

Gwent Cross Country League 2009-2010

11 October 2009 : Newbridge Fields, Bridgend

Senior Women (184 Starters)

| Pos | Athlete | Club | Time | Pts |
|-----|-----------------|--|-------|-----|
| 1 | R. Felton (ind) | Stroud & District Athletic Club | 23.19 | 184 |
| 2 | A. Jones | Swansea Harriers Athletic Club | 23.48 | 183 |
| 3 | V. Barcello | Cardiff Amateur Athletic Club | 24.12 | 182 |
| 4 | Caryl Jones | (23) Taf Running & Orienteering Teams | 24.37 | 181 |
| 5 | N. Knapp | Swansea Harriers Athletic Club | 25.00 | 180 |
| 6 | C. Dugdale | Swansea Harriers Athletic Club | 25.08 | 179 |
| 7 | K. Roberts | (23) Bridgend Athletic Club | 25.14 | 178 |
| 8 | A. Heeley | San Domenico Road Runners Club | 25.15 | 177 |
| 9 | L. Dixon | (23) Cardiff University Harriers | 25.27 | 176 |
| 10 | A. Speight | (23) University of Wales Inst. Cardiff | 25.32 | 175 |
| 11 | A. Thomas | (40) Taf Running & Orienteering Teams | 25.35 | 174 |
| 12 | R. Mitchell | (23) Bristol and West Athletic Club | 25.43 | 173 |
| 13 | L. Dunn | (23) University of Bath | 26.00 | 172 |
| 14 | F. Ross-Harris | (23) University of Bath | 26.05 | 171 |
| 15 | S. Leech | (35) Carmarthen & District Harriers A.C. | 26.09 | 170 |
| 16 | C. Anderson | (23) University of Wales Inst. Cardiff | 26.13 | 169 |
| 17 | D. Marsden | Westbury Harriers | 26.16 | 168 |
| 18 | K. Beecher | Les Croupiers Running Club | 26.17 | 167 |
| 19 | S. Voller | Westbury Harriers | 26.18 | 166 |
| 20 | L. O'Duffy | (40) Les Croupiers Running Club | 26.26 | 165 |
| 21 | A. Culp | Great Western Runners | 26.31 | 164 |
| 22 | M. Watson | (40) Taf Running & Orienteering Teams | 26.35 | 163 |
| 23 | B. Strange | Cardiff Amateur Athletic Club | 26.39 | 162 |
| 24 | M. Gittoes | Chepstow Harriers | 26.40 | 161 |

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|----|------------------|------|-------------------------------------|-------|-------|
| 25 | L. Backhouse | (23) | Cardiff University Harriers | 26.52 | 160 |
| 26 | L. Ferguson | (23) | University of Bath | 27.02 | 159 |
| 27 | A. Beynon-Thomas | (23) | Carmarthen & District Harriers A.C. | 27.09 | 158 |
| 28 | E. Brown | | Cardiff Amateur Athletic Club | 27.11 | 157 |
| 29 | G. Leahy | | Cardiff Amateur Athletic Club | 27.15 | 156 |
| 30 | S. Pinkham | (45) | Port Talbot Harriers & A. C. | 27.20 | 155 |
| 31 | C. Gaugham | (23) | Guest | 27.21 | Guest |
| 32 | E. Butler | | Swansea Harriers Athletic Club | 27.22 | 154 |
| 33 | E. Jenkins | (35) | Brackla Harriers | 27.27 | 153 |
| 34 | S. Haikala | (40) | Brecon Athletic Club | 27.29 | 152 |
| 35 | B. Stearn | (23) | Cardiff University Harriers | 27.34 | 151 |
| 36 | R. Baker | (23) | University of Wales Inst. Cardiff | 27.37 | 150 |
| 37 | D. Cooke | (35) | Bridgend Athletic Club | 27.43 | 149 |
| 38 | K. Murray | (35) | Taf Running & Orienteering Teams | 27.46 | 148 |
| 39 | S. Davies | (40) | Croft Ambrey | 27.48 | Guest |
| 40 | R. Allcock | (35) | Amman Valley Harriers | 27.52 | 147 |
| 41 | R. Arnold | (23) | University of Wales - Swansea | 27.53 | 146 |
| 42 | L. James | | Windsor Slough and Eton | 28.01 | Guest |
| 43 | Caroline Jones | (45) | Taf Running & Orienteering Teams | 28.05 | 145 |
| 44 | J. Salter | (35) | Les Croupiers Running Club | 28.18 | 144 |
| 45 | L. Gallagher | | Westbury Harriers | 28.20 | 143 |
| 46 | L. Woodfinden | (23) | Cardiff University Harriers | 28.25 | 142 |
| 47 | L. Ellis | | Great Western Runners | 28.26 | 141 |
| 48 | M. Bowen-Rees | (45) | Taf Running & Orienteering Teams | 28.27 | 140 |
| 49 | B. Merriman | (35) | Chepstow Harriers | 28.32 | 139 |
| 50 | L. Smith | | Westbury Harriers | 28.35 | 138 |
| 51 | E. Jones | | Carmarthen & District Harriers A.C. | 28.43 | 137 |
| 52 | D. Cleary | | Westbury Harriers | 28.47 | 136 |
| 53 | D. Read | (40) | 3M Gorseinon Road Runners | 28.48 | 135 |
| 54 | A. Hurford | (45) | Bristol and West Athletic Club | 28.51 | 134 |
| 55 | J. Davies (ind) | (35) | Griffithstown Harriers A. A. C. | 28.52 | 133 |
| 56 | C. Hudgell | | Les Croupiers Running Club | 28.53 | 132 |
| 57 | M. Zubizarreta | (35) | Les Croupiers Running Club | 28.53 | 131 |
| 58 | L. Barker | (23) | Brecon Athletic Club | 28.59 | 130 |
| 59 | C. Tailby | (35) | Les Croupiers Running Club | 29.00 | 129 |
| 60 | K. Prior | (35) | Wells and Yeovil | 29.00 | 128 |
| 61 | R. Loudon | (40) | Newport Harriers Athletic Club | 29.08 | 127 |
| 62 | R. Sampson | (23) | University of Bath | 29.10 | 126 |
| 63 | A. Saxena | (50) | Newport Harriers Athletic Club | 29.14 | 125 |

