

Gwent Cross Country League 2008-2009

12 October 2008 : Newbridge Fields, Bridgend

Senior Men (331 Starters)

Pos	Athlete	Club	Time	Pts
1	N. Lane	Cardiff Amateur Athletic Club	32.16	331
2	T. Marshall	(23) Brecon Athletic Club	32.46	330
3	M. Jennings	Cardiff Amateur Athletic Club	32.55	329
4	I. Williams	Taf Running & Orienteering Teams	33.09	328
5	D. Moore	(45) Bristol and West Athletic Club	33.12	327
6	A. Davies	(40) Brecon Athletic Club	33.31	326
7	P. Grist	Wells and Yeovil	33.33	325
8	E. Cole	Bridgend Athletic Club	33.35	324
9	H. Jones	(23) University of Wales Inst. Cardiff	33.38	323
10	J. Philipson	(23) Team Bath	33.46	322
11	C. Discombe	Les Croupiers Running Club	34.06	321
12	D. Hiscox	Bridgend Athletic Club	34.12	320
13	R. Atkin	Bridgend Athletic Club	34.14	319
14	J. Dalgleish	(23) Westbury Harriers	34.18	318
15	T. Phillips	(23) University of Wales Inst. Cardiff	34.22	317
16	D. Beynon	Swansea Harriers Athletic Club	34.26	316
17	J. Mills	(23) Team Bath	34.28	315
18	R. Bullen	(45) Les Croupiers Running Club	34.29	314
19	J. Norris	(23) University of Wales Inst. Cardiff	34.32	313
20	N. Hardee	(40) Newport Harriers Athletic Club	34.36	312
21	P. Coles	(45) Pontypridd Athletic Club	34.39	311
22	S. Paterson	San Domenico Road Runners Club	34.49	310
23	H. Matthews	Brecon Athletic Club	34.51	309
24	E. Takata	Cardiff Amateur Athletic Club	34.54	308
25	C. Kiely	(23) Team Bath	34.56	307
26	L. Aherne	(40) Les Croupiers Running Club	34.58	306
27	L. Winfield-Young	Cardiff Amateur Athletic Club	35.00	305
28	S. Crees	Les Croupiers Running Club	35.05	304
29	J. Baker	(35) Les Croupiers Running Club	35.18	303
30	A. Wood	Bridgend Athletic Club	35.23	302
31	C. Moore	(23) Cardiff University Harriers	35.30	301
32	P. Cook	(35) Les Croupiers Running Club	35.36	300
33	N. Frost	(45) Pontypridd Athletic Club	35.41	299
34	M. Norris	(23) University of Wales Inst. Cardiff	35.42	298
35	R. Nash	(45) Westbury Harriers	35.48	297
36	P. Rhyder	Cardiff Amateur Athletic Club	35.52	296
37	A. Friend	Cardiff Amateur Athletic Club	35.58	295
38	C. Green	(23) Cardiff University Harriers	36.02	294
39	O. Flage	(35) Oldham and Royton	36.05	Guest
40	P. Tugwell	Cornwall Athletic Club	36.08	Guest
41	A. Abbott	(35) Sarn Helen Orienteering & R. C.	36.13	293
42	J. Gilling	Wells and Yeovil	36.14	292
43	P. Talbot	(40) Neath Harriers	36.15	291
44	M. Palser	Les Croupiers Running Club	36.18	290
45	G. Morgan	Les Croupiers Running Club	36.22	289
46	P. Kendrick	(35) Brecon Athletic Club	36.30	288
47	T. Lewis	(40) Bridgend Athletic Club	36.31	287
48	R. MacDonald	(23) University of Wales - Swansea	36.34	286
49	M. Evans	Taf Running & Orienteering Teams	36.36	285
50	C. Harrhy	(40) Lliswerry Runners	36.38	284
51	S. Osborne	(45) Bridgend Athletic Club	36.45	283
52	M. Harvey	Neath Harriers	36.46	282
53	T. Hindle	(45) Brecon Athletic Club	36.48	281
54	N. Dukes	Les Croupiers Running Club	36.51	280
55	A. Atkinson	(23) University of Wales - Swansea	36.54	279
56	D. Humphries	Lliswerry Runners	36.54	278
57	R. Jones	(45) Les Croupiers Running Club	36.58	277
