

Gwent Cross Country League 2010-2011

10 October 2010 : Newbridge Fields, Bridgend

Senior Women (176 Starters)

Pos	Athlete	Club	Time	Pts
1	E. Wimshurst	(23) Bristol and West Athletic Club	24.13	176
2	K. Roberts	Bridgend Athletic Club	24.35	175
3	D. Marsden	Westbury Harriers	24.40	174
4	D. Rees	Cardiff Amateur Athletic Club	24.49	173
5	A. Thomas	(40) Taf Running & Orienteering Teams	24.56	172
6	A. Davies	(23) University of Bath	25.06	171
7	A. Beynon-Thomas	(23) Carmarthen & District Harriers A.C.	25.17	170
8	S. Morgan	Swansea Harriers Athletic Club	25.28	169
9	H. Jarvis	Stockport Harriers	25.35	Guest
10	E. Brown	Cardiff Amateur Athletic Club	25.37	168
11	E. Loveland	Cardiff Amateur Athletic Club	25.47	167
12	A. Speight	Cardiff Amateur Athletic Club	25.50	166
13	F. Prentice	(23) University of Bath	25.55	165
14	H. Marshall	Aberystwyth Athletic Club	26.01	164
15	A. Lewis	Wells and Yeovil	26.09	163
16	S. Leech	(40) Carmarthen & District Harriers A.C.	26.22	162
17	P. Williams	(23) Cardiff Amateur Athletic Club	26.27	161
18	L. Ferguson	University of Bath	26.36	160
19	E. Butler	Swansea Harriers Athletic Club	26.37	159
20	V. Tester	Bristol and West Athletic Club	26.40	158
21	J. Roberts	(23) Cwmbran Harriers	26.44	157
22	M. Zubizarreta	(40) Les Croupiers Running Club	26.47	156
23	S. Davies	(50) Bristol and West Athletic Club	26.49	155
24	S. Haikala	(40) Brecon Athletic Club	27.03	154

25	S. Pinkham	(45) Port Talbot Harriers & A. C.	27.15	153
26	K. Britten	(35) Clevedon Athletic Club	27.19	152
27	K. Murray	(35) Taf Running & Orienteering Teams	27.21	151
28	C. Glover	Swansea Harriers Athletic Club	27.24	150
29	J. Phillips	(40) Llanelli Amateur Athletic Club	27.41	149
30	S. Davies	(45) Croft Ambrey	27.42	Guest
31	T. Chick	Westbury Harriers	27.46	148
32	C. Beatty	Les Croupiers Running Club	27.47	147
33	J. Coker	(50) Les Croupiers Running Club	27.48	146
34	D. Cooke	(45) Bridgend Athletic Club	27.49	145
35	R. Baker	University of Wales Inst. Cardiff	27.53	144
36	R. Barrett	San Domenico Road Runners Club	27.54	143
37	M. Watson	(45) Taf Running & Orienteering Teams	27.57	142
38	A. Hurford	(45) Bristol and West Athletic Club	28.00	141
39	M. Bowen-Rees	(45) Taf Running & Orienteering Teams	28.14	140
40	L. Summers	(35) Chepstow Harriers	28.17	139
41	D. Reed	(45) 3M Gorseinon Road Runners	28.20	138
42	S. Chipper	(35) Lliswerry Runners	28.23	137
43	D. Cleary	Westbury Harriers	28.27	136
44	K. Synge	(23) University of Bath	28.31	135
45	R. Allcock	(35) Amman Valley Harriers	28.32	134
46	S. McCarthy	(35) Les Croupiers Running Club	28.38	133
47	J. Warner	Cardiff Triathletes	28.49	132
48	K. Prior	(35) Wells and Yeovil	28.50	131
49	K. Winstone	Westbury Harriers	28.51	130
50	Caroline Jones	(50) Taf Running & Orienteering Teams	28.55	129
51	R. Arnold	(23) University of Wales - Swansea	29.04	128
52	C. Tailby	(40) Les Croupiers Running Club	29.09	127
53	J. Fifield	Stroud & District Athletic Club	29.10	126
54	L. Ashton	Les Croupiers Running Club	29.12	125
55	W. Boon	(50) Les Croupiers Running Club	29.13	124
56	E. Oughton	(40) Great Western Runners	29.14	123
57	A. Lyons	Les Croupiers Running Club	29.17	122
58	L. Cleary	(45) Penarth and Dinas Runners	29.19	121
59	J. Wadsworth	(50) Thornbury Running Club	29.20	120
60	J. Tucker	(35) Les Croupiers Running Club	29.25	119
61	S. Kirk	Swansea Harriers Athletic Club	29.29	118
62	R. Sampson-Geroski	(23) University of Bath	29.35	117
63	D. Kennedy	Woodford Green	29.40	Guest