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|-----|--------------------|------|-----------------------------------|-------|-----|
| 64 | G. Hardman | (35) | Bridgend Athletic Club | 29.18 | 124 |
| 65 | W. Tippett | (45) | Westbury Harriers | 29.27 | 123 |
| 66 | C. Brambley-Tucker | (40) | Port Talbot Harriers & A. C. | 29.28 | 122 |
| 67 | L. Eynon | (45) | Taf Running & Orienteering Teams | 29.36 | 121 |
| 68 | C. Ross | | Thornbury Running Club | 29.39 | 120 |
| 69 | V. Ford | (50) | Great Western Runners | 29.40 | 119 |
| 70 | F. Davies | (50) | Bridgend Athletic Club | 29.44 | 118 |
| 71 | E. Barnes | | Thornbury Running Club | 29.45 | 117 |
| 72 | C. Beatty | | Les Croupiers Running Club | 29.50 | 116 |
| 73 | K. Bates | (35) | Port Talbot Harriers & A. C. | 29.55 | 115 |
| 74 | S. Bennett | | San Domenico Road Runners Club | 29.56 | 114 |
| 75 | L. Summers | (40) | Chepstow Harriers | 30.03 | 113 |
| 76 | L. Ashton | | Les Croupiers Running Club | 30.08 | 112 |
| 77 | R. Rowland | (45) | Thornbury Running Club | 30.09 | 111 |
| 78 | J. Bailey | (23) | University of Bath | 30.12 | 110 |
| 79 | P. Gallagher | (60) | Westbury Harriers | 30.13 | 109 |
| 80 | V. Lawson | (35) | Chepstow Harriers | 30.14 | 108 |
| 81 | C. Johns | (35) | Brackla Harriers | 30.17 | 107 |
| 82 | J. Scholey | (50) | Les Croupiers Running Club | 30.18 | 106 |
| 83 | G. Kellam | (45) | Les Croupiers Running Club | 30.19 | 105 |
| 84 | G. Jones | (45) | Westbury Harriers | 30.25 | 104 |
| 85 | A. Starritt | (35) | Brackla Harriers | 30.26 | 103 |
| 86 | S. Woods | (45) | Griffithstown Harriers A. A. C. | 30.29 | 102 |
| 87 | H. Williams | (45) | Taf Running & Orienteering Teams | 30.34 | 101 |
| 88 | R. Richards | (23) | Cardiff University Harriers | 30.38 | 100 |
| 89 | A-M. Evans | (35) | Parc Bryn Bach Runners | 30.42 | 99 |
| 90 | C. Ambrose | | Great Western Runners | 30.44 | 98 |
| 91 | F. Evans | (23) | Amman Valley Harriers | 30.47 | 97 |
| 92 | C. Hughes | (35) | Bridgend Athletic Club | 30.53 | 96 |
| 93 | G. Dando | | Bridgend Athletic Club | 31.00 | 95 |
| 94 | H. Pretty | (23) | University of Wales Inst. Cardiff | 31.04 | 94 |
| 95 | J. Rhys | (45) | Les Croupiers Running Club | 31.05 | 93 |
| 96 | S. Ashton | (55) | Chepstow Harriers | 31.06 | 92 |
| 97 | J. Morris | (40) | Chepstow Harriers | 31.24 | 91 |
| 98 | L. Daley | (40) | Les Croupiers Running Club | 31.26 | 90 |
| 99 | S. Noel | | Great Western Runners | 31.29 | 89 |
| 100 | G. Aldworth | (35) | Brecon Athletic Club | 31.30 | 88 |
| 101 | S. McCloughlin | (40) | Les Croupiers Running Club | 31.31 | 87 |
| 102 | A. James | (55) | Les Croupiers Running Club | 31.34 | 86 |

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|-----|--------------|--|-------|----|
| 103 | P. Williams | (50) Port Talbot Harriers & A. C. | 31.36 | 85 |
| 104 | J. Williams | (23) University of Wales Inst. Cardiff | 31.37 | 84 |
| 105 | M. Parrott | (45) Thornbury Running Club | 31.37 | 83 |
| 106 | A. Molinard | (23) University of Wales Inst. Cardiff | 31.39 | 82 |
| 107 | S. Davies | (35) Thornbury Running Club | 31.45 | 81 |
| 108 | P. Sole | (23) University of Wales Inst. Cardiff | 31.48 | 80 |
| 109 | R. Jones | Cardiff Amateur Athletic Club | 31.49 | 79 |
| 110 | C. Hayes | (40) Barry & Vale Harriers A. A. C. | 32.01 | 78 |
| 111 | E. Turner | (55) Les Croupiers Running Club | 32.10 | 77 |
| 112 | C. Dallimore | (50) Les Croupiers Running Club | 32.23 | 76 |
| 113 | A. Follan | (35) Pontypridd Athletic Club | 32.27 | 75 |
| 114 | Y. Bullen | (45) Les Croupiers Running Club | 32.31 | 74 |
| 115 | L. Lavis | (45) Brackla Harriers | 32.42 | 73 |
| 116 | A. Rowell | (50) Taf Running & Orienteering Teams | 32.44 | 72 |
| 117 | C. Legier | Port Talbot Harriers & A. C. | 32.45 | 71 |
| 118 | H. Johnson | (35) Westbury Harriers | 32.55 | 70 |
| 119 | L. Dodds | Swansea Harriers Athletic Club | 32.57 | 69 |
| 120 | A. James | (40) Carmarthen & District Harriers A.C. | 33.06 | 68 |
| 121 | J. Mills | (50) Thornbury Running Club | 33.08 | 67 |
| 122 | S. Adkins | (60) Caerleon Running Club | 33.17 | 66 |
| 123 | F. Williams | (40) San Domenico Road Runners Club | 33.20 | 65 |
| 124 | S. Rees | (35) Caerleon Running Club | 33.36 | 64 |
| 125 | M. Palmer | (50) Westbury Harriers | 33.45 | 63 |
| 126 | J. Ash | (35) Les Croupiers Running Club | 33.47 | 62 |
| 127 | T. Arthur | (45) Port Talbot Harriers & A. C. | 33.49 | 61 |
| 128 | J. Oakley | (40) Port Talbot Harriers & A. C. | 33.55 | 60 |
| 129 | K. Tucker | Swansea Harriers Athletic Club | 33.58 | 59 |
| 130 | D. Howells | (40) Barry & Vale Harriers A. A. C. | 33.59 | 58 |
| 131 | W. Owen | (35) San Domenico Road Runners Club | 34.00 | 57 |
| 132 | G. McCue | Les Croupiers Running Club | 34.00 | 56 |
| 133 | H. Eve | (40) Swansea Harriers Athletic Club | 34.29 | 55 |
| 134 | B. Avery | (55) Chepstow Harriers | 34.31 | 54 |
| 135 | Y. Brown | (50) Port Talbot Harriers & A. C. | 34.40 | 53 |
| 136 | T. Johnson | (40) Thornbury Running Club | 34.52 | 52 |
| 137 | K. John | (40) 3M Gorseinon Road Runners | 34.56 | 51 |
| 138 | V. Clare | (50) Lliswerry Runners | 34.57 | 50 |
| 139 | S. Neal | (55) Les Croupiers Running Club | 35.15 | 49 |
| 140 | J. Jones | (40) Sarn Helen Orienteering & R. C. | 35.20 | 48 |
| 141 | J. Mogford | Amman Valley Harriers | 35.25 | 47 |

