

Gwent Cross Country League 2012-2013

1 December 2012 : Blaise Castle, Bristol

Senior Men (319 Starters)

Pos	Athlete	Club	Time	Pts
1	P. Matthews	Swansea Harriers Athletic Club	37.30	319
2	T. Phillips	Cardiff Metropolitan University	37.45	318
3	N. Young	(23) Wells City Harriers	37.53	317
4	H. Evans	(40) Les Croupiers Running Club	38.02	316
5	C. Youell	(23) University of Bath	38.03	315
6	D. Nash	(23) Cardiff University Harriers	38.15	314
7	N. Lane	Cardiff Amateur Athletic Club	38.27	313
8	O. Jones	Bristol and West Athletic Club	38.31	312
9	J. Thie	Cardiff Metropolitan University	38.33	311
10	J. Morgan	(23) Cardiff Metropolitan University	38.36	310
11	C. Neill	(23) University of Bath	38.38	309
12	S. Davies	Newport Harriers Athletic Club	38.40	308
13	S. Wade	(23) Cardiff Metropolitan University	38.41	307
14	P. Hart	(23) Cardiff University Harriers	39.20	306
15	S. Simms	(40) Fairwater Runners	39.22	305
16	H. Matthews	Brecon Athletic Club	39.30	304
17	S. Paterson	Les Croupiers Running Club	39.39	303
18	M. Harvey	Neath Harriers	39.40	302
19	A. Das	University of Bath	39.42	301
20	L. Winfield-Young	Cardiff Amateur Athletic Club	39.46	300
21	R. Gardiner	Aberdare Valley A. A. C.	39.49	299
22	C. Pristavec	Les Croupiers Running Club	39.55	298
23	D. Rees	(35) Les Croupiers Running Club	39.57	297
24	R. Mann	(23) University of Wales - Swansea	39.59	296
25	C. Hill	(23) Aberdare Valley A. A. C.	40.03	295
26	J. Edwards	(35) Les Croupiers Running Club	40.05	294
27	P. Parry	(45) Bristol and West Athletic Club	40.20	293
28	R. Atkin	Bridgend Athletic Club	40.51	292

29	A. Harper	(23)	University of Wales - Swansea	40.54	291
30	S. Crees		Les Croupiers Running Club	40.55	290
31	D. Jones		Team Bath	40.59	289
32	J. James	(45)	Wells City Harriers	41.05	288
33	E. Nesbitt	(23)	University of Bath	41.06	287
34	S. Jones	(23)	University of Wales - Swansea	41.08	286
35	T. Hawkins	(40)	Wells City Harriers	41.08	285
36	N. Saillard		North Somerset	41.09	284
37	M. Thomas	(23)	Cardiff University Harriers	41.11	283
38	L. Holmes		North Somerset	41.13	282
39	R. Adams	(23)	University of Bath	41.16	281
40	A. Cirillo	(23)	Cardiff University Harriers	41.22	280
41	E. Kirk	(40)	Swansea Harriers Athletic Club	41.24	279
42	R. Mann	(23)	University of Bath	41.35	278
43	A. Roberts		Taf Running & Orienteering Teams	41.41	277
44	C. Fraser	(23)	University of Bath	41.42	276
45	G. Lynch	(35)	Les Croupiers Running Club	41.45	275
46	L. Humphries		Fairwater Runners	41.45	274
47	L. Rawlinson		Caerleon Running Club	41.48	273
48	A. Reynolds		Neath Harriers	41.50	272
49	L. Collins	(50)	Wells City Harriers	41.51	271
50	P. Cook	(40)	Les Croupiers Running Club	41.53	270
51	T. Britton		Great Western Runners	41.54	269
52	P. Coles	(50)	Pontypridd Athletic Club	42.00	268
53	R. Matthews		Chepstow Harriers	42.04	267
54	N. Taviner		Bristol and West Athletic Club	42.08	266
55	R. Sage	(35)	Les Croupiers Running Club	42.10	265
56	O. Williams (ind)		Les Croupiers Running Club	42.21	264
57	H. Jones	(23)	Bristol and West Athletic Club	42.21	263
58	D. Bodman	(23)	Aberdare Valley A. A. C.	42.28	262
59	M. Edwards		Bristol and West Athletic Club	42.29	261
60	R. Hunt	(50)	Bridgend Athletic Club	42.36	260
61	M. Griffiths		Llisbury Runners	42.41	259
62	P. Talbot	(45)	Neath Harriers	42.47	258
63	R. Dando		Bridgend Athletic Club	42.54	257
64	J. King		Caerleon Running Club	42.59	256
65	R. Phillips		Westbury Harriers	43.02	255
66	A. Abbott	(40)	Sarn Helen Orienteering & R. C.	43.07	254
67	T. Guest	(45)	Swansea Harriers Athletic Club	43.10	253