64	D. Kenwright	(55)	Sarn Helen Orienteering & R. C.	29.44	116
65	J. Williams		University of Wales Inst. Cardiff	29.49	115
66	R. Loudon	(45)	Newport Harriers Athletic Club	29.50	114
67	C. Moseley		Port Talbot Harriers & A. C.	29.51	113
68	H. Willoghby	(45)	Sarn Helen Orienteering & R. C.	29.52	112
69	L. Eynon	(45)	Taf Running & Orienteering Teams	30.04	111
70	R. Rowland	(45)	Thornbury Running Club	30.06	110
71	F. Evans	(23)	Amman Valley Harriers	30.15	109
72	R. Nuttall		University of Wales Inst. Cardiff	30.21	108
73	R. Banfield		Les Croupiers Running Club	30.24	107
74	V. Lawson	(35)	Chepstow Harriers	30.33	106
75	W. Tippett	(45)	Westbury Harriers	30.34	105
76	A-M. Harris	(40)	Parc Bryn Bach Runners	30.42	104
77	C. Cassidy		Parc Bryn Bach Runners	30.53	103
78	C. Watt	(45)	Thornbury Running Club	30.54	102
79	W. Owen	(35)	San Domenico Road Runners Club	30.55	101
80	L. O'Duffy	(40)	Les Croupiers Running Club	30.56	100
81	L. Barker	(23)	Brecon Athletic Club	31.03	99
82	R. Jones		Cardiff Amateur Athletic Club	31.05	98
83	Y. Bullen	(45)	Les Croupiers Running Club	31.07	97
84	A. Hurman	(35)	Penarth and Dinas Runners	31.21	96
85	P. Williams	(50)	Port Talbot Harriers & A. C.	31.22	95
86	S. Davies	(35)	Thornbury Running Club	31.25	94
87	F. Davies	(55)	Guest	31.33	Guest
88	L. Merrifield		Les Croupiers Running Club	31.38	93
89	S. Adkins	(60)	Caerleon Running Club	31.39	92
90	E. Turner	(55)	Les Croupiers Running Club	31.41	91
91	C. Hayes	(40)	Barry & Vale Harriers A. A. C.	31.45	90
92	C. Dallimore	(55)	Les Croupiers Running Club	31.45	89
93	C. Jones		3M Gorseinon Road Runners	31.48	88
94	G. Jones	(45)	Westbury Harriers	31.54	87
95	H. Johnson	(35)	Westbury Harriers	32.00	86
96	A. Lewis	(45)	Taf Running & Orienteering Teams	32.05	85
97	C. Turnbull		Great Western Runners	32.10	84
98	J. Becker	(35)	Les Croupiers Running Club	32.18	83
99	A. Molinaro		University of Wales Inst. Cardiff	32.34	82
100	A. Cook	(35)	Penarth and Dinas Runners	32.39	81
101	C. Britton		Penarth and Dinas Runners	32.40	80
102	C. Davies	(23)	Sarn Helen Orienteering & R. C.	32.45	79