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|-----|-------------------|------|----------------------------------|-------|----|
| 142 | R. Davies | (55) | Great Western Runners | 35.50 | 46 |
| 143 | C. Lidgett | (40) | Chepstow Harriers | 36.02 | 45 |
| 144 | J. Horler | (35) | Chepstow Harriers | 36.03 | 44 |
| 145 | S. Lewis | | Taf Running & Orienteering Teams | 36.04 | 43 |
| 146 | M. Colburn | (35) | Celtic Tri Club | 36.05 | 42 |
| 147 | S. Mogford | | Amman Valley Harriers | 36.06 | 41 |
| 148 | M. Owen | (35) | Amman Valley Harriers | 36.11 | 40 |
| 149 | M. Reynolds (ind) | (45) | Swansea Harriers Athletic Club | 36.16 | 39 |
| 150 | G. Murphy | (55) | Les Croupiers Running Club | 36.31 | 38 |
| 151 | D. Keeble | (45) | Wells and Yeovil | 36.40 | 37 |
| 152 | K. Burrow | (45) | Celtic Tri Club | 37.13 | 36 |
| 153 | G. Howells | (55) | Caerleon Running Club | 37.13 | 35 |
| 154 | H. Phillips | (50) | Amman Valley Harriers | 37.25 | 34 |
| 155 | C. Johnson | (60) | Les Croupiers Running Club | 37.51 | 33 |
| 156 | A. Mogford | (45) | Amman Valley Harriers | 37.56 | 32 |
| 157 | K. Jones | (35) | Parc Bryn Bach Runners | 38.11 | 31 |
| 158 | B. Havers | | Chepstow Harriers | 38.21 | 30 |
| 159 | P. Thomas | (65) | Taf Running & Orienteering Teams | 38.29 | 29 |
| 160 | K. Evans | (55) | Brackla Harriers | 39.22 | 28 |
| 161 | M. Rowson | (60) | Les Croupiers Running Club | 39.27 | 27 |
| 162 | P. Jones | (55) | Brackla Harriers | 39.57 | 26 |
| 163 | J. Thomas | (40) | Amman Valley Harriers | 40.42 | 25 |
| 164 | A. Neal | (50) | Les Croupiers Running Club | 41.16 | 24 |
| 165 | P. Parr | (55) | Great Western Runners | 41.26 | 23 |
| 166 | E. Arwyn | (55) | Les Croupiers Running Club | 41.38 | 22 |
| 167 | J. McMillan | | Weston Athletic Club | 41.41 | 21 |
| 168 | S. Bailey-Gard | (55) | Westbury Harriers | 41.52 | 20 |
| 169 | K. Phillips | (40) | Les Croupiers Running Club | 42.14 | 19 |
| 170 | T. William | (45) | Celtic Tri Club | 42.25 | 18 |
| 171 | L. Ogilvie | (35) | Celtic Tri Club | 42.43 | 17 |
| 172 | R. Fitzgerald | (60) | Amman Valley Harriers | 43.21 | 16 |
| 173 | S. Evans | (35) | Amman Valley Harriers | 43.33 | 15 |
| 174 | S. Morgan | | Brackla Harriers | 43.37 | 14 |
| 175 | S. Rose | (40) | Brackla Harriers | 43.37 | 13 |
| 176 | S. Jenkins | (40) | Amman Valley Harriers | 43.52 | 12 |
| 177 | S. Jenkins | (50) | Sarn Helen Orienteering & R. C. | 44.05 | 11 |
| 178 | S. Ackland | (35) | Brackla Harriers | 45.32 | 10 |
| 179 | T. Cappell | | Brackla Harriers | 46.16 | 9 |
| 180 | L. Lloyd | (45) | Brackla Harriers | 46.16 | 8 |

181 A. Butler

(65) Great Western Runners

46.42

7

Gwent Cross Country League 2009-2010

11 October 2009 : Newbridge Fields, Bridgend

Male Veterans Over 70 (2 Starters)

| Pos | Athlete | Club | Time | Pts |
|-----|-----------|------------------------------|-------|-----|
| 1 | L. Tew | Port Talbot Harriers & A. C. | 32.31 | 2 |
| 2 | E. Alexis | Les Croupiers Running Club | 37.58 | 1 |