68	R. Reismann	(35) Swansea Harriers Athletic Club	43.20	252
69	J. Tidd	(23) University of Bath	43.31	251
70	R. Annett	(23) Cardiff University Harriers	43.36	250
71	J. Glaisher	(45) Wells City Harriers	43.38	249
72	S. Masters	(50) Wells City Harriers	43.43	248
73	M. Virden	(23) Cardiff University Harriers	43.51	247
74	R. Lane	(23) Bristol University	43.54	246
75	B. Capel	(23) Cardiff University Harriers	43.54	245
76	M. Hurford	(35) Les Croupiers Running Club	44.00	244
77	J. Elgar	Llisbury Runners	44.02	243
78	M. Lucass	Westbury Harriers	44.04	242
79	M. Havard	(40) San Domenico Road Runners Club	44.07	241
80	A. Davies	(40) Thornbury Running Club	44.08	240
81	D. Hobbs	(40) Westbury Harriers	44.09	239
82	R. Shanks	(23) Bristol University	44.13	238
83	S. Davies	(50) Pont-y-Pwl & District Runners	44.15	237
84	P. Maskell	Wells City Harriers	44.16	236
85	A. Donald	Cardiff Amateur Athletic Club	44.20	235
86	E. Ibrahim	(40) Cardiff Amateur Athletic Club	44.20	234
87	J. Jones	(40) Taf Running & Orienteering Teams	44.20	233
88	P. Jefferson	Bristol and West Athletic Club	44.20	232
89	R. Self	(45) Les Croupiers Running Club	44.21	231
90	J. Thraves	(45) Great Western Runners	44.23	230
91	Peter Crane	(50) Neath Harriers	44.25	229
92	J. Bamber	(50) Great Western Runners	44.29	228
93	W. Tilbury	(23) University of Bath	44.38	227
94	P. Sowerby	(40) Brecon Athletic Club	44.38	226
95	A. Malloy	(40) Bristol and West Athletic Club	44.39	225
96	B. Granville	(23) University of Wales - Swansea	44.40	224
97	A. Jones	(40) Les Croupiers Running Club	44.40	223
98	R. Wallis	(55) Westbury Harriers	44.41	222
99	J. Ridgley	(40) Taunton Athletic Club	44.50	221
100	P. Gandon	Bristol and West Athletic Club	44.51	220
101	Phil Crane	(50) Neath Harriers	44.52	219
102	C. Ledgard	(40) Great Western Runners	44.54	218
103	D. Bedwell	(55) Bristol and West Athletic Club	44.59	217
104	W. Jones	(23) Cardiff University Harriers	45.01	216
105	A. Lewis	Neath Harriers	45.03	215
106	M. Finlayson	(35) Les Croupiers Running Club	45.05	214