58	M. Gurmin	(35) Abertillery Achilles Athletic Club	37.05	276
59	Peter Crane	(45) Neath Harriers	37.06	275
60	J. Irvine	Team Bath	37.09	274
61	K. Griffiths	(40) Taf Running & Orienteering Teams	37.11	273
62	P. George	(35) Les Croupiers Running Club	37.13	272
63	A. Lewis	Swansea Harriers Athletic Club	37.14	271
64	G. Ward	(23) Westbury Harriers	37.15	270

65	M. Tutesigensi	(23) Cardiff University Harriers	37.18	269
66	R. Wallis	(50) Westbury Harriers	37.19	268
67	D. Davies	(50) Brecon Athletic Club	37.20	267
68	M. Harvey	(23) Chepstow Harriers	37.20	266
69	S. Morgan	(35) Croft Ambrey	37.21	Guest
70	L. Sandham	(35) Neath Harriers	37.24	265
71	L. Smith	(40) Lliswerry Runners	37.29	264
72	L. Hiscox	Pontypridd Athletic Club	37.32	263
73	C. Parker	(45) Swansea Harriers Athletic Club	37.33	262
74	I. Webb	(50) Llanelli Amateur Athletic Club	37.38	261
75	J. Foster	(50) Lliswerry Runners	37.49	260
76	S. Morris	Bridgend Athletic Club	37.51	259
77	A. O'Callaghan	Cardiff Amateur Athletic Club	37.53	258
78	A. Woods	(45) Griffithstown Harriers A. A. C.	37.57	257
79	T. Butt	(23) University of Wales - Swansea	38.04	256
80	D. Goodger	Newport Harriers Athletic Club	38.05	255
81	R. Pitman	Pontypridd Athletic Club	38.08	254
82	S. Penny	(45) Chepstow Harriers	38.09	253
83	P. Davies (ind)	(55) Bridgend Athletic Club	38.11	252
84	J. O'Gunn	(45) Bristol and West Athletic Club	38.15	251
85	D. Bodman	(23) Aberdare Valley A. A. C.	38.20	250
86	A. Baker	(40) Pontypridd Athletic Club	38.21	249
87	G. Irving	(45) Swansea Harriers Athletic Club	38.22	248
88	M. Green	Thornbury Running Club	38.23	247
89	M. Emery	Bridgend Athletic Club	38.24	246
90	P. Osborne	(45) Swansea Harriers Athletic Club	38.29	245
91	T. Bloodworth	(23) University of Wales Inst. Cardiff	38.31	244
92	P. Jenkins	(45) Bridgend Athletic Club	38.34	243
93	S. Coupe	(55) Sospan Road Runners	38.37	242
94	M. Reynolds	(35) Neath Harriers	38.42	241
95	S. Howell	(45) Les Croupiers Running Club	38.43	240
96	J. Davies	(40) Neath Harriers	38.44	239
97	S. Sheard	University of Wales Inst. Cardiff	38.45	238
98	R. Hunt	(45) Bridgend Athletic Club	38.48	237
99	H. Roberts	(50) Bridgend Athletic Club	38.52	236
100	E. Husband	(50) Lancaster and Morecombe	38.54	Guest
101	P. Scott	(40) Chepstow Harriers	39.04	235
102	B. Griffiths	Bridgend Athletic Club	39.04	234
103	D. Evans	(60) Cardiff Amateur Athletic Club	39.04	233
104	D. Shroll	Neath Harriers	39.06	232
105	I. Roberts	(40) Stroud & District Athletic Club	39.07	231
106	P. Ross-Davies	(55) Blackheath and Bromley	39.10	Guest
107	S. Barnes	Stroud & District Athletic Club	39.11	230
108	S. Lewis	(40) Parc Bryn Bach Runners	39.12	229
109	J. King	Caerleon Running Club	39.14	228
110	H. Ham	(45) Thornbury Running Club	39.19	227
111	M. Wheeler	(23) Cardiff University Harriers	39.22	226
112	P. Dyson	(45) Swansea Harriers Athletic Club	39.23	225
113	B. Pitman	(23) Cardiff University Harriers	39.24	224
114	A. Williams	(40) Fairwater Runners	39.25	223
115	I. Teed	Chepstow Harriers	39.34	222
116	M. Dunscombe	(45) Sarn Helen Orienteering & R. C.	39.36	221