Gwent Cross Country League 2009-2010

11 October 2009 : Newbridge Fields, Bridgend

Senior Men (339 Starters)

| Pos | Athlete | Club | Time | Pts |
|-----|---------|-------------------------------|-------|-----|
| 1 | N. Lane | Cardiff Amateur Athletic Club | 31.56 | 339 |

| | | | | | |
|----|----------------|------|-------------------------------------|-------|-------|
| 2 | I. Thomas | (23) | University of Wales Inst. Cardiff | 31.59 | 338 |
| 3 | S. Jones (ind) | | Neath Harriers | 32.09 | 337 |
| 4 | M. Hobbs | | Swansea Harriers Athletic Club | 32.19 | 336 |
| 5 | T. Marshall | (23) | University of Wales Inst. Cardiff | 32.24 | 335 |
| 6 | D. Griffiths | (23) | Carmarthen & District Harriers A.C. | 32.28 | 334 |
| 7 | R. Gardiner | | Cardiff Amateur Athletic Club | 32.44 | 333 |
| 8 | T. Wallis | | Bristol and West Athletic Club | 32.51 | 332 |
| 9 | C. Hopkins | (23) | Swansea Harriers Athletic Club | 33.01 | 331 |
| 10 | L. Hobbs | | Swansea Harriers Athletic Club | 33.04 | 330 |
| 11 | R. Bugden | | Bristol and West Athletic Club | 33.21 | 329 |
| 12 | A. Davies | (45) | Brecon Athletic Club | 33.35 | 328 |
| 13 | D. Woolford | (23) | Bristol and West Athletic Club | 33.39 | 327 |
| 14 | J. Mills | (23) | University of Bath | 34.02 | 326 |
| 15 | D. Hiscox | (35) | Bridgend Athletic Club | 34.05 | 325 |
| 16 | A. Bitchell | (23) | University of Wales Inst. Cardiff | 34.16 | 324 |
| 17 | S. Paterson | | San Domenico Road Runners Club | 34.21 | 323 |
| 18 | M. Hopkinson | (23) | Taunton Athletic Club | 34.23 | 322 |
| 19 | A. Friend | | Cardiff Amateur Athletic Club | 34.24 | 321 |
| 20 | C. Discombe | | Les Croupiers Running Club | 34.31 | 320 |
| 21 | B. Morley | | Great Western Runners | 34.35 | 319 |
| 22 | J. Thomas | | Cardiff Amateur Athletic Club | 34.44 | 318 |
| 23 | M. Roberts | (35) | Swansea Harriers Athletic Club | 34.47 | 317 |
| 24 | M. Palser | | Les Croupiers Running Club | 34.51 | 316 |
| 25 | L. Ladd | (23) | Carmarthen & District Harriers A.C. | 34.52 | 315 |
| 26 | M. Shaw | (35) | Brecon Athletic Club | 35.01 | 314 |
| 27 | T. Marley | (23) | University of Wales Inst. Cardiff | 35.08 | 313 |
| 28 | A. Humphries | (23) | Cwmbran Harriers | 35.10 | 312 |
| 29 | P. Ryder | | Cardiff Amateur Athletic Club | 35.11 | 311 |
| 30 | D. Rees | | Swansea Harriers Athletic Club | 35.15 | 310 |
| 31 | N. Wood | (23) | University of Wales Inst. Cardiff | 35.19 | 309 |
| 32 | P. Coles | (45) | Pontypridd Athletic Club | 35.29 | 308 |
| 33 | R. MacDonald | (23) | University of Wales - Swansea | 35.32 | 307 |
| 34 | R. Spear | (23) | University of Bath | 35.34 | 306 |
| 35 | P. Halford | (35) | Guest | 35.36 | Guest |
| 36 | M. Gurmin | (35) | Swansea Harriers Athletic Club | 35.40 | 305 |
| 37 | C. Moore | (23) | Cardiff University Harriers | 35.42 | 304 |
| 38 | C. Williams | (40) | Neath Harriers | 35.47 | 303 |
| 39 | L. Aherne | (40) | Les Croupiers Running Club | 35.53 | 302 |
| 40 | K. Fairbank | | Cardiff Amateur Athletic Club | 35.55 | 301 |

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|----|--------------|------|---------------------------------|-------|-------|
| 41 | I. Lloyd | (45) | Swansea Harriers Athletic Club | 35.58 | 300 |
| 42 | M. Evans | | Neath Harriers | 35.59 | 299 |
| 43 | H. Matthews | | Brecon Athletic Club | 36.02 | 298 |
| 44 | N. Dukes | | Les Croupiers Running Club | 36.07 | 297 |
| 45 | G. Davies | (40) | Bridgend Athletic Club | 36.15 | 296 |
| 46 | P. Cook | (40) | Les Croupiers Running Club | 36.20 | 295 |
| 47 | D. Bodman | (23) | Aberdare Valley A. A. C. | 36.24 | 294 |
| 48 | P. Griffiths | (40) | Neath Harriers | 36.27 | 293 |
| 49 | D. Studley | (23) | Westbury Harriers | 36.32 | 292 |
| 50 | N. Frost | (45) | Pontypridd Athletic Club | 36.35 | 291 |
| 51 | S. Crees | | Les Croupiers Running Club | 36.38 | 290 |
| 52 | M. Harvey | | Neath Harriers | 36.39 | 289 |
| 53 | P. Talbot | (40) | Neath Harriers | 36.40 | 288 |
| 54 | S. Rose | | Team Bath | 36.45 | 287 |
| 55 | L. Hiscox | | Pontypridd Athletic Club | 36.46 | 286 |
| 56 | T. Woodhouse | (23) | Cardiff University Harriers | 36.48 | 285 |
| 57 | S. Penny | (45) | Chepstow Harriers | 36.52 | 284 |
| 58 | M. Green | | Thornbury Running Club | 36.54 | 283 |
| 59 | A. Wood | (40) | Bridgend Athletic Club | 36.56 | 282 |
| 60 | A. Lindsay | | Wells and Yeovil | 36.59 | 281 |
| 61 | T. Hawkins | | Wells and Yeovil | 37.00 | 280 |
| 62 | M. Emery | | Bridgend Athletic Club | 37.08 | 279 |
| 63 | Phil Crane | (45) | Neath Harriers | 37.20 | 278 |
| 64 | A. Woods | (45) | Griffithstown Harriers A. A. C. | 37.23 | 277 |
| 65 | D. Jones | | Team Bath | 37.25 | 276 |
| 66 | T. Hindle | (40) | Brecon Athletic Club | 37.29 | 275 |
| 67 | R. Bullen | (45) | Les Croupiers Running Club | 37.30 | 274 |
| 68 | C. Parker | (40) | Swansea Harriers Athletic Club | 37.31 | 273 |
| 69 | G. Ward | | Westbury Harriers | 37.33 | 272 |
| 70 | S. Osborne | (45) | Bridgend Athletic Club | 37.35 | 271 |
| 71 | D. Davies | (50) | Brecon Athletic Club | 37.37 | 270 |
| 72 | G. Jenkins | | Brackla Harriers | 37.38 | 269 |
| 73 | J. Butler | (23) | Swansea Harriers Athletic Club | 37.39 | 268 |
| 74 | S. Morgan | (35) | Croft Ambrey | 37.40 | 267 |
| 75 | Peter Crane | (45) | Neath Harriers | 37.43 | 266 |
| 76 | J. Edwards | | San Domenico Road Runners Club | 37.45 | 265 |
| 77 | R. Bower | (23) | Team Bath | 37.48 | 264 |
| 78 | M. Lewis | (40) | Taunton Athletic Club | 37.50 | 263 |
| 79 | S. Davies | (50) | Mansfield Harriers | 37.51 | Guest |