103	M. Thomas	(23)	Taf Running & Orienteering Teams	32.47	78
104	S. Olivant	(35)	Brecon Athletic Club	32.51	77
105	R. Hopkins		Pontypridd Athletic Club	32.52	76
106	G. Smith	(45)	Swansea Harriers Athletic Club	32.54	75
107	J. Currie		Serpentine Running Club	33.02	Guest
108	D. Howells	(40)	Barry & Vale Harriers A. A. C.	33.05	74
109	S. Davies	(23)	Pontypridd Athletic Club	33.06	73
110	A. Rowell	(55)	Taf Running & Orienteering Teams	33.09	72
111	A. James	(60)	Les Croupiers Running Club	33.11	71
112	A. Delaney	(40)	Swansea Harriers Athletic Club	33.28	70
113	C. House	(35)	San Domenico Road Runners Club	33.36	69
114	E. Connor		Penarth and Dinas Runners	33.47	68
115	J. Timmins		Great Western Runners	33.54	67
116	M. Palmer	(55)	Westbury Harriers	34.00	66
117	S. Cooke	(23)	University of Wales - Swansea	34.15	65
118	G. Edwards	(45)	Les Croupiers Running Club	34.19	64
119	K. Tucker		Port Talbot Harriers & A. C.	34.21	63
120	M. Monk	(55)	Parc Bryn Bach Runners	34.38	62
121	A. Scrivens	(40)	Caerleon Running Club	34.41	61
122	S. Neal	(55)	Les Croupiers Running Club	34.49	60
123	M. Phillips	(35)	Amman Valley Harriers	34.58	59
124	L. Williams		3M Gorseinon Road Runners	35.07	58
125	R. Havers		Chepstow Harriers	35.16	57
126	M. Reynolds	(45)	Swansea Harriers Athletic Club	35.21	56
127	A. Dupplan		Penarth and Dinas Runners	35.24	55
128	V. Clare	(50)	Lliswerry Runners	35.27	54
129	L. Muller	(50)	Les Croupiers Running Club	35.38	53
130	S. Davies	(35)	Penarth and Dinas Runners	35.52	52
131	T. Rossiter	(45)	Les Croupiers Running Club	35.55	51
132	J. Jones	(45)	Sarn Helen Orienteering & R. C.	36.00	50
133	J. Rees		Port Talbot Harriers & A. C.	36.07	49
134	J. Mogford		Amman Valley Harriers	36.17	48
135	G. Dafydd	(50)	Les Croupiers Running Club	36.25	47
136	B. Wilkinson	(45)	San Domenico Road Runners Club	36.28	46
137	E. Page	(45)	Sarn Helen Orienteering & R. C.	36.32	45
138	C. Johnson	(65)	Les Croupiers Running Club	36.36	44
139	E. Noonan	(50)	Westbury Harriers	37.12	43
140	E. Luke		Penarth and Dinas Runners	37.47	42
141	G. Howells	(60)	Caerleon Running Club	37.53	41

142	S. Jenkins	(40)	Amman Valley Harriers	38.10	40
143	K. Lerwill	(35)	Newport Harriers Athletic Club	38.12	39
144	S. Stevens	(35)	Penarth and Dinas Runners	38.30	38
145	E. Diosi		Pontypridd Athletic Club	38.33	37
146	L. Waller	(50)	3M Gorseinon Road Runners	38.36	36
147	K. Cardwell	(23)	Cardiff University Harriers	38.38	35
148	G. Murphy	(55)	Les Croupiers Running Club	38.44	34
149	A. Conroy	(60)	Les Croupiers Running Club	38.45	33
150	Y. Forsey	(50)	Lliswerry Runners	38.49	32
151	S. Dawes-Clark	(35)	Les Croupiers Running Club	39.03	31
152	P. Thomas	(65)	Taf Running & Orienteering Teams	39.06	30
153	D. Thompson		San Domenico Road Runners Club	39.26	29
154	J. Davies	(50)	Lliswerry Runners	39.30	28
155	D. Keeble	(45)	Wells and Yeovil	39.40	27
156	S. Mogford		Amman Valley Harriers	39.52	26
157	A. Mogford	(45)	Amman Valley Harriers	39.55	25
158	C. Scapens	(35)	Westbury Harriers	39.59	24
159	K. Thomas	(35)	Chepstow Harriers	40.45	23
160	A. James	(45)	Amman Valley Harriers	40.51	22
161	M. Thompson	(50)	Brecon Athletic Club	41.04	21
162	G. Kellam	(45)	Les Croupiers Running Club	41.22	20
163	P. Parr	(55)	Great Western Runners	41.23	19
164	H. Welch	(35)	Pontypridd Athletic Club	41.35	18
165	E. Arwyn	(55)	Les Croupiers Running Club	41.51	17
166	C. Botting		Penarth and Dinas Runners	42.15	16
167	A. Neal	(55)	Les Croupiers Running Club	42.36	15
168	K. Phillips	(40)	Les Croupiers Running Club	43.07	14
169	S. Bailey-Gard	(55)	Westbury Harriers	46.58	13
170	R. Fitzgerald	(60)	Amman Valley Harriers	48.00	12
171	A. Butler	(65)	Great Western Runners	48.41	11