117	C. Fulcher	(40) Port Talbot Harriers & A. C.	39.44	220
118	S. Williams	(50) Neath Harriers	39.47	219
119	G. Jones	(23) University of Wales Inst. Cardiff	39.48	218
120	I. McDonald	(40) San Domenico Road Runners Club	39.49	217
121	P. Kellam	(40) Les Croupiers Running Club	39.55	216
122	A. Pitt	(45) Stroud & District Athletic Club	39.56	215
123	D. Vorres	(45) Griffithstown Harriers A. A. C.	40.00	214
124	C. Johnson	(40) Westbury Harriers	40.03	213
125	A. Fritsch	Les Croupiers Running Club	40.08	212
126	D. Crane	(45) Neath Harriers	40.09	211
127	M. Edmonds	(23) University of Wales - Swansea	40.10	210
128	D. Harris	Les Croupiers Running Club	40.11	209
129	R. Marks	(55) Sarn Helen Orienteering & R. C.	40.12	208
130	J. Embling	(50) Bridgend Athletic Club	40.13	207
131	A. Rees	(40) Bridgend Athletic Club	40.23	206
132	D. Scarborough	(50) Bridgend Athletic Club	40.25	205
133	I. Spilsbury	(40) Penarth and Dinas Runners	40.31	204
134	K. Jackson	(40) Dursley & District Athletic Club	40.34	203
135	C. Fowler	(40) Pontypridd Athletic Club	40.37	202
136	H. Carpenter	(55) Neath Harriers	40.38	201
137	P. Chan	(40) Great Western Runners	40.39	200
138	D. McArdle	(23) University of Wales Inst. Cardiff	40.40	199
139	P. Meyler	(50) Pontypridd Athletic Club	40.41	198
140	D. Griffiths	(40) Newport Harriers Athletic Club	40.45	197
141	P. Miles	(55) Parc Bryn Bach Runners	40.48	196

142	M. Williams	(40)	Les Croupiers Running Club	40.49	195
143	M. Davies	(45)	Lliswerry Runners	40.51	194
144	P. Skinner		Bristol and West Athletic Club	40.52	193
145	E. Lapore	(50)	Les Croupiers Running Club	40.53	192
146	C. Oxley		Newport Harriers Athletic Club	40.54	191
147	J. Diffey	(45)	Les Croupiers Running Club	40.55	190
148	G. Lynch		Les Croupiers Running Club	41.00	189
149	P. Sowerby	(40)	Brecon Athletic Club	41.04	188
150	N. Rees	(45)	Les Croupiers Running Club	41.05	187
151	L. Richards		Newport Harriers Athletic Club	41.06	186
152	R. Thompson	(40)	Pembrokeshire Harriers	41.10	185
153	D. Hardie	(50)	3M Gorseinon Road Runners	41.12	184
154	A. Weaver		Port Talbot Harriers & A. C.	41.13	183
155	C. Blackmore		Cardiff Harlequins	41.14	182
156	D. Rainbird	(50)	Parc Bryn Bach Runners	41.16	181
157	D. McAtee	(40)	Newport Harriers Athletic Club	41.17	180
158	J. Cleall-Harding	(55)	Les Croupiers Running Club	41.20	179
159	A. Anderson	(23)	Cardiff University Harriers	41.21	178
160	B. Tyrrell	(50)	Thornbury Running Club	41.23	177
161	J. O'Shea	(50)	Les Croupiers Running Club	41.24	176
162	D. Davies	(60)	Neath Harriers	41.25	175
163	M. Halsall		Llanelli Amateur Athletic Club	41.28	174
164	S. Johnston	(55)	Les Croupiers Running Club	41.29	173
165	C. Hobbs		Westbury Harriers	41.32	172
166	R. Scott		Les Croupiers Running Club	41.35	171
167	S. Brown	(55)	Cheltenham Harriers	41.42	Guest
168	K. Taylor	(45)	Amman Valley Harriers	41.46	170
169	R. Sewell	(50)	Les Croupiers Running Club	41.50	169
170	K. Grey	(50)	Fairwater Runners	41.51	168
171	T. Davies	(55)	Aldershot Farnham and District	41.59	Guest
172	B. Smale	(23)	North Devon Athletic Club	42.05	167