107	C. Corkrum		Taf Running & Orienteering Teams	45.21	213
108	I. Roberts	(45)	Stroud & District Athletic Club	45.27	212
109	J. Davies	(45)	Neath Harriers	45.29	211
110	D. Crowther		Cardiff Metropolitan University	45.30	210
111	M. George		Llanelli Amateur Athletic Club	45.31	209
112	H. Hartnell	(50)	Islwyn Running Club	45.32	208
113	G. Davey	(35)	Neath Harriers	45.33	207
114	D. Holcombe	(23)	Westbury Harriers	45.35	206
115	J. Godden	(50)	Thornbury Running Club	45.38	205
116	L. Tudor-Maisey	(35)	Les Croupiers Running Club	45.39	204
117	M. Williams	(45)	Les Croupiers Running Club	45.41	203
118	R. Morgan		Pont-y-Pwl & District Runners	45.47	202
119	A. Maggs	(40)	Team Bath	45.48	201
120	A. Balance	(50)	Westbury Harriers	45.50	200
121	K. Ham	(50)	Westbury Harriers	45.54	199
122	N. Young		Great Western Runners	45.57	198
123	T. Dukes		Wells City Harriers	45.58	197
124	G. Slater	(40)	Thornbury Running Club	46.00	196
125	C. Traer		Bristol and West Athletic Club	46.03	195
126	A. Pitt	(50)	Stroud & District Athletic Club	46.06	194
127	D. Mitchell	(23)	Cardiff University Harriers	46.08	193
128	V. Edwards		Cardiff Harlequins	46.12	192
129	M. Smerdon	(23)	Cardiff Metropolitan University	46.15	191
130	G. Sansom	(50)	San Domenico Road Runners Club	46.24	190
131	J. Housley	(23)	University of the West of England	46.26	189
132	J. Bailey-Gard (Jun)		Westbury Harriers	46.27	188
133	P. Mason		Great Western Runners	46.29	187
134	M. Croker		Clevedon Athletic Club	46.31	186
135	E. Ball	(40)	San Domenico Road Runners Club	46.33	185
136	P. Lidgett	(45)	Chepstow Harriers	46.34	184
137	P. Coker	(50)	Les Croupiers Running Club	46.36	183
138	P. Radford	(23)	Bristol University	46.40	182
139	P. Manning	(50)	Stroud & District Athletic Club	46.47	181
140	C. Walsh	(35)	Neath Harriers	46.50	180
141	K. Jackson	(50)	Dursley & District Athletic Club	46.54	179
142	M. Grace		Bristol and West Athletic Club	47.00	178
143	C. Bridges		Team Bath	47.01	177
144	S. Bridges	(40)	Aberdare Valley A. A. C.	47.06	176
145	N. Williams	(50)	Aberdare Valley A. A. C.	47.10	175

146	D. Crane	(50) Neath Harriers	47.11	174
147	A. Lindsay	(40) Wells City Harriers	47.12	173
148	J. Lam	(40) San Domenico Road Runners Club	47.12	172
149	P. Mountain	(55) Bristol and West Athletic Club	47.13	171
150	A. Shaw	(40) Clevedon Athletic Club	47.14	170
151	M. Austin	(23) Cardiff University Harriers	47.14	169
152	S. Allen	(40) Thornbury Running Club	47.14	168
153	J. Thompson	(23) Cardiff University Harriers	47.15	167
154	J. Grimwood	(40) Westbury Harriers	47.16	166
155	D. Wintle	(50) Great Western Runners	47.18	165
156	T. Whitaker	Westbury Harriers	47.23	164
157	J. Flower	(40) North Somerset	47.32	163
158	B. Dias	Les Croupiers Running Club	47.33	162
159	W. Jeanes	(23) University of Wales - Swansea	47.34	161
160	J. Dickinson	(40) Taf Running & Orienteering Teams	47.35	160
161	G. Goldsmith	(50) Wells City Harriers	47.41	159
162	M. Tabor	(55) Les Croupiers Running Club	47.42	158
163	I. Ruck	(40) Westbury Harriers	47.47	157
164	J. Davies	(50) San Domenico Road Runners Club	47.49	156
165	P. Darton	Wells City Harriers	47.50	155
166	M. Harvey	Chepstow Harriers	48.00	154
167	R. Lukes	Westbury Harriers	48.08	153
168	C. Stockdale	Great Western Runners	48.09	152
169	A. Fyfe	(23) University of the West of England	48.11	151
170	J. Firth	Thornbury Running Club	48.11	150
171	S. Young	Thornbury Running Club	48.19	149
172	H. Carpenter	(55) Neath Harriers	48.20	148
173	S. Sheard	Cardiff Amateur Athletic Club	48.21	147
174	D. Nicholls	San Domenico Road Runners Club	48.22	146
175	J. Aggleton	(55) Cardiff Harlequins	48.22	145
176	D. Vorres	(50) Pont-y-Pwl & District Runners	48.24	144
177	P. Chan	(45) Great Western Runners	48.34	143
178	P. Bruton	Llisbury Runners	48.35	142
179	W. Windell	(23) Cardiff University Harriers	48.38	141
180	T. Fairman	Great Western Runners	48.39	140
181	D. Morelli	(23) University of Wales - Swansea	48.39	139
182	D. Patten (ind)	Great Western Runners	48.40	138
183	S. Arnold	(45) Wells City Harriers	48.46	137
184	M. Hopkins	Les Croupiers Running Club	48.48	136

