

Gwent Cross Country League 2011-2012

11 February 2012 : Penlan Leisure Centre, Brecon

Senior Women (140 Starters)

Pos	Athlete	Club	Time	Pts
1	D. Rees	Cardiff Amateur Athletic Club	22.24	140
2	K. Roberts	Bridgend Athletic Club	22.48	139
3	A. Grady	University of Bath	23.08	138
4	K. Beecher	Les Croupiers Running Club	23.32	137
5	S. Voller	Westbury Harriers	23.36	136
6	R. Jinny-Jones	Pont-y-Pwl & District Runners	23.56	135
7	R. Baker	Cardiff Amateur Athletic Club	24.01	134
8	R. Underhill	(23) Cardiff University Harriers	24.10	133
9	R. Pierce	Team Bath	24.21	132
10	L. O'Duffy	(40) Les Croupiers Running Club	24.29	131
11	A. Davies	(23) University of Bath	24.35	130
12	L. Goodwin-Jones	Taf Running & Orienteering Teams	24.43	129
13	S. Haikala	(40) Brecon Athletic Club	24.51	128
14	V. Tester	Westbury Harriers	25.01	127
15	E. Bayliss	Pont-y-Pwl & District Runners	25.04	126
16	J. Coker	(50) Les Croupiers Running Club	25.07	125
17	E. Loveland	Cardiff Amateur Athletic Club	25.08	124
18	C. Beatty	Les Croupiers Running Club	25.12	123
19	J. Leahy	Cardiff Amateur Athletic Club	25.15	122
20	H. Jessop	(35) Les Croupiers Running Club	25.19	121
21	D. Kennedy	Bristol and West Athletic Club	25.22	120
22	N. Gething	(40) Parc Bryn Bach Runners	25.40	119
23	L. Davies	Cardiff Amateur Athletic Club	25.43	118
24	L. Summers	(40) Chepstow Harriers	25.47	117
25	K. Prior	(35) Wells City Harriers	25.57	116
26	S. Turvey	(23) Cardiff University Harriers	26.08	115
27	C. Jolliffe	(45) Bristol and West Athletic Club	26.20	114

28	G. Dando	Bridgend Athletic Club	26.23	113
29	E. Retton	(23) University of Wales - Swansea	26.29	112
30	L. Kirwan	Les Croupiers Running Club	26.31	111
31	J. Becker	(35) Les Croupiers Running Club	26.39	110
32	C. Griffiths	Bridgend Athletic Club	26.41	109
33	A. Hayes	(35) Les Croupiers Running Club	26.42	108
34	E. Oughton	(40) Great Western Runners	26.44	107
35	K. Winstone	Westbury Harriers	26.45	106
36	S. Everitt	(45) Bristol and West Athletic Club	26.56	105
37	C. Tailby	(40) Les Croupiers Running Club	26.59	104
38	L. Barker	(23) Brecon Athletic Club	27.00	103
39	N. McWilliam	(35) Les Croupiers Running Club	27.02	102
40	C. Watt	(45) Thornbury Running Club	27.05	101
41	A. Rhys	Les Croupiers Running Club	27.09	100
42	K. Young	(23) Cardiff University Harriers	27.09	99
43	J. Tucker	(35) Les Croupiers Running Club	27.17	98
44	L. Eynon	(50) Taf Running & Orienteering Teams	27.19	97
45	N. Law	(35) Brecon Athletic Club	27.23	96
46	S. McCarthy	(35) Les Croupiers Running Club	27.26	95
47	N. Prosser	(23) Cardiff University Harriers	27.28	94
48	S. Troop	Pont-y-Pwl & District Runners	27.34	93
49	W. Owen	(40) San Domenico Road Runners Club	27.37	92
50	C. Jones	(50) Taf Running & Orienteering Teams	27.38	91
51	C. Bleasdale	(40) Taf Running & Orienteering Teams	27.42	90
52	L. Cleary	(45) Penarth and Dinas Runners	27.43	89
53	M. Morris	(35) Port Talbot Harriers & A. C.	27.44	88
54	R. Loudon	(45) Newport Harriers Athletic Club	27.51	87
55	C-A. Santos	(23) University of Wales - Swansea	27.57	86
56	L. Miskell	(40) 3M Gorseinon Road Runners	28.04	85
57	R. Rowland	(45) Thornbury Running Club	28.09	84
58	S. Thorne	Westbury Harriers	28.10	83
59	S. Baker	(40) Wells City Harriers	28.13	82
60	B. Comins	(35) Chepstow Harriers	28.17	81
61	T. Paisey	Cardiff Amateur Athletic Club	28.19	80
62	F. Machin	(35) Les Croupiers Running Club	28.26	79
63	J. Cummins	(35) Westbury Harriers	28.27	78
64	S. Davies	(50) Brecon Athletic Club	28.38	77
65	F. Davies	(55) Pontypridd Athletic Club	28.40	76
66	G. Mayled	(23) Cardiff University Harriers	28.41	75
67	C. Brambley-Tucker	(40) Port Talbot Harriers & A. C.	28.42	74
68	T. Halliday	(45) Wells City Harriers	28.53	73
69	H. Johnson	(35) Westbury Harriers	28.59	72