173	R. Self	(45)	Les Croupiers Running Club	42.06	166
174	E. Willingham		Wells and Yeovil	42.07	165
175	E. Hiscocks		Newport Harriers Athletic Club	42.08	164
176	L. Davies	(35)	Pontypridd Athletic Club	42.09	163
177	S. Matchett	(40)	Pembrokeshire Harriers	42.10	162
178	J. Bailey-Gard (sen)	(55)	Westbury Harriers	42.11	161
179	G. Hall		Lliswerry Runners	42.20	160
180	R. Hurdle		Stroud & District Athletic Club	42.23	159
181	M. Hopkins	(40)	Westbury Harriers	42.27	158
182	A. Lloyd		Amman Valley Harriers	42.30	157
183	C. Osmond	(45)	Les Croupiers Running Club	42.32	156
184	C. Rees	(45)	Parc Bryn Bach Runners	42.33	155
185	I. Ogilvy	(40)	Brackla Harriers	42.35	154
186	N. Langridge	(55)	Thornbury Running Club	42.38	153
187	H. Rowcliffe	(23)	Sarn Helen Orienteering & R. C.	42.39	152
188	P. Court		Westbury Harriers	42.40	151
189	P. Moody	(65)	Carmarthen & District Harriers A.C.	42.41	150
190	L. Gardner	(40)	Swansea Harriers Athletic Club	42.50	149
191	J. Hargreaves	(55)	Great Western Runners	42.53	148
192	S. Prior		Wells and Yeovil	42.56	147
193	A. Davies	(45)	Pontypridd Athletic Club	42.56	146
194	B. Lovett	(40)	San Domenico Road Runners Club	43.04	145
195	T. Rhodes	(50)	Great Western Runners	43.07	144
196	S. McDonnell	(23)	University of Wales - Swansea	43.08	143
197	H. Mason		Caerleon Running Club	43.09	142
198	U. Kumari	(55)	Swansea Harriers Athletic Club	43.10	141
199	B. Phillips	(45)	Parc Bryn Bach Runners	43.11	140
200	S. Walsh		3M Gorseinon Road Runners	43.12	139
201	G. Colvin	(40)	3M Gorseinon Road Runners	43.13	138
202	M. Prout	(23)	Bridgend Athletic Club	43.14	137
203	R. Wilcox	(40)	Penarth and Dinas Runners	43.15	136
204	R. Davis	(50)	Bridgend Athletic Club	43.16	135
205	R. Fowler	(60)	Amman Valley Harriers	43.21	134
206	L. McLaren		University of Wales Inst. Cardiff	43.22	133
207	J. Delaney	(50)	San Domenico Road Runners Club	43.23	132
208	G. Torrington	(35)	Westbury Harriers	43.36	131
209	P. Monger		Lliswerry Runners	43.39	130
210	E. Davey	(55)	Llanelli Amateur Athletic Club	43.44	129
211	D. Shields	(40)	San Domenico Road Runners Club	43.45	128
212	S. Alexander	(40)	Les Croupiers Running Club	43.48	127
213	P. Chadwick	(50)	Wells and Yeovil	43.49	126
214	N. Pringle	(45)	Lliswerry Runners	43.50	125
215	M. Leathard		Chepstow Harriers	43.53	124
216	D. Hicketts	(23)	Cardiff University Harriers	44.02	123
217	M. Davies	(55)	Les Croupiers Running Club	44.04	122
218	J. Bailey-Gard (jun)		Westbury Harriers	44.09	121

219	M. Evans	(45) Neath Harriers	44.10	120
220	H. Porter	(23) University of Wales - Swansea	44.15	119
221	A. Davies	Brackla Harriers	44.17	118
222	J. Kersting	(70) Swansea Harriers Athletic Club	44.21	117
223	S. Pearce	Newport Harriers Athletic Club	44.22	116
224	J. Plain	(60) Les Croupiers Running Club	44.23	115
225	M. Medhurst	(40) Newport Harriers Athletic Club	44.25	114
226	M. Povey	(23) Cardiff University Harriers	44.26	113
227	S. Partridge	(55) Neath Harriers	44.29	112
228	K. Buckle	(65) Cheltenham Harriers	44.32	Guest
229	P. Holder	(45) Cardiff Harlequins	44.38	111