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|-----|------------------|------|---------------------------------|-------|-----|
| 80 | I. Webb | (50) | Llanelli Amateur Athletic Club | 37.52 | 262 |
| 81 | J. Terry | | Westbury Harriers | 37.56 | 261 |
| 82 | M. Brown | | Team Bath | 37.59 | 260 |
| 83 | R. Jones | (50) | Les Croupiers Running Club | 38.05 | 259 |
| 84 | R. Matthews | | Chepstow Harriers | 38.09 | 258 |
| 85 | M. McGeoch | (50) | Les Croupiers Running Club | 38.15 | 257 |
| 86 | R. Hunt | (45) | Bridgend Athletic Club | 38.17 | 256 |
| 87 | J. Foster | (50) | Llisbury Runners | 38.19 | 255 |
| 88 | J. Smith | (23) | University of Bath | 38.22 | 254 |
| 89 | D. Vorres | (45) | Griffithstown Harriers A. A. C. | 38.26 | 253 |
| 90 | D. Coales | | Team Bath | 38.31 | 252 |
| 91 | L. Sandham | (40) | Neath Harriers | 38.32 | 251 |
| 92 | T. Butt | (23) | University of Wales - Swansea | 38.34 | 250 |
| 93 | E. Donovan | | San Domenico Road Runners Club | 38.38 | 249 |
| 94 | M. Williams | (40) | Les Croupiers Running Club | 38.40 | 248 |
| 95 | K. Lewis | (45) | Neath Harriers | 38.42 | 247 |
| 96 | G. Lynch | | Les Croupiers Running Club | 38.44 | 246 |
| 97 | J. Scanlon | (35) | Pontypridd Athletic Club | 38.47 | 245 |
| 98 | A. Anderson | (23) | Cardiff University Harriers | 38.48 | 244 |
| 99 | P. Jenkins | (40) | Bridgend Athletic Club | 38.49 | 243 |
| 100 | P. Speyer | | Brackla Harriers | 38.50 | 242 |
| 101 | P. Osborne | (45) | Swansea Harriers Athletic Club | 38.52 | 241 |
| 102 | T. Bloodworth | (23) | Taunton Athletic Club | 38.53 | 240 |
| 103 | S. Richards | | Swansea Harriers Athletic Club | 38.53 | 239 |
| 104 | J. King | (35) | Caerleon Running Club | 38.54 | 238 |
| 105 | D. Wintle | (55) | Great Western Runners | 38.55 | 237 |
| 106 | M. Tabor | (55) | Les Croupiers Running Club | 38.59 | 236 |
| 107 | C. Walsh | | Port Talbot Harriers & A. C. | 39.01 | 235 |
| 108 | D. Crane | (50) | Neath Harriers | 39.02 | 234 |
| 109 | L. Rawlinson | | Caerleon Running Club | 39.03 | 233 |
| 110 | A. Cleverley | (23) | Swansea Harriers Athletic Club | 39.04 | 232 |
| 111 | T. Jewell-Davies | (40) | Westbury Harriers | 39.05 | 231 |
| 112 | R. Wallis | (50) | Westbury Harriers | 39.06 | 230 |
| 113 | M. Leathard | | Chepstow Harriers | 39.10 | 229 |
| 114 | D. Buchanan | | San Domenico Road Runners Club | 39.11 | 228 |
| 115 | D. Thomas | (23) | Swansea Harriers Athletic Club | 39.12 | 227 |
| 116 | P. Davies | (55) | Bridgend Athletic Club | 39.24 | 226 |
| 117 | D. Harris | | Les Croupiers Running Club | 39.26 | 225 |
| 118 | D. Reynolds | (23) | Cardiff University Harriers | 39.28 | 224 |