185	T. Owen	(45)	Bridgend Athletic Club	48.51	135
186	J. Williams		Thornbury Running Club	49.00	134
187	N. Elliott	(40)	Westbury Harriers	49.03	133
188	J. Clarke	(23)	Bristol University	49.06	132
189	S. Merrick	(45)	Swansea Harriers Athletic Club	49.08	131
190	K. Baird-Murray	(50)	Penarth and Dinas Runners	49.11	130
191	G. Jennings	(55)	Bristol and West Athletic Club	49.13	129
192	T. Joy	(23)	Bristol University	49.20	128
193	N. Grant	(60)	Chepstow Harriers	49.22	127
194	M. Lewis	(35)	Les Croupiers Running Club	49.25	126
195	A. Gardiner		San Domenico Road Runners Club	49.32	125
196	A. Blanshard	(23)	Bristol University	49.32	124
197	H. Mason	(45)	Caerleon Running Club	49.37	123
198	R. Wilcox	(50)	Penarth and Dinas Runners	49.40	122
199	L. Scanlon		Great Western Runners	49.51	121
200	T. Hesslenberg	(23)	Cardiff University Harriers	50.03	120
201	L. Gardner	(45)	Swansea Harriers Athletic Club	50.06	119
202	H. Kent	(60)	Les Croupiers Running Club	50.12	118
203	J. Mullaney	(23)	Aberdare Valley A. A. C.	50.16	117
204	M. Thurgood	(40)	Caerleon Running Club	50.18	116
205	L. Treadwell	(23)	Cardiff University Harriers	50.18	115
206	B. Lovett	(40)	San Domenico Road Runners Club	50.25	114
207	C. Osmond	(50)	Les Croupiers Running Club	50.29	113
208	D. Cornish	(45)	Port Talbot Harriers & A. C.	50.30	112
209	S. Rowe	(23)	Bristol University	50.33	111
210	P. Hughes		San Domenico Road Runners Club	50.35	110
211	S. Lerigo	(23)	Cardiff University Harriers	50.36	109
212	A. Fletcher		Islwyn Running Club	50.38	108
213	P. Chadwick	(55)	Wells City Harriers	50.39	107
214	R. Bowen	(65)	Neath Harriers	50.42	106
215	S. Hitchen	(35)	Les Croupiers Running Club	51.00	105
216	D. McAtee	(50)	Newport Harriers Athletic Club	51.08	104
217	D. Osborne	(40)	Brecon Athletic Club	51.14	103
218	R. Grierson	(23)	Cardiff University Harriers	51.14	102
219	P. Lewis	(45)	3M Gorseinon Road Runners	51.19	101
220	S. Dickinson	(45)	Wells City Harriers	51.23	100
221	S. Scurrrell		Taf Running & Orienteering Teams	51.25	99
222	T. Jefferies	(65)	Westbury Harriers	51.30	98
223	D. Williams		Aberdare Valley A. A. C.	51.31	97

224	S. Hames	(50) Neath Harriers	51.31	96
225	J. Horner	Les Croupiers Running Club	51.32	95
226	G. Crispie	(50) Les Croupiers Running Club	51.33	94
227	N. Pringle	(50) Lliswerry Runners	51.38	93
228	D. Shields	(40) San Domenico Road Runners Club	51.44	92
229	I. Hobbs	Dursley & District Athletic Club	51.47	91
230	J. Hargreaves	(50) Great Western Runners	51.50	90
231	G. Cole	(40) Wells City Harriers	52.00	89
232	A. Myers	(40) Guest	52.03	Guest
233	P. Holder	(55) Cardiff Harlequins	52.08	88
234	B. Baldry	(50) Penarth and Dinas Runners	52.17	87
235	T. Bryant	Taf Running & Orienteering Teams	52.18	86
236	R. Phillips	Taf Running & Orienteering Teams	52.21	85
237	M. Pinnell	(55) Les Croupiers Running Club	52.25	84
238	J. Magee	(35) Les Croupiers Running Club	52.30	83
239	O. Henry	(23) University of Wales - Swansea	52.31	82
240	N. Stovold	San Domenico Road Runners Club	52.33	81
241	I. Robinson	(40) Swansea Harriers Athletic Club	52.35	80
242	G. John	(50) Les Croupiers Running Club	52.36	79
243	S. Thomson	(50) Pont-y-Pwl & District Runners	52.40	78
244	J. Delaney	(50) San Domenico Road Runners Club	52.42	77
245	A. Perkins	(60) Port Talbot Harriers & A. C.	52.45	76
246	A. Gillard	(50) Cardiff Harlequins	53.00	75
247	P. Chick	(40) Lliswerry Runners	53.06	74
248	C. Ashworth	(55) Dursley & District Athletic Club	53.11	73
249	K. Taylor	(50) Amman Valley Harriers	53.18	72
250	D. Hughes	(45) Bridgend Athletic Club	53.23	71
251	M. Hann	Thornbury Running Club	53.28	70
252	D.E. Williams	(45) Les Croupiers Running Club	53.30	69
253	L. Worth	(45) Pembrokeshire Harriers	53.31	68
254	L. White	(23) Cardiff University Harriers	53.32	67
255	A. Lewis	(23) Cardiff University Harriers	53.35	66
256	J. Beveridge	(55) Wells City Harriers	53.41	65
257	K. Wehden	(50) Islwyn Running Club	53.43	64
258	A. Dickens	(40) Pont-y-Pwl & District Runners	53.43	63
259	G. Crew	(60) Great Western Runners	54.00	62
260	R. Bloss	Westbury Harriers	54.02	61
261	M. Hagan	(50) Westbury Harriers	54.03	60
262	N. Langridge	(60) Thornbury Running Club	54.09	59