230	G. Donnan	(50) Les Croupiers Running Club	44.44	110
231	M. Fry	(40) Fairwater Runners	44.45	109
232	L. Chapman	(60) Amman Valley Harriers	44.46	108
233	P. Raymond	Bridgend Athletic Club	44.47	107
234	G. John	(50) Les Croupiers Running Club	44.49	106
235	M. Harris	(55) Westbury Harriers	44.53	105
236	H. Evans	(60) Amman Valley Harriers	44.53	104
237	A. Mason	(45) Les Croupiers Running Club	44.57	103
238	G. Jehu	(40) Aberdare Valley A. A. C.	44.58	102
239	P. Bamsey	(55) Neath Harriers	45.04	101
240	S. Bendle	(45) Swansea Harriers Athletic Club	45.05	100
241	G. Crump	(45) Bristol and West Athletic Club	45.06	99
242	G. Waters	(55) Swansea Harriers Athletic Club	45.08	98
243	G. Cole	Wells and Yeovil	45.09	97
244	S. Merrick	(40) Swansea Harriers Athletic Club	45.14	96
245	R. Whitcombe	(50) Wells and Yeovil	45.23	95
246	C. Walters	(60) Taf Running & Orienteering Teams	45.25	94
247	J. Aston	(60) Les Croupiers Running Club	45.27	93
248	M. Davies	(40) Port Talbot Harriers & A. C.	45.28	92
249	G. Prout	(45) Bridgend Athletic Club	45.33	91
250	T. Snell	Guest	45.37	Guest
251	J. Rees	(40) Pembrokeshire Harriers	45.44	90
252	T. Jefferies	(60) Westbury Harriers	45.48	89
253	M. Smith	(50) Chepstow Harriers	45.49	88
254	B. Mogford	(45) Amman Valley Harriers	45.53	87
255	D. Osborne	(45) Brecon Athletic Club	45.54	86
256	B. Woolterton	(60) Bridgend Athletic Club	46.02	85
257	G. Vyner	(40) 3M Gorseinon Road Runners	46.04	84
258	D. Smout	(55) Parc Bryn Bach Runners	46.06	83
259	G. Trueman	(55) Stroud & District Athletic Club	46.09	82
260	P. Lewis	(40) 3M Gorseinon Road Runners	46.15	81
261	M. Murphy	(55) Les Croupiers Running Club	46.16	80
262	T. O'Sullivan	(45) Les Croupiers Running Club	46.21	79
263	T. Fenton	(45) Great Western Runners	46.25	78
264	D. Proffitt	(55) Newport Harriers Athletic Club	46.31	77
265	B. Monk	(60) Parc Bryn Bach Runners	46.34	76
266	J. Collins	(70) Swansea Harriers Athletic Club	46.37	75
267	A. Mann	(50) Les Croupiers Running Club	46.55	74
268	P. Spriggs	(35) Swansea Harriers Athletic Club	46.57	73
269	M. James	(60) Les Croupiers Running Club	47.05	72
270	C. Birch	(40) Taf Running & Orienteering Teams	47.14	71
271	D. Williams	(23) Aberdare Valley A. A. C.	47.29	70
272	M. Roblin	(40) Carmarthen & District Harriers A.C.	47.35	69
273	N. Hendry	(50) Penarth and Dinas Runners	47.36	68
274	I. Morris	(40) Taf Running & Orienteering Teams	47.39	67
275	D. Finch (ind)	(60) Chepstow Harriers	47.50	66
276	S. Talbot	Newport Harriers Athletic Club	47.51	65
277	S. Hill	(40) Penarth and Dinas Runners	48.00	64
278	H. Evans	(50) Llanelli Amateur Athletic Club	48.01	63
279	A. Bunney	(40) Aberdare Valley A. A. C.	48.14	62
280	M. Rabaiotti	(45) Port Talbot Harriers & A. C.	48.15	61
281	D. Hughes	(40) Bridgend Athletic Club	48.18	60
282	A. Taylor	Caerleon Running Club	48.28	59
283	J. Matthews	(23) University of Wales - Swansea	48.38	58
284	T. Kavanagh	(60) Brackla Harriers	48.40	57
285	G. Jenkins	(40) Amman Valley Harriers	48.56	56
286	M. Bennett	(55) Great Western Runners	49.12	55
287	G. Kirkwood	Great Western Runners	49.30	54