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|-----|-------------------|------|----------------------------------|-------|-------|
| 119 | D. Griffiths | (40) | Newport Harriers Athletic Club | 39.32 | 223 |
| 120 | I. Teed | | Chepstow Harriers | 39.34 | 222 |
| 121 | A. Powell | (40) | Neath Harriers | 39.39 | 221 |
| 122 | S. Morris | (35) | Bridgend Athletic Club | 39.41 | 220 |
| 123 | S. Pritchard | | Pontypridd Athletic Club | 39.42 | 219 |
| 124 | P. Kendrick | (45) | Brecon Athletic Club | 39.43 | 218 |
| 125 | S. Wilson | (40) | Guest | 39.44 | Guest |
| 126 | P. Hayes | (50) | Taf Running & Orienteering Teams | 39.46 | 217 |
| 127 | R. Self | (40) | Les Croupiers Running Club | 39.47 | 216 |
| 128 | C. Johnson | (40) | Westbury Harriers | 39.49 | 215 |
| 129 | O. Flage | (35) | Oldham and Royton | 39.52 | Guest |
| 130 | M. Harvey | (23) | Chepstow Harriers | 40.00 | 214 |
| 131 | E. Husband | (50) | Lancaster and Morecombe | 40.01 | Guest |
| 132 | D. Shroll | | Neath Harriers | 40.04 | 213 |
| 133 | G. Irving | (50) | Swansea Harriers Athletic Club | 40.08 | 212 |
| 134 | A. Pitt | (40) | Stroud & District Athletic Club | 40.10 | 211 |
| 135 | S. Harris | | Chepstow Harriers | 40.15 | 210 |
| 136 | E. Lepore | (50) | Les Croupiers Running Club | 40.15 | 209 |
| 137 | I. McDonald | (45) | San Domenico Road Runners Club | 40.18 | 208 |
| 138 | R. Sage | | Les Croupiers Running Club | 40.19 | 207 |
| 139 | H. Roberts | (50) | Bridgend Athletic Club | 40.21 | 206 |
| 140 | S. Davies | | Pontypridd Athletic Club | 40.23 | 205 |
| 141 | N. Rees | (50) | Les Croupiers Running Club | 40.25 | 204 |
| 142 | M. Havard | (40) | San Domenico Road Runners Club | 40.26 | 203 |
| 143 | R. Evans | | Pontypridd Athletic Club | 40.28 | 202 |
| 144 | S. Coupe | (55) | Sospan Road Runners | 40.31 | 201 |
| 145 | R. Evans | (55) | Les Croupiers Running Club | 40.33 | 200 |
| 146 | P. Chan | (40) | Great Western Runners | 40.35 | 199 |
| 147 | P. Kellam | (40) | Les Croupiers Running Club | 40.41 | 198 |
| 148 | S. Richards | (23) | University of Wales - Swansea | 40.47 | 197 |
| 149 | M. Davies | | Taf Running & Orienteering Teams | 40.49 | 196 |
| 150 | A. Wood | (40) | San Domenico Road Runners Club | 40.53 | 195 |
| 151 | Jeff Thomas | (40) | Bridgend Athletic Club | 40.56 | 194 |
| 152 | J. Cleall-Harding | (55) | Les Croupiers Running Club | 40.57 | 193 |
| 153 | A. Rees | | Neath Harriers | 40.58 | 192 |
| 154 | R. Thompson | (45) | Pembrokeshire Harriers | 41.00 | 191 |
| 155 | M. Paviour | (45) | Croft Ambrey | 41.03 | 190 |
| 156 | R. Bowen | (60) | Neath Harriers | 41.05 | 189 |
| 157 | K. Jackson | (45) | Dursley & District Athletic Club | 41.06 | 188 |

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|-----|----------------|---------------------------------------|-------|-------|
| 158 | S. Prior | (40) Wells and Yeovil | 41.10 | 187 |
| 159 | P. Miles | (55) Parc Bryn Bach Runners | 41.13 | 186 |
| 160 | F. Checcia | (40) Team Bath | 41.17 | 185 |
| 161 | P. Ross-Davies | (55) Blackheath and Bromley | 41.18 | Guest |
| 162 | S. Williams | (50) Neath Harriers | 41.19 | 184 |
| 163 | A. Rees | (45) Bridgend Athletic Club | 41.22 | 183 |
| 164 | A. Doel | (45) Neath Harriers | 41.23 | 182 |
| 165 | S. Hooper | (40) Pontypridd Athletic Club | 41.24 | 181 |
| 166 | R. Morris | (55) San Domenico Road Runners Club | 41.25 | 180 |
| 167 | D. Taylor | (45) Bristol and West Athletic Club | 41.28 | 179 |
| 168 | H. Porter | (23) University of Wales - Swansea | 41.30 | 178 |
| 169 | R. Coombs | (40) Taf Running & Orienteering Teams | 41.32 | 177 |
| 170 | J. Diffey | (40) Les Croupiers Running Club | 41.33 | 176 |
| 171 | K. Taylor | (45) Amman Valley Harriers | 41.36 | 175 |
| 172 | K. Paul | (40) Taunton Athletic Club | 41.37 | 174 |
| 173 | I. Ogilvie | (40) Brackla Harriers | 41.38 | 173 |
| 174 | T. Jefferies | (60) Westbury Harriers | 41.41 | 172 |
| 175 | P. Lidgett | (40) Chepstow Harriers | 41.42 | 171 |
| 176 | P. Llewellyn | (60) Guest | 41.43 | Guest |
| 177 | C. Hobbs | Westbury Harriers | 41.45 | 170 |
| 178 | L. Carter | (50) Chepstow Harriers | 41.48 | 169 |
| 179 | D. Scarborough | (50) Bridgend Athletic Club | 41.53 | 168 |
| 180 | M. Jones | (45) Pontypridd Athletic Club | 41.56 | 167 |
| 181 | D. Rose | (40) Brackla Harriers | 41.58 | 166 |
| 182 | A. Russell | Les Croupiers Running Club | 42.03 | 165 |
| 183 | J. Jones | Aberystwyth Athletic Club | 42.06 | 164 |
| 184 | G. Sansom | (45) San Domenico Road Runners Club | 42.12 | 163 |
| 185 | P. Lewis | (40) 3M Gorseinon Road Runners | 42.17 | 162 |
| 186 | S. Broome | Neath Harriers | 42.18 | 161 |
| 187 | R. Marks | (55) Sarn Helen Orienteering & R. C. | 42.20 | 160 |
| 188 | A. Walton | (35) San Domenico Road Runners Club | 42.25 | 159 |
| 189 | P. Meyler | (50) Pontypridd Athletic Club | 42.28 | 158 |
| 190 | M. Murphy | (55) Les Croupiers Running Club | 42.30 | 157 |
| 191 | D. Hughes | (40) Bridgend Athletic Club | 42.33 | 156 |
| 192 | G. Torrington | (35) Westbury Harriers | 42.34 | 155 |
| 193 | D. Hardie | (50) 3M Gorseinon Road Runners | 42.35 | 154 |
| 194 | M. Evans | Amman Valley Harriers | 42.36 | 153 |
| 195 | J. Greenwood | (55) Thornbury Running Club | 42.37 | 152 |
| 196 | J. Wright | (40) Chepstow Harriers | 42.38 | 151 |