263	A. Russell	(40) Taf Running & Orienteering Teams	54.14	58
264	P. Wright	(60) Wells City Harriers	54.16	57
265	S. Partridge	(60) Neath Harriers	54.17	56
266	J. Davies	(40) Islwyn Running Club	54.24	55
267	S. Dimond	(60) Thornbury Running Club	54.29	54
268	D. Smout	(60) Parc Bryn Bach Runners	54.35	53
269	M. Jenkins	(50) Fairwater Runners	54.39	52
270	N. Simms	Cardiff Harlequins	55.05	51
271	C. Rees	(45) Chepstow Harriers	55.10	50
272	E. Davey	(60) Llanelli Amateur Athletic Club	55.18	49
273	A. Balson	(40) Bitton Athletic Club	55.35	48
274	M. Halsall	Llanelli Amateur Athletic Club	55.43	47
275	R. Perons	(50) Les Croupiers Running Club	55.50	46
276	G. Jones	(50) Port Talbot Harriers & A. C.	56.03	45
277	A. White	(40) Islwyn Running Club	56.19	44
278	T. Fenton	(50) Great Western Runners	56.23	43
279	C. Walters	(60) Taf Running & Orienteering Teams	56.25	42
280	R. Hobbs	(65) Dursley & District Athletic Club	56.33	41
281	D. Proffitt	(55) Newport Harriers Athletic Club	56.48	40
282	P. Morfey	(55) Cardiff Harlequins	56.51	39
283	U. Kumari	(60) Swansea Harriers Athletic Club	57.01	38
284	D. Suttle	(23) Cardiff University Harriers	57.13	37
285	S. Hazel	(40) Les Croupiers Running Club	57.24	36
286	P. Evans	(35) Brecon Athletic Club	57.24	35
287	I. Bennett	Barry & Vale Harriers A. A. C.	57.32	34
288	B. Griffiths	(40) Brecon Athletic Club	57.39	33
289	J. Hurford	(50) Great Western Runners	58.14	32
290	K. Aideed	(23) University of the West of England	58.14	31
291	G. Trueman	(60) Stroud & District Athletic Club	58.19	30
292	H. Attwood	(60) Lliswerry Runners	58.28	29
293	A. Cole (ind)	(23) University of Wales - Swansea	58.48	28
294	P. Mainstone	(60) Thornbury Running Club	59.03	27
295	N. Clode	(40) Guest	59.11	Guest
296	B. Turner	(50) Great Western Runners	59.21	26
297	M. Bennett	(60) Great Western Runners	59.31	25
298	J. Clothier	(60) Thornbury Running Club	59.35	24
299	M. Rossiter	(50) Les Croupiers Running Club	59.45	23
300	S. Singh	(23) University of Wales - Swansea	59.48	22
301	A. Ewing	(55) Clevedon Athletic Club	60.35	21

302	C. Bennett	(60) Great Western Runners	61.26	20
303	R. Davey	(65) Les Croupiers Running Club	61.48	19
304	J. Aston	(65) Les Croupiers Running Club	62.06	18
305	J. Davies	(60) Port Talbot Harriers & A. C.	63.53	17
306	D. Davies	(60) Les Croupiers Running Club	64.30	16
307	A. Cadmore	(40) Brecon Athletic Club	67.19	15
308	I. Swanson	(60) Port Talbot Harriers & A. C.	69.04	14
309	S. Selwyn	(50) Thornbury Running Club	71.52	13
310	R. Sherwood	(65) Carmarthen & District Harriers A.C.	77.12	12