Gwent Cross Country League 2010-2011

10 October 2010 : Newbridge Fields, Bridgend

Senior Men (304 Starters)

Pos	Athlete	Club	Time	Pts
1	D. Griffiths	(23) Carmarthen & District Harriers A.C.	31.38	304
2	N. Lane	Cardiff Amateur Athletic Club	32.09	303
3	J. Dalgliesh	(23) Stroud & District Athletic Club	32.16	302
4	J. Mills	Cardiff Amateur Athletic Club	32.30	301
5	P. Matthews	Swansea Harriers Athletic Club	32.31	300
6	M. Evans	Swansea Harriers Athletic Club	32.38	299
7	J. James	(45) Wells and Yeovil	32.39	298
8	B. Morley	Great Western Runners	32.42	297
9	L. Scott	Taunton Athletic Club	33.07	296
10	L. Ladd	(23) Carmarthen & District Harriers A.C.	33.08	295
11	M. Peters	Bristol and West Athletic Club	33.28	294
12	M. Harvey	Neath Harriers	33.31	293
13	E. Harries	Wells and Yeovil	33.39	292
14	A. Marriott	(35) Wells and Yeovil	33.49	291
15	R. Atkins (ind)	Bridgend Athletic Club	33.55	290
16	I. Thomas	University of Wales Inst. Cardiff	34.03	289
17	A. Russell	(23) Stroud & District Athletic Club	34.10	288
18	P. Parry	(45) Bristol and West Athletic Club	34.19	287
19	J. Baker	(40) Les Croupiers Running Club	34.25	286
20	P. Coles	(45) Pontypridd Athletic Club	34.36	285
21	D. Bodman	(23) Pontypridd Athletic Club	34.49	284
22	P. Cook	(40) Les Croupiers Running Club	35.00	283
23	J. Waldron	(23) University of Bath	35.05	282
24	M. Palser	Les Croupiers Running Club	35.09	281
25	E. Penny	(23) Newport Harriers Athletic Club	35.09	280
26	J. Edwards	(35) Les Croupiers Running Club	35.15	279
27	G. Price	(40) Sarn Helen Orienteering & R. C.	35.17	278
28	P. Talbot	(40) Neath Harriers	35.18	277
29	A. Friend	Cardiff Amateur Athletic Club	35.23	276
30	C. Williams	(40) Neath Harriers	35.32	275