288	N. Chipper	(45) Lliswerry Runners	49.33	53
289	A. Holling	(50) Port Talbot Harriers & A. C.	49.35	52
290	L. Tew	(70) Port Talbot Harriers & A. C.	49.38	51
291	K. Treharne	(60) Brackla Harriers	49.42	50
292	R. Sherwood	(60) Amman Valley Harriers	49.48	49
293	R. Cockwell	Cardiff Harlequins	50.03	48
294	R. Barlow	(40) Les Croupiers Running Club	50.06	47
295	R. Hobbs	(60) Dursley & District Athletic Club	50.33	46

296	C. Bennett	(55) Great Western Runners	50.41	45
297	R. Phillips	(45) Pontypridd Athletic Club	50.49	44
298	R. Brewer	(50) Les Croupiers Running Club	51.04	43
299	H. Brown	(60) Les Croupiers Running Club	51.21	42
300	J. Davies	(60) Port Talbot Harriers & A. C.	51.38	41
301	P. Morfey	(50) Cardiff Harlequins	52.40	40
302	S. Williams	(50) Les Croupiers Running Club	52.51	39
303	R. Davey	(60) Les Croupiers Running Club	53.24	38
304	R. Samuel	Cardiff Harlequins	53.36	37
305	J. Evans	(40) Llanelli Amateur Athletic Club	53.41	36
306	B. Dias	Guest	54.04	Guest
307	R. Ward	Caerleon Running Club	54.14	35
308	H. Williams	(40) Amman Valley Harriers	54.21	34
309	M. Hodges	(50) Taf Running & Orienteering Teams	54.30	33
310	R. Donne	(40) 3M Gorseinon Road Runners	55.06	32
311	M. Tattersall	(65) Neath Harriers	55.22	31
312	I. Swanson	(55) Port Talbot Harriers & A. C.	55.50	30
313	S.G. Lewis	(60) Les Croupiers Running Club	56.21	29
314	D. Rosser	(70) Amman Valley Harriers	57.53	28
315	G. Wright	(55) Les Croupiers Running Club	58.27	27
316	J. Trace	(40) Amman Valley Harriers	59.26	26

Gwent Cross Country League 2008-2009

12 October 2008 : Newbridge Fields, Bridgend

Senior Women (151 Starters)

Pos	Athlete	Club	Time	Pts
1	S. Hignett	(23) Team Bath	23.23	151
2	N. Sykes	Taf Running & Orienteering Teams	23.36	150
3	C. Dugdale	Swansea Harriers Athletic Club	24.35	149
4	A. Jones	Swansea Harriers Athletic Club	24.50	148
5	V. Barcello	Cardiff Amateur Athletic Club	24.53	147
6	A. Thomas	(35) Taf Running & Orienteering Teams	25.07	146
7	L. Dixon	(23) Cardiff Amateur Athletic Club	25.19	145
8	L. Durman	(23) Stroud & District Athletic Club	25.23	144
9	K. Humphreys	(23) Cardiff Amateur Athletic Club	25.34	143
10	M. Watson	(45) Taf Running & Orienteering Teams	26.00	142
11	R. Mitchell	(23) University of Wales Inst. Cardiff	26.07	141
12	S. John	Bridgend Athletic Club	26.16	140
13	H. Jarvis	Sale A.C.	26.18	Guest
14	Caryl Jones	(45) Taf Running & Orienteering Teams	26.19	139
15	A. Speight	(23) University of Wales Inst. Cardiff	26.23	138
16	R. Coe-O'Brien	(23) Team Bath	26.33	137
17	C. Danson	(23) Team Bath	26.39	136
18	S. Haikala	(35) Brecon Athletic Club	26.44	135
19	B. Strange	(23) Cardiff Amateur Athletic Club	26.48	134
20	S. Voller	Westbury Harriers	26.51	133
21	F. Gill	(45) Neath Harriers	26.53	132
22	A. Reynolds	Bridgend Athletic Club	26.55	131
23	A. Culp	Great Western Runners	26.57	130
24	L. O'Duffy	(40) Les Croupiers Running Club	27.02	129
25	S. Pinkham	(40) Port Talbot Harriers & A. C.	27.03	128
26	E. Ridley	(23) Swansea Harriers Athletic Club	27.09	127
27	H. Pointer	University of Wales - Swansea	27.13	126