70	C. Pearson		Les Croupiers Running Club	28.59	71
71	V. Ford	(50)	Great Western Runners	29.11	70
72	C-A. Davies	(40)	Pontypridd Athletic Club	29.19	69
73	A. James	(60)	Les Croupiers Running Club	29.28	68
74	Y. Bullen	(45)	Les Croupiers Running Club	29.36	67
75	V. Woodsford		San Domenico Road Runners Club	29.38	66
76	V. Howlett	(35)	Westbury Harriers	29.40	65
77	T. Elson		Westbury Harriers	29.42	64
78	C. Olivant	(35)	Brecon Athletic Club	29.43	63
79	C. Pocock	(23)	Cardiff University Harriers	29.49	62
80	H. Brookes		Bristol and West Athletic Club	29.50	61
81	R. Edworthy	(23)	University of Wales - Swansea	29.57	60
82	E. Turner	(55)	Les Croupiers Running Club	29.59	59
83	K-L. Jones	(35)	Neath Harriers	30.00	58
84	C. Thomas	(40)	Wells City Harriers	30.07	57
85	C. Dallimore	(55)	Les Croupiers Running Club	30.16	56
86	A. Rowell	(55)	Taf Running & Orienteering Teams	30.27	55
87	R. White	(35)	San Domenico Road Runners Club	30.31	54
88	E. Wharmby	(45)	Newport Harriers Athletic Club	30.36	53
89	L. Williams	(35)	3M Gorseinon Road Runners	30.37	52
90	D. Howells	(35)	Barry & Vale Harriers A. A. C.	30.39	51
91	K. Roberts		Les Croupiers Running Club	30.48	50
92	L. Richards	(45)	Caerleon Running Club	30.51	49
93	S. Rees	(50)	Brecon Athletic Club	30.52	48
94	J. Mills	(55)	Thornbury Running Club	30.53	47
95	B. Tucker	(45)	Brecon Athletic Club	30.54	46
96	Y. Williams	(55)	Penarth and Dinas Runners	30.57	45
97	L. Rees	(50)	3M Gorseinon Road Runners	31.02	44
98	E. Kelleher	(35)	Porthcawl Runners Life	31.09	43
99	J. Austerberry	(35)	Chepstow Harriers	31.19	42
100	J. Ash	(35)	Les Croupiers Running Club	31.21	41
101	R. Hambrook	(60)	Porthcawl Runners Life	31.27	40
102	A. Bushell	(40)	Thornbury Running Club	31.32	39
103	M. Monk	(60)	Parc Bryn Bach Runners	31.43	38
104	E. Luke		Penarth and Dinas Runners	31.56	37
105	C. Cummins		Brecon Athletic Club	32.05	36
106	C. Goldsmid	(45)	Wells City Harriers	32.08	35
107	S. Adkins	(60)	Caerleon Running Club	32.12	34
108	R. Spears	(35)	Les Croupiers Running Club	32.23	33
109	L. Phillips	(35)	Blaenau Gwent	32.28	32
110	J. Edwards	(40)	Pontypridd Athletic Club	32.34	31
111	E. Page	(45)	Sarn Helen Orienteering & R. C.	32.37	30