31	J. Terry		Westbury Harriers	35.37	274
32	R. Bullen	(50)	Les Croupiers Running Club	35.41	273
33	D. Jones		Team Bath	35.42	272
34	C. Prothero		Cardiff Amateur Athletic Club	35.52	271
35	J. Gilling	(35)	Wells and Yeovil	35.55	270
36	M. Emery		Bridgend Athletic Club	35.56	269
37	G. Ward		Westbury Harriers	36.00	268
38	S. Osborne	(50)	Bridgend Athletic Club	36.03	267
39	R. Caburn	(40)	Taunton Athletic Club	36.09	266
40	I. Lloyd	(50)	Swansea Harriers Athletic Club	36.12	265
41	N. Dukes	(35)	Les Croupiers Running Club	36.14	264
42	A. Roberts	(23)	Taf Running & Orienteering Teams	36.27	263
43	S. Howell	(50)	Les Croupiers Running Club	36.29	262
44	A. Woods	(40)	Griffithstown Harriers A. A. C.	36.32	261
45	J. Nunn		Cardiff Triathletes	36.34	260
46	S. Pritchard		Pontypridd Athletic Club	36.35	259
47	M. Davies	(40)	Sarn Helen Orienteering & R. C.	36.36	258
48	M. McGeoch	(55)	Les Croupiers Running Club	36.38	257
49	M. Evans	(35)	Taf Running & Orienteering Teams	36.39	256
50	S. Penny	(40)	Chepstow Harriers	36.40	255
51	M. Hurford	(35)	Les Croupiers Running Club	36.45	254
52	Peter Crane	(45)	Neath Harriers	37.01	253
53	T. Bloodworth	(23)	Taunton Athletic Club	37.10	252
54	J. Bancroft		Wells and Yeovil	37.15	251
55	R. Whitham	(23)	Cardiff University Harriers	37.16	250
56	S. Shields		San Domenico Road Runners Club	37.17	249
57	R. Cook	(23)	University of Bath	37.18	248
58	Phil Jenkins	(45)	Bridgend Athletic Club	37.20	247
59	J. Morris		Amman Valley Harriers	37.23	246
60	A. Abbott		Sarn Helen Orienteering & R. C.	37.24	245
61	Luke Watson	(23)	Taf Running & Orienteering Teams	37.29	244
62	R. Hunt	(45)	Bridgend Athletic Club	37.32	243
63	E. Ball	(40)	Guest	37.33	Guest
64	T. Hone	(23)	University of Bath	37.34	242
65	R. Sage		Les Croupiers Running Club	37.36	241
66	A. Tulu		Newport Harriers Athletic Club	37.48	240
67	K. Griffiths	(45)	Taf Running & Orienteering Teams	37.49	239
68	M. Green		Thornbury Running Club	37.50	238
69	R. Scott		Les Croupiers Running Club	37.52	237

70	R. Phillips		Westbury Harriers	37.52	236
71	C. Jackson	(45)	Westbury Harriers	37.54	235
72	G. Green		San Domenico Road Runners Club	37.56	234
73	E. Husband	(50)	Lancaster and Morecombe	37.59	Guest
74	D. Davies	(50)	Brecon Athletic Club	38.01	233
75	M. Havard	(40)	San Domenico Road Runners Club	38.02	232
76	A. Powell	(40)	Neath Harriers	38.08	231
77	S. Richards		Swansea Harriers Athletic Club	38.10	230
78	D. Wintle	(55)	Great Western Runners	38.13	229
79	M. Emery	(23)	University of Bath	38.16	228
80	P. Speyer	(35)	Guest	38.23	Guest
81	G. Irving	(50)	Swansea Harriers Athletic Club	38.25	227
82	S. Scholz	(40)	Les Croupiers Running Club	38.26	226
83	O. Flage	(35)	Oldham and Royton	38.28	Guest
84	G. King		Swansea Harriers Athletic Club	38.31	225
85	M. Harvey		Chepstow Harriers	38.33	224
86	D. Buchanan		San Domenico Road Runners Club	38.37	223
87	R. Self	(45)	Les Croupiers Running Club	38.38	222
88	P. Kellam	(40)	Les Croupiers Running Club	38.40	221
89	R. Dando		Bridgend Athletic Club	38.42	220
90	E. Lepore	(55)	Les Croupiers Running Club	38.44	219
91	A. Cleves	(35)	Les Croupiers Running Club	38.46	218
92	L. Sandham	(40)	Neath Harriers	38.47	217
93	P. Osborne	(50)	Swansea Harriers Athletic Club	38.49	216
94	A. Anderson	(23)	Cardiff University Harriers	38.50	215
95	S. Prior	(40)	Wells and Yeovil	38.51	214
96	K. Lewis	(45)	Neath Harriers	38.53	213
97	P. Sowerby	(45)	Brecon Athletic Club	38.54	212
98	M. Williams	(40)	Les Croupiers Running Club	38.54	211
99	J. King		Caerleon Running Club	38.55	210
100	G. Lynch		Les Croupiers Running Club	38.56	209
101	I. Roberts	(45)	Stroud & District Athletic Club	38.57	208
102	J. Bailey-Gard (Jun)		Westbury Harriers	38.59	207
103	J. Butcher		Llisbury Runners	39.09	206
104	P. Coker	(50)	Les Croupiers Running Club	39.12	205
105	M. Webborn	(45)	Swansea Harriers Athletic Club	39.13	204
106	H. Roberts	(50)	Bridgend Athletic Club	39.16	203
107	J. Williams		Amman Valley Harriers	39.20	202
108	S. Smith	(40)	Les Croupiers Running Club	39.21	201