Gwent Cross Country League 2012-2013

1 December 2012 : Blaise Castle, Bristol

Senior Women (188 Starters)

Pos	Athlete	Club	Time	Pts
1	L. O'Gorman	Guest	24.38	Guest
2	R. Clarke	(23) University of Bath	24.54	188
3	F. Dannah	(35) North Somerset	25.19	187
4	A. Beynon-Thomas	(23) Swansea Harriers Athletic Club	25.25	186
5	D. Rees	Cardiff Amateur Athletic Club	25.31	185
6	E. Dalton	(35) Westbury Harriers	25.36	184
7	K. Matthews	(35) Chepstow Harriers	25.53	183
8	A. Grainger	(35) Bristol and West Athletic Club	25.57	182
9	S. Turvey	(23) Cardiff University Harriers	26.20	181
10	P. Williams	(23) Bristol University	26.29	180
11	L. Richens	Westbury Harriers	26.32	179
12	H. Woodman	Clevedon Athletic Club	26.49	178
13	M. Kirton	Bristol and West Athletic Club	26.58	177
14	A. Burton	(23) Bristol and West Athletic Club	27.00	176
15	J. Horler	(40) Chepstow Harriers	27.04	175

16	D. Kennedy	Bristol and West Athletic Club	27.24	174
17	H. Pollack	(23) Bristol University	27.35	173
18	S. Haikala	(40) Brecon Athletic Club	27.36	172
19	F. Langridge	(23) Cardiff Metropolitan University	27.37	171
20	Z. Barber	(23) Westbury Harriers	27.43	170
21	M. Watson	(45) Taf Running & Orienteering Teams	27.58	169
22	C. Green	Bristol and West Athletic Club	27.59	168
23	V. McConnel	(55) Bristol and West Athletic Club	28.04	167
24	N. Morgan	(45) Chepstow Harriers	28.07	166
25	N. Gething	(40) Parc Bryn Bach Runners	28.11	165
26	J. Osborn	(23) Cardiff University Harriers	28.13	164
27	C-A. Santos	(23) University of Wales - Swansea	28.16	163
28	S. Everitt	(45) Bristol and West Athletic Club	28.25	162
29	E. Bayliss	Pont-y-Pwl & District Runners	28.30	161
30	C. Beatty	(35) Les Croupiers Running Club	28.31	160
31	L. Manson	(35) Clevedon Athletic Club	28.34	159
32	E. Padova	(23) Cardiff University Harriers	28.42	158
33	J. Belayavin	Bristol and West Athletic Club	28.44	157
34	E. Relton	(23) University of Wales - Swansea	28.50	156
35	T. Chick	Westbury Harriers	28.51	155
36	C. Joliffe	(45) Bristol and West Athletic Club	28.52	154
37	J. Coker	(50) Les Croupiers Running Club	28.55	153
38	N. McWilliam	(35) Les Croupiers Running Club	29.05	152
39	E. Journeaux	(23) Westbury Harriers	29.06	151
40	K. Winstone	Westbury Harriers	29.08	150
41	N. Boulton	(23) Bristol University	29.15	149
42	H. Marshall	Aberystwyth Athletic Club	29.19	148
43	E. Pearson	(23) Cardiff University Harriers	29.20	147
44	L. Smith	Westbury Harriers	29.24	146
45	L. Heath	(40) Wells City Harriers	29.25	145
46	E. Bounds	(23) Cardiff Metropolitan University	29.32	144
47	L. Davies	Cardiff Amateur Athletic Club	29.34	143
48	L. Elliss	Great Western Runners	29.43	142
49	A. Davies	Bristol and West Athletic Club	29.44	141
50	L. Cleary	(45) Penarth and Dinas Runners	29.45	140
51	B. Hawling	(23) Cardiff University Harriers	29.52	139
52	L. O'Duffy	(40) Les Croupiers Running Club	29.55	138
53	H. Duffield	(40) Chepstow Harriers	29.58	137
54	N. Bromhall	(50) Bristol and West Athletic Club	30.04	136