28	C. Conway	(23) Bristol and West Athletic Club	27.15	125
29	J. Pritchard	(35) Les Croupiers Running Club	27.27	124
30	L. Smith	Westbury Harriers	27.30	123
31	R. Baker	(23) University of Wales Inst. Cardiff	27.36	122
32	M. Bowen-Rees	(45) Taf Running & Orienteering Teams	27.37	121
33	K. Mellor	(23) Team Bath	27.40	120
34	A. Jones	(40) Brecon Athletic Club	27.43	119

35	R. Alcock	(35)	Swansea Harriers Athletic Club	27.47	118
36	S. Knill		Brecon Athletic Club	27.48	117
37	D. Cooke	(40)	Bridgend Athletic Club	27.52	116
38	R. Tyler		Les Croupiers Running Club	27.59	115
39	K. Iveson	(23)	Team Bath	28.03	114
40	K. Waring		Newport Harriers Athletic Club	28.06	113
41	S. Harris		Chepstow Harriers	28.10	112
42	M. Gittoes		Chepstow Harriers	28.21	111
43	M. Zubizarreta	(35)	Les Croupiers Running Club	28.27	110
44	Caroline Jones	(45)	Taf Running & Orienteering Teams	28.30	109
45	L. Francis	(40)	Chepstow Harriers	28.46	108
46	H. Simms	(23)	University of Wales Inst. Cardiff	28.47	107
47	L. Thomas		Amman Valley Harriers	28.50	106
48	T. Chick		Westbury Harriers	28.55	105
49	C. Glover		University of Wales - Swansea	28.57	104
50	C. Hudgell		Les Croupiers Running Club	28.59	103
51	A. Canham	(23)	Team Bath	29.00	102
52	C. Moseley		Port Talbot Harriers & A. C.	29.06	101
53	M. Silby	(23)	University of Wales Inst. Cardiff	29.07	100
54	H. Audrain		Great Western Runners	29.11	99
55	A. Saxena	(50)	Newport Harriers Athletic Club	29.13	98
56	C. Smith	(45)	3M Gorseinon Road Runners	29.31	97
57	L. Summers	(40)	Chepstow Harriers	29.34	96
58	J. Cassam	(40)	Les Croupiers Running Club	29.39	95
59	L. Barker	(23)	Brecon Athletic Club	29.41	94
60	C. Beatty		Les Croupiers Running Club	29.43	93
61	S. Davies		Swansea Harriers Athletic Club	29.45	92
62	G. Hardman	(35)	Bridgend Athletic Club	29.46	91
63	S. Chipper	(35)	Llisbury Runners	29.49	90
64	D. Kenwright	(50)	Sarn Helen Orienteering & R. C.	29.51	89
65	G. Kellam	(45)	Les Croupiers Running Club	29.53	88
66	H. Marriot		Clevedon Athletic Club	29.55	87
67	F. Davies	(50)	Bridgend Athletic Club	29.59	86
68	L. Eynon	(45)	Taf Running & Orienteering Teams	30.03	85
69	R. Loudon	(40)	Newport Harriers Athletic Club	30.15	84
70	J. Scholey	(45)	Les Croupiers Running Club	30.24	83
71	F. Williams	(35)	San Domenico Road Runners Club	30.31	82
72	S. Woods	(45)	Griffithstown Harriers A. A. C.	30.34	81
73	P. Gallagher	(60)	Westbury Harriers	30.36	80
74	D. Evans	(35)	Penarth and Dinas Runners	30.39	79
75	L. Ashton		Les Croupiers Running Club	30.46	78
76	A. Potts	(23)	University of Wales Inst. Cardiff	30.51	77
77	P. Hall	(40)	Clevedon Athletic Club	30.53	76
78	E. Turner	(55)	Les Croupiers Running Club	31.13	75
79	R. Rowland	(45)	Thornbury Running Club	31.14	74
80	Y. Bullen	(40)	Les Croupiers Running Club	31.15	73
81	R. Richards	(23)	Brecon Athletic Club	31.19	72
82	C. Sandles	(40)	3M Gorseinon Road Runners	31.22	71
83	C. Hughes		Bridgend Athletic Club	31.25	70
84	S. Griffith		Chepstow Harriers	31.26	69
85	L. Maskell	(35)	3M Gorseinon Road Runners	31.29	68
86	K. Hatherall		Clevedon Athletic Club	31.37	67