109	J. Blore	(23) Chepstow Harriers	39.23	200
110	J. Davies	(45) Neath Harriers	39.23	199
111	M. Tabor	(55) Les Croupiers Running Club	39.24	198
112	M. Paviour	(45) Croft Ambrey	39.30	Guest
113	A. Baker	(45) Pontypridd Athletic Club	39.37	197
114	G. Petts	(23) University of Wales - Swansea	39.39	196
115	M. Windsor	San Domenico Road Runners Club	39.39	195
116	T. Butt	(23) University of Wales - Swansea	39.40	194
117	R. Evans	Pontypridd Athletic Club	39.44	193
118	K. Jackson	(50) Dursley & District Athletic Club	39.46	192
119	Paul Jenkins	(45) Bridgend Athletic Club	39.49	191
120	G. Sansom	(45) San Domenico Road Runners Club	39.50	190
121	M. Hopkins	Les Croupiers Running Club	39.51	189
122	J. Davies	(55) Les Croupiers Running Club	39.52	188
123	K. Paul	(40) Taunton Athletic Club	39.54	187
124	A. Wood	(40) San Domenico Road Runners Club	39.55	186
125	M. Davies	(50) Lliswerry Runners	39.57	185
126	M. Herbert	(35) Bridgend Athletic Club	40.02	184
127	D. Vorres	(40) Griffithstown Harriers A. A. C.	40.07	183
128	R. Morris	(60) San Domenico Road Runners Club	40.11	182
129	J. Jones	(40) Carmarthen & District Harriers A.C.	40.12	181
130	G. Hardman	(45) Bridgend Athletic Club	40.14	180
131	D. Headon	(50) Les Croupiers Running Club	40.16	179
132	D. Bowen	San Domenico Road Runners Club	40.18	178
133	K. Taylor	(50) Amman Valley Harriers	40.25	177
134	S. Harrhy	(50) Lliswerry Runners	40.28	176
135	P. Lewis	(40) 3M Gorseinon Road Runners	40.30	175
136	Jeff Thomas	(40) Bridgend Athletic Club	40.32	174
137	A. Smith	Cardiff Harlequins	40.35	173
138	J. Cleall-Harding	(55) Les Croupiers Running Club	40.40	172
139	S. Wadley	(50) Newport Harriers Athletic Club	40.41	171
140	T. Hindle	(40) Brecon Athletic Club	40.46	170
141	J. Lam	San Domenico Road Runners Club	40.48	169
142	M. Dunscombe	(45) Sarn Helen Orienteering & R. C.	40.49	168
143	M. Murphy	(55) Les Croupiers Running Club	40.51	167
144	R. Bowen	(65) Neath Harriers	40.54	166
145	A. Russell	Les Croupiers Running Club	40.57	165
146	J. Bryan	(40) Thornbury Running Club	40.59	164
147	S. Hooper	(40) Pontypridd Athletic Club	41.05	163