55	E. Barns	(35)	Thornbury Running Club	30.05	135
56	E. Dann	(23)	Bristol University	30.06	134
57	M. Smith		San Domenico Road Runners Club	30.20	133
58	E. Gonzalez		Westbury Harriers	30.21	132
59	L. Kirwan		Les Croupiers Running Club	30.22	131
60	V. Lawson	(40)	Chepstow Harriers	30.23	130
61	J. Tucker	(40)	Les Croupiers Running Club	30.24	129
62	L. Barker	(23)	Brecon Athletic Club	30.26	128
63	L. Pick	(35)	Westbury Harriers	30.27	127
64	S. Kenshole	(23)	Cardiff Metropolitan University	30.32	126
65	N. Haines-Jones	(45)	Neath Harriers	30.40	125
66	G. Hardman	(40)	Bridgend Athletic Club	30.48	124
67	H. Ball	(45)	Clevedon Athletic Club	30.51	123
68	K. Young	(23)	Cardiff University Harriers	30.52	122
69	S. Toop		Pont-y-Pwl & District Runners	30.56	121
70	S. McCarthy	(40)	Les Croupiers Running Club	31.01	120
71	C. Tailby	(40)	Les Croupiers Running Club	31.03	119
72	L. Eynon	(50)	Taf Running & Orienteering Teams	31.05	118
73	M. Morris	(35)	Port Talbot Harriers & A. C.	31.06	117
74	L. Summers	(45)	Chepstow Harriers	31.07	116
75	E. Lagomarsino	(23)	Cardiff University Harriers	31.08	115
76	V. Jones	(35)	Westbury Harriers	31.11	114
77	R. Rowland	(50)	Thornbury Running Club	31.14	113
78	N. Prosser	(23)	Cardiff University Harriers	31.21	112
79	C. Sapwell	(40)	Bristol and West Athletic Club	31.24	111
80	W. Boon	(50)	Les Croupiers Running Club	31.34	110
81	A. Engledew	(50)	Bristol and West Athletic Club	31.36	109
82	A. Lyons		Les Croupiers Running Club	31.40	108
83	B. McInnes		Thornbury Running Club	31.44	107
84	B. Seargent		Westbury Harriers	31.46	106
85	K. Husband		Bristol University	31.56	105
86	B. Colquhoun		Bristol and West Athletic Club	31.56	104
87	S. Ratcliffe		Westbury Harriers	31.56	103
88	S. Phillips	(50)	Swansea Harriers Athletic Club	32.03	102
89	K. Ingleby		Westbury Harriers	32.04	101
90	P. Pedmanson	(23)	University of Wales - Swansea	32.10	100
91	D. Barcham	(35)	Clevedon Athletic Club	32.11	99
92	S. Thorne		Westbury Harriers	32.13	98
93	L. Matthews		Cardiff Amateur Athletic Club	32.14	97

94	T. Thompson	Great Western Runners	32.17	96
95	C. Watt	(50) Thornbury Running Club	32.21	95
96	C. Fowler	(23) Bristol University	32.27	94
97	C. Williams	(35) Islwyn Running Club	32.34	93
98	A. Hurman	(45) Penarth and Dinas Runners	32.40	92
99	S. Baker	(40) Wells City Harriers	32.41	91
100	C. Sandles	(45) 3M Gorseinon Road Runners	32.42	90
101	B. Commins	(40) Chepstow Harriers	32.43	89
102	C. Jones	(45) Taf Running & Orienteering Teams	32.47	88
103	M. Weller-Jones	(23) Bristol University	32.48	87
104	H. Marriott	(35) Clevedon Athletic Club	32.53	86
105	A. Kenny	Les Croupiers Running Club	32.56	85
106	M. Richards	(35) Pont-y-Pwl & District Runners	32.57	84
107	H. Taylor	(23) Bristol University	33.03	83
108	K. Robertson	(35) Westbury Harriers	33.04	82
109	J. Scholey	(50) Les Croupiers Running Club	33.06	81
110	A. Moon	(23) Cardiff University Harriers	33.07	80
111	V. Howlett	(35) Westbury Harriers	33.09	79
112	A. Saxena	(55) Newport Harriers Athletic Club	33.18	78
113	E. Johnson	(23) Cardiff University Harriers	33.19	77
114	V. Ford	(50) Great Western Runners	33.29	76
115	Y. Bullen	(45) Les Croupiers Running Club	33.35	75
116	J. Ridge	(40) Bridgend Athletic Club	33.36	74
117	C. Dallimore	(55) Les Croupiers Running Club	33.38	73
118	H. Taunton	(23) Taunton Athletic Club	33.41	72
119	A. Bull	(45) Westbury Harriers	33.44	71
120	P. Williams	(50) Port Talbot Harriers & A. C.	33.48	70
121	L. Pearce	(35) Westbury Harriers	33.49	69
122	A. James	(60) Les Croupiers Running Club	33.54	68
123	V. Groves	(23) Cardiff University Harriers	33.57	67
124	C. Olivant	(35) Brecon Athletic Club	33.58	66
125	E. Wharmby	(45) Newport Harriers Athletic Club	33.59	65
126	J. Goodwin	(35) Westbury Harriers	34.05	64
127	E. Luke	Penarth and Dinas Runners	34.08	63
128	S. Tucker	(45) Westbury Harriers	34.10	62
129	J. Cummins	(35) Westbury Harriers	34.16	61
130	N. Davies	(40) Thornbury Running Club	34.32	60
131	C. Turnbull	Great Western Runners	34.37	59
132	S. Adkins	(65) Caerleon Running Club	34.39	58