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|-----|----------------------|------|----------------------------------|-------|-----|
| 197 | S. Wadley | (45) | Newport Harriers Athletic Club | 42.39 | 150 |
| 198 | P. Sowerby | (45) | Brecon Athletic Club | 42.40 | 149 |
| 199 | T. Caveney | (50) | Les Croupiers Running Club | 42.41 | 148 |
| 200 | M. Evans | (45) | Neath Harriers | 42.42 | 147 |
| 201 | D. McAtee | (45) | Newport Harriers Athletic Club | 42.45 | 146 |
| 202 | J. Embling | (50) | Bridgend Athletic Club | 42.48 | 145 |
| 203 | H. Carpenter | (55) | Neath Harriers | 42.56 | 144 |
| 204 | L. Davies | (35) | Pontypridd Athletic Club | 42.58 | 143 |
| 205 | K. Corcoran | (45) | Swansea Harriers Athletic Club | 43.00 | 142 |
| 206 | J. Pocknell | (40) | Caerleon Running Club | 43.09 | 141 |
| 207 | A. Jones | | Les Croupiers Running Club | 43.14 | 140 |
| 208 | J. Bailey-Gard (sen) | (55) | Westbury Harriers | 43.15 | 139 |
| 209 | L. Chapman | (60) | Amman Valley Harriers | 43.16 | 138 |
| 210 | R. Davis | (50) | Bridgend Athletic Club | 43.19 | 137 |
| 211 | L. Morgan | (35) | San Domenico Road Runners Club | 43.20 | 136 |
| 212 | B. Tyrrell | (50) | Thornbury Running Club | 43.22 | 135 |
| 213 | L. McLaren | | Cardiff Amateur Athletic Club | 43.24 | 134 |
| 214 | L. Watson | (45) | Taf Running & Orienteering Teams | 43.30 | 133 |
| 215 | R. Samuel | | Cardiff Harlequins | 43.38 | 132 |
| 216 | P. Chadwick | (50) | Wells and Yeovil | 43.39 | 131 |
| 217 | E. Tucker | (45) | Bridgend Athletic Club | 43.40 | 130 |
| 218 | M. Fitzhugh | (40) | Westbury Harriers | 43.41 | 129 |
| 219 | G. Howe | (50) | 3M Gorseinon Road Runners | 43.41 | 128 |
| 220 | A. Smith | (23) | Swansea Harriers Athletic Club | 43.44 | 127 |
| 221 | S. Partridge | (55) | Neath Harriers | 43.46 | 126 |
| 222 | S. Harrhy | (45) | Llswerry Runners | 43.48 | 125 |
| 223 | A. Davies | (45) | Pontypridd Athletic Club | 43.49 | 124 |
| 224 | B. O'Leary | (40) | Amman Valley Harriers | 43.50 | 123 |
| 225 | A. Mundy | | Brackla Harriers | 43.52 | 122 |
| 226 | L. Gardener | (40) | Swansea Harriers Athletic Club | 43.54 | 121 |
| 227 | C. Osmond | (45) | Les Croupiers Running Club | 43.55 | 120 |
| 228 | H. Mason | (40) | Caerleon Running Club | 43.56 | 119 |
| 229 | M. Davies | (50) | Llswerry Runners | 43.57 | 118 |
| 230 | D. Shields | (40) | San Domenico Road Runners Club | 44.00 | 117 |
| 231 | G. Jehu | | Aberdare Valley A. A. C. | 44.09 | 116 |
| 232 | M. Hopkins | (40) | Westbury Harriers | 44.11 | 115 |
| 233 | B. Henderson | (50) | Port Talbot Harriers & A. C. | 44.12 | 114 |
| 234 | D. Smout | (60) | Parc Bryn Bach Runners | 44.13 | 113 |
| 235 | J. Hargreaves | (55) | Great Western Runners | 44.16 | 112 |

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| 236 | S. Arnold | (40) Wells and Yeovil | 44.18 | 111 |
| 237 | P. Walters | (45) Taf Running & Orienteering Teams | 44.19 | 110 |
| 238 | J. Davies | San Domenico Road Runners Club | 44.24 | 109 |
| 239 | P. Bristow | (45) San Domenico Road Runners Club | 44.28 | 108 |
| 240 | A. Smith | Cardiff Harlequins | 44.30 | 107 |
| 241 | J. Tuck | (40) Wells and Yeovil | 44.46 | 106 |
| 242 | S. Merrick | (40) Swansea Harriers Athletic Club | 44.51 | 105 |
| 243 | P. Moody | (65) Carmarthen & District Harriers A.C. | 45.02 | 104 |
| 244 | P. Holder | (45) Cardiff Harlequins | 45.08 | 103 |
| 245 | C. Corcoran | (40) Pontypridd Athletic Club | 45.09 | 102 |
| 246 | B. Mogford | (45) Amman Valley Harriers | 45.10 | 101 |
| 247 | S. Pearce | Newport Harriers Athletic Club | 45.11 | 100 |
| 248 | B. Dias | Cardiff Amateur Athletic Club | 45.12 | 99 |
| 249 | P. Spriggs | (35) Swansea Harriers Athletic Club | 45.13 | 98 |
| 250 | A. Brown | (40) Swansea Harriers Athletic Club | 45.21 | 97 |
| 251 | R. Withers | (40) Pembrokeshire Harriers | 45.23 | 96 |
| 252 | M. Harris | (55) Westbury Harriers | 45.26 | 95 |
| 253 | A. Mann | (50) Les Croupiers Running Club | 45.31 | 94 |
| 254 | R. Whitcombe | (50) Wells and Yeovil | 45.32 | 93 |
| 255 | M. Halsall | Llanelli Amateur Athletic Club | 45.33 | 92 |
| 256 | D. Osborne | (45) Brecon Athletic Club | 45.34 | 91 |
| 257 | R. Bloss | (40) Westbury Harriers | 45.35 | 90 |
| 258 | R. Sewell | (50) Les Croupiers Running Club | 45.36 | 89 |
| 259 | M. Nash | (45) 3M Gorseinon Road Runners | 45.38 | 88 |
| 260 | W. Frewen | (50) Brackla Harriers | 45.40 | 87 |
| 261 | M. Adams | (50) Taf Running & Orienteering Teams | 45.42 | 86 |
| 262 | P. Bamsey | (55) Neath Harriers | 45.49 | 85 |
| 263 | M. Roblin | (40) Carmarthen & District Harriers A.C. | 45.53 | 84 |
| 264 | J. Thorpe | (40) Great Western Runners | 45.56 | 83 |
| 265 | G. Trueman | (55) Stroud & District Athletic Club | 45.57 | 82 |
| 266 | A. Croucher | (23) University of Wales - Swansea | 46.04 | 81 |
| 267 | J. Plain | (60) Les Croupiers Running Club | 46.05 | 80 |
| 268 | A. Weaver | Port Talbot Harriers & A. C. | 46.07 | 79 |
| 269 | A. Bunney | Aberdare Valley A. A. C. | 46.13 | 78 |
| 270 | K. Buckle | (65) Cheltenham Harriers | 46.15 | Guest |
| 271 | S. Bendle | (45) Swansea Harriers Athletic Club | 46.16 | 77 |
| 272 | E. Davey | (55) Llanelli Amateur Athletic Club | 46.21 | 76 |
| 273 | G. Cole | Wells and Yeovil | 46.23 | 75 |
| 274 | A. Perkins | (55) Port Talbot Harriers & A. C. | 46.30 | 74 |