112	K. Waite	(23) University of Wales - Swansea	33.00	29
113	B. Havers	Chepstow Harriers	33.05	28
114	V. Clare	(50) Lliswerry Runners	33.22	27
115	S. Richards	(55) Brecon Athletic Club	33.37	26
116	B. Wilkinson	(45) San Domenico Road Runners Club	34.13	25
117	S. Mogford	Amman Valley Harriers	34.34	24
118	K. Chadwell	(35) Les Croupiers Running Club	34.39	23
119	L. Waller	(55) 3M Gorseinon Road Runners	34.51	22
120	F. Sharp	(50) 3M Gorseinon Road Runners	35.05	21
121	G. Murphy	(55) Les Croupiers Running Club	35.37	20
122	N. Maguire	(23) Caerleon Running Club	35.48	19
123	R. Davies	(60) Great Western Runners	35.54	18
124	G. Howells	(55) Caerleon Running Club	35.58	17
125	E. Arwyn	(55) Les Croupiers Running Club	35.59	16
126	C. Johnson	(65) Les Croupiers Running Club	36.00	15
127	L. Hall	(45) Westbury Harriers	36.14	14
128	S. Perons	(45) Les Croupiers Running Club	36.26	13
129	A. Mogford	(45) Amman Valley Harriers	36.46	12
130	S. Dawes-Clark	(35) Les Croupiers Running Club	37.26	11
131	M. Rowson	(60) Les Croupiers Running Club	37.48	10
132	P. Thomas	(65) Taf Running & Orienteering Teams	38.04	9
133	P. Hoddinot	(35) Caerleon Running Club	38.35	8
134	S. Jones	(45) San Domenico Road Runners Club	39.05	7
135	K. Cardwell	(23) Cardiff University Harriers	40.43	6
136	P. Parr	(60) Great Western Runners	41.45	5
137	A. Butler	(70) Great Western Runners	52.02	4

Gwent Cross Country League 2011-2012

11 February 2012 : Penlan Leisure Centre, Brecon

Senior Men (220 Starters)

Pos	Athlete	Club	Time	Pts
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1	B. Nagy	(23)	University of Bath	32.57	220
2	J. Mills		Cardiff Amateur Athletic Club	33.20	219
3	N. Lane		Cardiff Amateur Athletic Club	33.50	218
4	A. Davies	(45)	Brecon Athletic Club	33.58	217
5	M. Ellis		Westbury Harriers	34.01	216
6	H. Evans (ind)		Les Croupiers Running Club	34.18	215
7	C. Pristavec		Les Croupiers Running Club	34.36	214
8	P. Hart	(23)	Cardiff University Harriers	34.44	213
9	M. Roberts	(40)	Swansea Harriers Athletic Club	34.50	212
10	J. Collier		Westbury Harriers	35.03	211
11	J. Bancroft		Wells City Harriers	35.15	210
12	E. Ibrahim		Cardiff Amateur Athletic Club	35.20	209
13	D. Beynon		Swansea Harriers Athletic Club	35.26	208
14	D. Coales	(40)	Team Bath	35.30	207
15	S. Francis	(23)	Bristol and West Athletic Club	35.36	206
16	D. Jones		Team Bath	35.37	205
17	S. Paterson		Les Croupiers Running Club	35.40	204
18	H. Matthews		Brecon Athletic Club	35.41	203
19	R. Mann	(23)	University of Wales - Swansea	35.49	202
20	A. Glover		Westbury Harriers	35.50	201
21	G. Green		San Domenico Road Runners Club	35.56	200
22	N. Dukes		Les Croupiers Running Club	35.59	199
23	M. Palser		Les Croupiers Running Club	36.04	198
24	S. Crees		Les Croupiers Running Club	36.08	197
25	C. Williams	(40)	Neath Harriers	36.26	196
26	L. Banner	(23)	University of Wales - Swansea	36.38	195
27	L. Rawlinson		Caerleon Running Club	36.40	194
28	P. Coles	(45)	Pontypridd Athletic Club	36.46	193
29	R. Spear	(23)	University of Bath	36.54	192
30	D. Bodman	(23)	Aberdare Valley A. A. C.	37.02	191
31	R. Hunt	(45)	Bridgend Athletic Club	37.06	190
32	R. Bullen	(50)	Les Croupiers Running Club	37.09	189
33	G. Ward		Westbury Harriers	37.11	188
34	B. Moon		Cardiff Harlequins	37.12	187
35	P. Cook	(40)	Les Croupiers Running Club	37.22	186
36	N. Frost	(50)	Pontypridd Athletic Club	37.25	185
37	R. Whitham	(23)	Cardiff University Harriers	37.27	184
38	C. Jones		Westbury Harriers	37.28	183
39	N. Somerville	(50)	Wells City Harriers	37.29	182
40	R. Sage		Les Croupiers Running Club	37.37	181
41	K. Dunn		Westbury Harriers	37.41	180