133	E. Parkin	(23) Cardiff Metropolitan University	34.45	57
134	R. Reynolds	Fairwater Runners	34.46	56
135	H. Dennis	(35) Penarth and Dinas Runners	34.48	55
136	K. Roberts	Les Croupiers Running Club	34.51	54
137	R. Treharne	(45) Islwyn Running Club	34.55	53
138	L. Williams	(35) 3M Gorseinon Road Runners	35.00	52
139	F. Machin	(35) Les Croupiers Running Club	35.19	51
140	C. Potter	(45) Westbury Harriers	35.25	50
141	J. Lewis	(45) Islwyn Running Club	35.30	49
142	B. Tucker	(45) Brecon Athletic Club	35.35	48
143	A. Rowell	(55) Taf Running & Orienteering Teams	35.39	47
144	J. Jenkins	(50) Fairwater Runners	36.00	46
145	M. Monk	(60) Parc Bryn Bach Runners	36.17	45
146	Y. Williams	(55) Penarth and Dinas Runners	36.19	44
147	L. Phillips	Lliswerry Runners	36.36	43
148	A. Helsing	(45) Penarth and Dinas Runners	36.50	42
149	J. Mills	(55) Thornbury Running Club	36.59	41
150	Z. Cumpston	Lliswerry Runners	37.33	40
151	L. Howells	(23) Cardiff University Harriers	37.34	39
152	E. Connor	Penarth and Dinas Runners	37.35	38
153	J. Lambeth	(35) Islwyn Running Club	37.59	37
154	T. Rossiter	(50) Les Croupiers Running Club	38.10	36
155	C. Vorres	(50) Pont-y-Pwl & District Runners	38.20	35
156	K. Jones	(40) Neath Harriers	38.22	34
157	S. Richards	(55) Brecon Athletic Club	38.55	33
158	G. Macpherson	(45) Wells City Harriers	39.02	32
159	A. Pace	(45) Penarth and Dinas Runners	39.19	31
160	T. Talbot	Great Western Runners	39.26	30
161	E. Noonan	(55) Westbury Harriers	39.29	29
162	D. Hudson	(35) North Somerset	39.41	28
163	C. Dunkeston	Lliswerry Runners	40.01	27
164	C. O'Reilly	Penarth and Dinas Runners	40.02	26
165	N. Maguire	(23) Caerleon Running Club	40.08	25
166	G. Howells	(55) Caerleon Running Club	40.16	24
167	Y. Forsey	(50) Lliswerry Runners	40.24	23
168	L. Waller	(55) 3M Gorseinon Road Runners	40.26	22
169	A. Goodfellow	(35) Penarth and Dinas Runners	40.33	21
170	S-L. Thompson	(35) Les Croupiers Running Club	40.43	20
171	K. Ridgewell	(55) Westbury Harriers	40.55	19

172	A. Thompson	(50) Les Croupiers Running Club	41.09	18
173	S. Perons	(45) Les Croupiers Running Club	41.21	17
174	S. Baldry	(45) Penarth and Dinas Runners	41.32	16
175	E. Arwyn	(55) Les Croupiers Running Club	41.47	15
176	M. Rowson	(60) Les Croupiers Running Club	41.51	14
177	M. Senior	(35) Islwyn Running Club	42.28	13
178	C. Fee	(35) Westbury Harriers	42.29	12
179	J. Dukes	(40) Wells City Harriers	43.43	11
180	P. Thomas	(70) Taf Running & Orienteering Teams	43.48	10
181	P. Parr	(60) Great Western Runners	46.14	9
182	V. Hildenbrand	(45) Guest	51.28	Guest
183	A. Butler	(70) Great Western Runners	56.48	8

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