bridgend Athletic Club	34.29	131
81	D. Buchanan		San Domenico Road Runners Club	34.33	130
82	S. Wadley	(50)	Newport Harriers Athletic Club	34.34	129
83	P. Kellam	(40)	Les Croupiers Running Club	34.35	128
84	M. Lewis	(40)	Cwmbran Harriers	34.44	127
85	S. Harrhy	(45)	Lliswerry Runners	34.45	126
86	J. Potts	(40)	San Domenico Road Runners Club	34.49	125
87	A. Williams	(40)	Port Talbot Harriers & A. C.	34.57	124
88	A. Rees		Neath Harriers	35.05	123
89	K. Lewis	(50)	Neath Harriers	35.10	122
90	P. Chan	(40)	Great Western Runners	35.11	121
91	K. Jackson	(50)	Dursley & District Athletic Club	35.15	120
92	D. Griffiths	(40)	Newport Harriers Athletic Club	35.21	119
93	M. Hopkins		Les Croupiers Running Club	35.23	118
94	A. Wilton		San Domenico Road Runners Club	35.24	117
95	J. Hopkins	(40)	Port Talbot Harriers & A. C.	35.25	116

96	J. Aggleton	(50)	Cardiff Harlequins	35.26	115
97	K. Taylor	(50)	Amman Valley Harriers	35.27	114
98	D. Hardie	(50)	3M Gorseinon Road Runners	35.28	113
99	R. Samuel	(40)	Cardiff Harlequins	35.29	112
100	S. Merrick	(40)	Swansea Harriers Athletic Club	35.30	111
101	R. Morris	(60)	San Domenico Road Runners Club	35.36	110
102	S. Hooper	(40)	Pontypridd Athletic Club	35.40	109
103	S. Williams	(50)	Neath Harriers	35.44	108
104	J. Bruce	(35)	Les Croupiers Running Club	35.46	107
105	P. Bristow	(50)	San Domenico Road Runners Club	35.51	106
106	V. Edwards		Cardiff Harlequins	35.54	105
107	J. O'Shea	(55)	Les Croupiers Running Club	35.56	104
108	J. Blore	(23)	Chepstow Harriers	35.59	103
109	E. Cummings	(40)	Bridgend Athletic Club	36.00	102
110	H. Carpenter	(55)	Neath Harriers	36.01	101
111	J. Flower	(40)	North Somerset	36.02	Guest
112	M. Davies	(50)	Lliswerry Runners	36.05	100
113	M. Hopkins	(45)	Westbury Harriers	36.07	99
114	H. Mason	(40)	Caerleon Running Club	36.10	98
115	P. McNeill		3M Gorseinon Road Runners	36.13	97
116	S. Arnold	(40)	Wells and Yeovil	36.16	96
117	M. Murphy	(55)	Les Croupiers Running Club	36.18	95
118	G. Crispie	(45)	Les Croupiers Running Club	36.24	94
119	J. Greene	(23)	University of Wales - Swansea	36.30	93
120	P. Dyson	(50)	Swansea Harriers Athletic Club	36.32	92
121	A. Morris		Swansea Harriers Athletic Club	36.35	91
122	J. Embling	(55)	Bridgend Athletic Club	36.36	90
123	D. Shields	(45)	San Domenico Road Runners Club	36.40	89
124	J. Hancock	(40)	Taf Running & Orienteering Teams	36.52	88
125	C. Osmond	(50)	Les Croupiers Running Club	36.54	87
126	T. Caveney	(50)	Les Croupiers Running Club	36.59	86
127	S. Scurrrell		Taf Running & Orienteering Teams	37.05	85
128	N. Langridge	(55)	Thornbury Running Club	37.12	84
129	L. Richards		Newport Harriers Athletic Club	37.22	83
130	A. Mason	(50)	Les Croupiers Running Club	37.26	82
131	T. Hesslenberg	(23)	Cardiff University Harriers	37.27	81
132	J. Hargreaves	(55)	Great Western Runners	37.28	80
133	J. Bailey-Gard (Sen)	(55)	Westbury Harriers	37.29	79
134	C. Nellins	(50)	Penarth and Dinas Runners	37.30	78
135	D. McAtee	(50)	Newport Harriers Athletic Club	37.32	77