42	A. Hodgson	(40)	Bridgend Athletic Club	37.43	179
43	R. Dando		Bridgend Athletic Club	37.55	178
44	J. King		Caerleon Running Club	37.58	177
45	A. Donald		Cardiff Amateur Athletic Club	38.07	176
46	O. Haswell	(23)	Cardiff University Harriers	38.09	175
47	M. Hurford		Les Croupiers Running Club	38.13	174
48	A. Roberts	(23)	Taf Running & Orienteering Teams	38.18	173
49	E. Boyles		Westbury Harriers	38.19	172
50	E. Ball	(45)	San Domenico Road Runners Club	38.22	171
51	G. Lynch		Les Croupiers Running Club	38.27	170
52	R. Self	(45)	Les Croupiers Running Club	38.35	169
53	M. Evans		Taf Running & Orienteering Teams	38.37	168
54	K. Ham	(50)	Westbury Harriers	38.38	167
55	C. Palmer		Westbury Harriers	38.41	166
56	M. Harvey		Chepstow Harriers	38.42	165
57	Peter Crane	(50)	Neath Harriers	38.43	164
58	D. Davies	(55)	Brecon Athletic Club	38.44	163
59	D. Vorres	(40)	Pont-y-Pwl & District Runners	38.47	162
60	R. Phillips		Westbury Harriers	38.50	161
61	M. Williams	(45)	Les Croupiers Running Club	38.53	160
62	J. Morris		Amman Valley Harriers	38.55	159
63	D. James	(50)	Les Croupiers Running Club	39.01	158
64	S. Masters	(50)	Wells City Harriers	39.04	157
65	A. Baker	(45)	Pontypridd Athletic Club	39.06	156
66	S. Shields		San Domenico Road Runners Club	39.09	155
67	P. Kendrick	(50)	Brecon Athletic Club	39.18	154
68	P. Grandon		Bristol and West Athletic Club	39.19	153
69	M. Havard	(45)	San Domenico Road Runners Club	39.22	152
70	D. Buchanan		San Domenico Road Runners Club	39.25	151
71	J. Scanlon	(40)	Pontypridd Athletic Club	39.27	150
72	R. Evans		Pontypridd Athletic Club	39.28	149
73	J. Bruce		Les Croupiers Running Club	39.31	148
74	P. Coker	(50)	Les Croupiers Running Club	39.36	147
75	B. Davies	(23)	University of Wales - Swansea	39.38	146
76	J. Jones	(40)	Carmarthen & District Harriers A.C.	39.48	145
77	R. Annett	(23)	Cardiff University Harriers	39.49	144
78	M. McGeoch	(55)	Les Croupiers Running Club	39.53	143
79	L. Carter	(50)	Chepstow Harriers	40.00	142
80	M. Parkes		Les Croupiers Running Club	40.04	141
81	D. Wintle	(55)	Great Western Runners	40.07	140
82	A. Gardiner		San Domenico Road Runners Club	40.16	139
83	M. Aspland	(23)	Neath Harriers	40.29	138