148	B. Lovett	(40)	San Domenico Road Runners Club	41.07	162
149	V. Edwards		Cardiff Harlequins	41.15	161
150	A. Walton	(40)	San Domenico Road Runners Club	41.18	160
151	M. Hooper		Les Croupiers Running Club	41.19	159
152	P. Chan	(40)	Great Western Runners	41.22	158
153	S. Merrick	(40)	Swansea Harriers Athletic Club	41.24	157
154	R. Samuel		Cardiff Harlequins	41.28	156
155	J. Rowe	(35)	Wells and Yeovil	41.30	155
156	P. Hawkins	(45)	Great Western Runners	41.32	154
157	C. Jones	(40)	Amman Valley Harriers	41.33	153
158	N. Clement	(50)	Penarth and Dinas Runners	41.34	152
159	J. O'Shea	(55)	Les Croupiers Running Club	41.35	151
160	M. Davies		Taf Running & Orienteering Teams	41.37	150
161	I. Teed		Chepstow Harriers	41.39	149
162	D. Bright	(50)	Les Croupiers Running Club	41.41	148
163	J. Aggleton	(50)	Cardiff Harlequins	41.42	147
164	J. Godden	(45)	Thornbury Running Club	41.45	146
165	D. Hardie	(50)	3M Gorseinon Road Runners	41.51	145
166	C. Walsh	(35)	Port Talbot Harriers & A. C.	41.54	144
167	D. Shields	(40)	San Domenico Road Runners Club	41.55	143
168	Les Watson	(45)	Taf Running & Orienteering Teams	41.58	142
169	A. Smith		Swansea Harriers Athletic Club	41.59	141
170	R. Jones	(35)	Bridgend Athletic Club	42.00	140
171	D. McAtee	(45)	Newport Harriers Athletic Club	42.01	139
172	H. Mason	(40)	Caerleon Running Club	42.04	138
173	G. Crispie	(45)	Les Croupiers Running Club	42.06	137
174	S. Scurrall		Guest	42.15	Guest
175	S. Thorn	(45)	Thornbury Running Club	42.19	136
176	M. Terry	(50)	Taf Running & Orienteering Teams	42.21	135
177	K. Baird-Murray	(40)	Penarth and Dinas Runners	42.23	134
178	D. Davies		Sarn Helen Orienteering & R. C.	42.26	133
179	T. Jefferies	(65)	Westbury Harriers	42.29	132
180	C. Osmond	(50)	Les Croupiers Running Club	42.31	131
181	D. Smout	(60)	Parc Bryn Bach Runners	42.33	130
182	P. Meyler	(55)	Pontypridd Athletic Club	42.39	129
183	L. Richards		Newport Harriers Athletic Club	42.42	128
184	D. Stanfield	(45)	Wells and Yeovil	42.43	127
185	C. Nellins	(50)	Penarth and Dinas Runners	42.53	126
186	A. Ost		Chepstow Harriers	42.56	125

187	P. Bristow	(50)	San Domenico Road Runners Club	42.57	124
188	R. Wilcox	(40)	Penarth and Dinas Runners	42.57	123
189	M. Hopkins	(45)	Westbury Harriers	43.02	122
190	D. Osborne	(45)	Brecon Athletic Club	43.04	121
191	S. Arnold	(40)	Wells and Yeovil	43.05	120
192	S. Bridges	(40)	Aberdare Valley A. A. C.	43.08	119
193	B. Mogford	(50)	Amman Valley Harriers	43.10	118
194	D. Rose	(45)	Porthcawl Runnerslife	43.12	Guest
195	R. Whitcombe	(50)	Wells and Yeovil	43.16	117
196	P. Moody	(65)	Carmarthen & District Harriers A.C.	43.17	116
197	A. Mason	(40)	Les Croupiers Running Club	43.21	115
198	E. Davey	(60)	Llanelli Amateur Athletic Club	43.23	114
199	M. Medhurst	(45)	Newport Harriers Athletic Club	43.24	113
200	Mike Evans	(50)	Neath Harriers	43.25	112
201	S. Partridge	(55)	Neath Harriers	43.34	111
202	M. Jones		Cardiff Triathletes	43.38	110
203	M. Tutesigensi	(23)	Cardiff University Harriers	43.44	109
204	S. Alexander	(40)	Les Croupiers Running Club	43.47	108
205	U. Kumari	(55)	Swansea Harriers Athletic Club	43.48	107
206	J. Bailey-Gard (Sen)	(55)	Westbury Harriers	43.49	106
207	L. Morgan	(35)	San Domenico Road Runners Club	43.52	105
208	J. Horner		Les Croupiers Running Club	43.56	104
209	A. Perkins	(55)	Port Talbot Harriers & A. C.	44.00	103
210	R. Day	(45)	Pontypridd Athletic Club	44.02	102
211	M. Joyce	(35)	Les Croupiers Running Club	44.04	Guest
212	L. McGeoch-Williams		Les Croupiers Running Club	44.04	101
213	M. Halsall		Llanelli Amateur Athletic Club	44.12	100
214	M. Davies	(60)	Les Croupiers Running Club	44.15	99
215	I. McDonald	(45)	San Domenico Road Runners Club	44.21	98
216	P. Paddick		Taunton Athletic Club	44.24	97
217	D. Proffitt	(55)	Newport Harriers Athletic Club	44.25	96
218	K. Wilkinson	(55)	San Domenico Road Runners Club	44.31	95
219	H. Durham		Pontypridd Athletic Club	44.34	94
220	M. Twigg		San Domenico Road Runners Club	44.35	93
221	S. Davies	(40)	Port Talbot Harriers & A. C.	44.36	92
222	J. Rees	(45)	Pembrokeshire Harriers	44.37	91
223	C. Deri		San Domenico Road Runners Club	44.39	90
224	L. Chapman	(60)	Amman Valley Harriers	44.44	89
225	B. Phillips	(45)	Parc Bryn Bach Runners	44.49	88