136	M. Barber	(50)	Westbury Harriers	37.39	76
137	P. Dawes	(45)	San Domenico Road Runners Club	37.45	75
138	R. Hopkin		Thornbury Running Club	37.46	74
139	R. Whitcombe	(50)	Wells and Yeovil	37.54	73
140	E. Davey	(60)	Llanelli Amateur Athletic Club	37.56	72
141	S. Partridge	(55)	Neath Harriers	38.02	71
142	I. McDonald	(45)	San Domenico Road Runners Club	38.04	70
143	J. Pocknell	(40)	Caerleon Running Club	38.06	69
144	L. Gardner	(40)	Swansea Harriers Athletic Club	38.09	68
145	A. Croucher	(23)	University of Wales - Swansea	38.22	67
146	A. Atkinson	(23)	University of Wales - Swansea	38.23	66
147	O. Clark		Penarth and Dinas Runners	38.25	65
148	A. Perkins	(60)	Port Talbot Harriers & A. C.	38.35	64
149	S. Davies	(40)	Port Talbot Harriers & A. C.	38.40	63
150	C. Hold	(35)	Swansea Harriers Athletic Club	38.41	62
151	Mike Evans	(50)	Neath Harriers	38.44	61
152	G. Viner	(50)	Caerleon Running Club	38.50	60
153	T. Jefferies	(65)	Westbury Harriers	38.57	59
154	U. Kumari	(55)	Swansea Harriers Athletic Club	39.03	58
155	P. Wright	(60)	Wells and Yeovil	39.19	57
156	A. Walton	(40)	San Domenico Road Runners Club	39.27	56
157	D. Davies	(60)	Neath Harriers	39.28	55
158	M. Davies	(60)	Les Croupiers Running Club	39.33	54
159	J. Hurford	(55)	Great Western Runners	39.36	53
160	C. Walters	(60)	Taf Running & Orienteering Teams	39.45	52
161	R. Phillips		Taf Running & Orienteering Teams	39.51	51
162	R. Wilcox	(40)	Penarth and Dinas Runners	39.52	50
163	S. Jones	(23)	University of Wales - Swansea	39.53	49
164	Les Watson	(50)	Taf Running & Orienteering Teams	39.58	48
165	G. Bodman	(45)	Les Croupiers Running Club	40.01	47
166	N. Pringle	(50)	Lliswerry Runners	40.02	46
167	D.E. Williams	(45)	Les Croupiers Running Club	40.06	45
168	G. Trueman	(60)	Stroud & District Athletic Club	40.16	44
169	M. Nash	(50)	3M Gorseinon Road Runners	40.20	43
170	M. Bennett	(60)	Great Western Runners	40.23	42
171	A. Gillard	(40)	Cardiff Harlequins	40.33	41
172	A. Blair	(45)	Les Croupiers Running Club	40.40	40
173	G. Wise	(23)	Cardiff University Harriers	40.48	39
174	B. Mogford	(50)	Amman Valley Harriers	40.55	38
175	R. Hobbs	(60)	Dursley & District Athletic Club	41.08	37

176	M. Pitt	Stroud & District Athletic Club	41.34	36
177	G. Cole	(40) Wells and Yeovil	42.01	35
178	P. Mainstone	(55) Thornbury Running Club	42.21	34
179	H. Evans	(50) Llanelli Amateur Athletic Club	42.31	33
180	G. Jones	(50) Bridgend Athletic Club	42.39	32
181	D. Finch	(60) Chepstow Harriers	42.41	31
182	S. Hill	(40) Penarth and Dinas Runners	42.46	30
183	P. Holder	(50) Cardiff Harlequins	42.56	29
184	I. Roberts	(45) Stroud & District Athletic Club	43.33	28
185	R. Sherwood	(60) Guest	43.36	Guest
186	J. Aston	(60) Les Croupiers Running Club	43.58	27
187	I. Bennett	(45) Barry & Vale Harriers A. A. C.	43.59	26
188	A. Taylor	(50) Caerleon Running Club	44.05	25
189	J. Ayres	(55) Port Talbot Harriers & A. C.	44.17	24
190	D. Hughes	(45) Bridgend Athletic Club	45.15	23
191	J. Davies	(60) Port Talbot Harriers & A. C.	45.29	22
192	C. Bennett	(55) Great Western Runners	45.50	21
193	M. Halsall	Llanelli Amateur Athletic Club	46.13	20
194	I. Yates	(45) Bridgend Athletic Club	46.44	19
195	I. Swanson	(60) Port Talbot Harriers & A. C.	48.44	18
196	P. Robbins	(45) Port Talbot Harriers & A. C.	48.57	17
197	A. Holling	(55) Port Talbot Harriers & A. C.	50.28	16
198	S. Selwyn	(40) Thornbury Running Club	51.08	15
199	M. Bullough	(50) Guest	55.34	Guest
200	J. McCulloch	(50) Penarth and Dinas Runners	56.22	14
201	D. Osborne	(45) Brecon Athletic Club	0.00	13