84	A. Care	(23) Cardiff University Harriers	40.32	137
85	G. Robinson	Stroud & District Athletic Club	40.34	136
86	S. Cummins	Brecon Athletic Club	40.36	135
87	G. Williams	Aberdare Valley A. A. C.	40.37	134
88	T. Fowler	(23) Newport Harriers Athletic Club	40.38	133
89	P. Chan	(45) Great Western Runners	40.41	132
90	I. Roberts	(45) Stroud & District Athletic Club	40.42	131
91	P. Sowerby	(45) Brecon Athletic Club	40.44	130
92	J. Morgan	(45) Bridgend Athletic Club	40.46	129
93	G. Sansom	(45) San Domenico Road Runners Club	40.54	128
94	P. Kellam	(45) Les Croupiers Running Club	41.04	127
95	M. Bull	(23) Cardiff University Harriers	41.11	126
96	J. Cleall-Harding	(55) Les Croupiers Running Club	41.15	125
97	M. Murphy	(55) Les Croupiers Running Club	41.17	124
98	P. Osborne	(50) Swansea Harriers Athletic Club	41.20	123
99	S. Johnston	(60) Les Croupiers Running Club	41.37	122
100	J. Thompson	(23) Cardiff University Harriers	41.39	121
101	K. Jackson	(50) Dursley & District Athletic Club	41.46	120
102	A. McLain	(40) Penarth and Dinas Runners	41.54	119
103	J. White	(35) San Domenico Road Runners Club	41.56	118
104	G. Goldsmid	(50) Wells City Harriers	42.02	117
105	B. Pringle	Westbury Harriers	42.11	116
106	R. Mulvany	(35) Neath Harriers	42.14	115
107	J. Palser	Guest	42.18	Guest
108	I. Ruck	(40) Westbury Harriers	42.21	114
109	M. Tutesigensi	(23) Les Croupiers Running Club	42.29	113
110	P. Rees	(40) 3M Gorseinon Road Runners	42.35	112
111	I. McDonald	(45) San Domenico Road Runners Club	42.42	111
112	S. Morath	Penarth and Dinas Runners	42.48	110
113	S. Arnold	(40) Wells City Harriers	42.51	109
114	V. Edwards	Cardiff Harlequins	42.55	108
115	S. Merrick	(45) Swansea Harriers Athletic Club	42.58	107
116	A. Jones	(40) Les Croupiers Running Club	43.00	106
117	S. Wadeley	(50) Newport Harriers Athletic Club	43.01	105
118	S. Allen	(40) Thornbury Running Club	43.05	104
119	M. Osman	Bristol and West Athletic Club	43.06	103
120	J. Greene	(23) University of Wales - Swansea	43.07	102
121	R. Taylor	Chepstow Harriers	43.17	101
122	G. Cole	(40) Wells City Harriers	43.18	100
123	M. Tabor	(55) Les Croupiers Running Club	43.19	99
124	J. Hancock	(40) Taf Running & Orienteering Teams	43.26	98
125	H. Carpenter	(55) Neath Harriers	43.28	97

126	P. Bristow	(50)	San Domenico Road Runners Club	43.32	96
127	A. Davidson		Les Croupiers Running Club	43.35	95
128	R. Morris	(60)	San Domenico Road Runners Club	43.37	94
129	T. Hesslenberg	(23)	Cardiff University Harriers	43.43	93
130	E. Cummings	(40)	Les Croupiers Running Club	43.48	92
131	D. Cornish	(45)	Port Talbot Harriers & A. C.	43.53	91
132	C. Osmond	(50)	Les Croupiers Running Club	43.55	90
133	A. Mason	(50)	Les Croupiers Running Club	43.58	89
134	J. Bailey-Gard (sen)	(60)	Westbury Harriers	44.00	88
135	G. Orme	(65)	Carmarthen & District Harriers A.C.	44.14	Guest
136	A. Bunney	(40)	Aberdare Valley A. A. C.	44.17	87
137	C. Nellins	(50)	Penarth and Dinas Runners	44.18	86
138	D. Griffiths	(45)	Newport Harriers Athletic Club	44.23	85
139	M. Hooper		Les Croupiers Running Club	44.35	84
140	D. Davies	(60)	Neath Harriers	44.39	83
141	J. Hargreaves	(55)	Great Western Runners	44.41	82
142	A. Davies		Les Croupiers Running Club	44.46	81
143	S. Scurrrell		Taf Running & Orienteering Teams	44.48	80
144	N. Langridge	(60)	Thornbury Running Club	44.51	79
145	M. Hopkins	(40)	Westbury Harriers	45.00	78
146	S. Alexander	(40)	Les Croupiers Running Club	45.02	77
147	H. Mason	(45)	Caerleon Running Club	45.04	76
148	A. Williams		Barry & Vale Harriers A. A. C.	45.09	75
149	S. Bridges	(40)	Aberdare Valley A. A. C.	45.11	74
150	D. Hardie	(50)	3M Gorseinon Road Runners	45.17	73
151	G. Crispie	(45)	Les Croupiers Running Club	45.19	72
152	S. Hazel	(40)	Les Croupiers Running Club	45.22	71
153	T. Jefferies	(60)	Westbury Harriers	45.26	70
154	B. Phillips	(45)	Parc Bryn Bach Runners	45.30	69
155	K. Taylor	(50)	Amman Valley Harriers	45.42	68
156	H. Durham		Pontypridd Athletic Club	45.47	67
157	R. Whitcombe	(50)	Wells City Harriers	45.49	66
158	R. Sewell	(50)	Les Croupiers Running Club	45.54	65
159	D. McAtee	(50)	Newport Harriers Athletic Club	45.55	64
160	B. Dias		Cardiff Amateur Athletic Club	45.57	63
161	A. Perkins	(60)	Port Talbot Harriers & A. C.	46.05	62
162	N. Pringle	(50)	Llisbury Runners	46.07	61
163	M. Davies	(60)	Les Croupiers Running Club	46.15	60
164	D.E. Williams	(45)	Les Croupiers Running Club	46.23	59
165	D. Shields	(45)	San Domenico Road Runners Club	46.26	58
166	D. Smout	(60)	Parc Bryn Bach Runners	46.37	57
167	M. Bradley	(60)	Penarth and Dinas Runners	46.54	56