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|-----|--------------|---------------------------------------|-------|----|
| 275 | E. Cummins | (40) Bridgend Athletic Club | 46.35 | 73 |
| 276 | J. O'Shea | (50) Les Croupiers Running Club | 46.44 | 72 |
| 277 | N. Tatnell | (50) Les Croupiers Running Club | 46.47 | 71 |
| 278 | T. Fenton | (50) Great Western Runners | 46.54 | 70 |
| 279 | J. Rees | (40) Pembrokeshire Harriers | 47.01 | 69 |
| 280 | I. Morris | (45) Taf Running & Orienteering Teams | 47.05 | 68 |
| 281 | G. Jones | (40) Sarn Helen Orienteering & R. C. | 47.06 | 67 |
| 282 | J. Aston | (60) Les Croupiers Running Club | 47.09 | 66 |
| 283 | N. Pringle | (50) Lliswerry Runners | 47.14 | 65 |
| 284 | M. Potter | Brackla Harriers | 47.16 | 64 |
| 285 | A. Dunscombe | (40) Pontypridd Athletic Club | 47.23 | 63 |
| 286 | D. Proffitt | (55) Newport Harriers Athletic Club | 47.26 | 62 |
| 287 | M. Rabaiotti | (45) Port Talbot Harriers & A. C. | 47.32 | 61 |
| 288 | J. Hurford | (55) Great Western Runners | 47.37 | 60 |
| 289 | D. Williams | Aberdare Valley A. A. C. | 47.52 | 59 |
| 290 | S. Davey | (40) Caerleon Running Club | 48.06 | 58 |
| 291 | J. Thomas | (40) Chepstow Harriers | 48.12 | 57 |
| 292 | B. Fox | (60) Swansea Harriers Athletic Club | 48.19 | 56 |
| 293 | P. Deacon | (50) Swansea Harriers Athletic Club | 48.24 | 55 |
| 294 | R. Summers | (40) Chepstow Harriers | 48.35 | 54 |
| 295 | G. Jenkins | (40) Amman Valley Harriers | 48.44 | 53 |
| 296 | A. Ford | (50) Brackla Harriers | 48.45 | 52 |
| 297 | R. Ford | (50) Pontypridd Athletic Club | 48.52 | 51 |
| 298 | R. Fowler | (60) Amman Valley Harriers | 49.03 | 50 |
| 299 | G. Waters | (60) Swansea Harriers Athletic Club | 49.04 | 49 |
| 300 | M. Bennett | (55) Great Western Runners | 49.11 | 48 |
| 301 | S. Horler | (40) Chepstow Harriers | 49.17 | 47 |
| 302 | P. Morfey | (50) Cardiff Harlequins | 49.18 | 46 |
| 303 | T. Jones | (50) Celtic Tri Club | 49.24 | 45 |
| 304 | D. Finch | (60) Chepstow Harriers | 49.34 | 44 |
| 305 | P. Mainstone | (55) Thornbury Running Club | 49.39 | 43 |
| 306 | J. Davies | (60) Port Talbot Harriers & A. C. | 49.48 | 42 |
| 307 | T. Cummins | (35) Les Croupiers Running Club | 49.57 | 41 |
| 308 | G. Williams | (65) 3M Gorseinon Road Runners | 50.06 | 40 |
| 309 | R. Hobbs | (60) Dursley & District Athletic Club | 50.09 | 39 |
| 310 | A. Jones | (50) Brackla Harriers | 50.36 | 38 |
| 311 | T. Holling | (50) Port Talbot Harriers & A. C. | 51.04 | 37 |
| 312 | C. Bennett | (55) Great Western Runners | 51.19 | 36 |
| 313 | D. McMillan | (60) Weston Athletic Club | 51.36 | 35 |

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| 314 | S. Williams | (50) Les Croupiers Running Club | 51.41 | 34 |
| 315 | S. Lockwood | (50) Guest | 52.01 | Guest |
| 316 | J. Wilson | (60) Westbury Harriers | 52.50 | 33 |
| 317 | R. Silver | (60) Les Croupiers Running Club | 52.50 | 32 |
| 318 | N. Darroch | (50) Brackla Harriers | 53.10 | 31 |
| 319 | K. Treharne | (60) Brackla Harriers | 53.56 | 30 |
| 320 | A. Lock | (60) Bridgend Athletic Club | 54.20 | 29 |
| 321 | R. Davey | (60) Les Croupiers Running Club | 54.37 | 28 |
| 322 | R. Anthony | (55) Taf Running & Orienteering Teams | 55.31 | 27 |
| 323 | I. Swanson | (55) Port Talbot Harriers & A. C. | 56.09 | 26 |
| 324 | S. Selwyn | (45) Thornbury Running Club | 56.25 | 25 |
| 325 | G. Bishop | (65) Thornbury Running Club | 57.12 | 24 |
| 326 | M. Bullough | (50) Swansea Harriers Athletic Club | 58.32 | Guest |
| 327 | S. Wheeler | (70) Chepstow Harriers | 59.17 | 23 |
| 328 | R. Pullen | (65) Neath Harriers | 60.09 | 22 |
| 329 | G. Taylor | (40) Bridgend Athletic Club | 62.14 | 21 |