

Gwent Cross Country League 2011-2012

13 November 2011 : University of Bath

Senior Women (161 Starters)

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

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

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

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

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

Gwent Cross Country League 2011-2012

13 November 2011 : University of Bath

Senior Men (257 Starters)

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

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

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

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

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

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

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