168	M. Evans		San Domenico Road Runners Club	46.58	55
169	D. Breen	(55)	Porthcawl Runners Life	47.00	54
170	S. Hames	(45)	Neath Harriers	47.04	53
171	G. John	(50)	Les Croupiers Running Club	47.27	52
172	A. Gillard	(45)	Cardiff Harlequins	47.43	51
173	H. Skipper	(50)	Penarth and Dinas Runners	47.50	50
174	N. Simms		Cardiff Harlequins	47.52	49
175	E. Davey	(60)	Llanelli Amateur Athletic Club	48.03	48
176	A. Bridge	(40)	Wells City Harriers	48.08	47
177	J. Jones	(40)	Pontypridd Athletic Club	48.10	46
178	T. Fenton	(50)	Great Western Runners	48.14	45
179	M. Bennett	(60)	Great Western Runners	48.27	44
180	G. Trueman	(60)	Stroud & District Athletic Club	48.43	43
181	S. Singh	(23)	University of Wales - Swansea	48.49	42
182	L. Worth	(40)	Pembrokeshire Harriers	48.55	41
183	G. Donnan	(55)	Les Croupiers Running Club	49.03	40
184	C. Edwards	(40)	Pontypridd Athletic Club	49.10	39
185	R. Perons	(45)	Les Croupiers Running Club	49.19	38
186	D. Hughes	(45)	Bridgend Athletic Club	49.29	37
187	S. Jones	(23)	Sarn Helen Orienteering & R. C.	49.31	36
188	B. Mogford	(50)	Amman Valley Harriers	49.41	35
189	C. Anthony	(65)	Port Talbot Harriers & A. C.	49.50	34
190	A. Duscombe		Pontypridd Athletic Club	50.09	33
191	S. Talbot		Newport Harriers Athletic Club	50.25	32
192	S. Pearce		Newport Harriers Athletic Club	50.29	31
193	C. Walters	(60)	Taf Running & Orienteering Teams	50.29	30
194	O. Lewis	(23)	Cardiff University Harriers	50.50	29
195	C. Bennett	(55)	Great Western Runners	51.01	28
196	M. Rossiter	(50)	Les Croupiers Running Club	51.02	27
197	C. Rees	(45)	Chepstow Harriers	51.03	26
198	P. Mainstone	(60)	Thornbury Running Club	51.10	25
199	P. Holder	(50)	Cardiff Harlequins	51.15	24
200	S. Dickinson	(40)	Wells City Harriers	51.22	23
201	J. Aston	(60)	Les Croupiers Running Club	51.39	22
202	R. Hobbs	(60)	Dursley & District Athletic Club	51.45	21
203	A. McCall	(40)	Chepstow Harriers	52.01	20
204	J. Davies	(60)	Port Talbot Harriers & A. C.	52.41	19
205	I. Bennett	(40)	Barry & Vale Harriers A. A. C.	52.58	18
206	D. McDonald	(45)	Les Croupiers Running Club	53.14	17
207	R. Sherwood	(65)	Carmarthen & District Harriers A.C.	53.30	16
208	H. Evans	(50)	Llanelli Amateur Athletic Club	56.28	15
209	D. Davies	(60)	Les Croupiers Running Club	56.39	14

210	S. Selwyn	(40) Thornbury Running Club	59.26	13
211	R. Davey	(65) Les Croupiers Running Club	59.58	12
212	I. Swanson	(60) Port Talbot Harriers & A. C.	60.03	11