87	R. Davies	(35)	Les Croupiers Running Club	31.56	66
88	K. Prior		Wells and Yeovil	32.07	65
89	E. Kendrick	(23)	Brecon Athletic Club	32.25	64
90	J. Oakley	(40)	Port Talbot Harriers & A. C.	32.28	63
91	E. Jones	(23)	Pembrokeshire Harriers	32.38	62
92	M. Wozencroft	(35)	Amman Valley Harriers	32.46	61
93	A-M. Evans	(35)	Parc Bryn Bach Runners	33.06	60
94	C. Dallimore	(50)	Les Croupiers Running Club	33.12	59
95	A. Rowell	(45)	Taf Running & Orienteering Teams	33.23	58
96	P. Williams	(40)	Port Talbot Harriers & A. C.	33.23	57
97	L. Daley	(40)	Les Croupiers Running Club	33.30	56
98	B. Tucker	(40)	Brecon Athletic Club	33.35	55
99	V. Coopey		Pontypridd Athletic Club	33.36	54
100	K. Sparrow		Amman Valley Harriers	33.41	53
101	S. Jones		Westbury Harriers	33.42	52
102	S. Neal	(55)	Les Croupiers Running Club	33.44	51

103	A. James	(35) Carmarthen & District Harriers A.C.	33.47	50
104	J. Jenkins	(45) Fairwater Runners	33.54	49
105	J. Regan	(35) North Devon Athletic Club	34.11	48
106	R. Hill	(40) North Devon Athletic Club	34.11	47
107	A. James	(60) Les Croupiers Running Club	34.21	46
108	M. Monk	(55) Parc Bryn Bach Runners	34.24	45
109	N. Jones	Amman Valley Harriers	34.36	44
110	S. Davies	(35) Penarth and Dinas Runners	34.45	43
111	R. Ingleton	(23) Newport Harriers Athletic Club	35.03	42
112	V. Clare	(50) Lliswerry Runners	35.08	41
113	A. Delaney	(35) Swansea Harriers Athletic Club	35.21	40
114	F. Moryc	Bridgend Athletic Club	35.48	39
115	D. Williams	(40) Amman Valley Harriers	35.54	38
116	G. Howells	(55) Caerleon Running Club	36.01	37
117	T. Rossiter	(45) Les Croupiers Running Club	36.05	36
118	P. Thomas	(65) Taf Running & Orienteering Teams	36.08	35
119	R. Davies	(55) Great Western Runners	36.23	34
120	J. Mogford	Amman Valley Harriers	36.25	33
121	A. Conroy	(60) Les Croupiers Running Club	37.04	32
122	J. Hendry	(35) Penarth and Dinas Runners	37.18	31
123	S. Mogford	(23) Amman Valley Harriers	37.23	30
124	C. Johnson	(60) Les Croupiers Running Club	37.25	29
125	J. Dakin	(35) Brackla Harriers	37.32	28
126	K. Evans	(55) Brackla Harriers	37.54	27
127	A. Mogford	(40) Amman Valley Harriers	37.58	26
128	L. Waller	(50) 3M Gorseinon Road Runners	39.14	25
129	T. Thomas	University of Wales - Swansea	39.19	24
130	H. Manley	Bridgend Athletic Club	39.27	23
131	L. Morgan	San Domenico Road Runners Club	39.30	22
132	C. Green	(35) San Domenico Road Runners Club	39.39	21
133	G. Murphy	(55) Les Croupiers Running Club	40.05	20
134	A. Neal	(50) Les Croupiers Running Club	40.16	19
135	K. Crane	(65) Brecon Athletic Club	40.18	18
136	J. Davies	(50) Lliswerry Runners	41.17	17
137	E. Arwyn	(55) Les Croupiers Running Club	41.55	16
138	K. Ceeney	(50) Lliswerry Runners	42.33	15
139	S. Jenkins	(23) Sarn Helen Orienteering & R. C.	42.56	14
140	S. Marsh	Amman Valley Harriers	43.26	13
141	S. Jenkins	(35) Amman Valley Harriers	43.44	12
142	P. Parr	(55) Great Western Runners	43.47	11
143	S. Hill	(55) Lliswerry Runners	44.42	10
144	S. Rees	(55) Amman Valley Harriers	44.44	9
145	A. Butler	(65) Great Western Runners	45.18	8
146	S. Myers	(55) Great Western Runners	48.40	7