226	J. Hargreaves	(55) Great Western Runners	45.01	87
227	C. McEwan	Newport Harriers Athletic Club	45.05	86
228	N. Tatnell	(50) Les Croupiers Running Club	45.08	85
229	P. Holder	(50) Cardiff Harlequins	45.12	84
230	R. Fowler	(65) Amman Valley Harriers	45.16	83
231	I. Morris	(45) Taf Running & Orienteering Teams	45.19	82
232	J. Greene	(23) University of Wales - Swansea	45.23	81
233	G. Trueman	(55) Stroud & District Athletic Club	45.24	80
234	R. Sewell	(50) Les Croupiers Running Club	45.28	79
235	S. Jones	(23) University of Wales - Swansea	45.38	78
236	B. Dias	Cardiff Amateur Athletic Club	45.51	77
237	G. Williams	(23) Sarn Helen Orienteering & R. C.	46.11	76
238	T. O'Sullivan	(50) Les Croupiers Running Club	46.13	75
239	J. Aston	(60) Les Croupiers Running Club	46.14	74
240	G. Bodman	(45) Les Croupiers Running Club	46.17	73
241	C. Davies	(50) Lliswerry Runners	46.18	72
242	R. Ford	(55) Pontypridd Athletic Club	46.23	71
243	K. McEntee	(50) Chepstow Harriers	46.26	70
244	C. Anthony	(65) Port Talbot Harriers & A. C.	46.36	69
245	J. Thomas	(40) Chepstow Harriers	46.50	68
246	C. Hold	(35) Swansea Harriers Athletic Club	46.54	67
247	A. Dunscombe	(45) Pontypridd Athletic Club	47.05	66
248	M. Rabaiotti	(45) Port Talbot Harriers & A. C.	47.19	65
249	D. Collins	(45) Rhondda Valley Runners	47.23	Guest
250	J. Clune	(60) Thornbury Running Club	47.34	64
251	M. James	(65) Les Croupiers Running Club	47.43	63
252	G. Jones	(40) Sarn Helen Orienteering & R. C.	47.50	62
253	A. Croucher	(23) University of Wales - Swansea	47.59	61
254	I. Bennett	(45) Barry & Vale Harriers A. A. C.	47.59	60
255	R. Sherwood	(65) Amman Valley Harriers	48.00	59
256	S. Talbot	Newport Harriers Athletic Club	48.15	58
257	A. Davidson	Les Croupiers Running Club	48.16	57
258	A. Bunney	(40) Aberdare Valley A. A. C.	48.28	56
259	R. Hobbs	(60) Dursley & District Athletic Club	48.32	55
260	R. Boon	(50) Les Croupiers Running Club	48.33	54
261	D. Finch	(60) Chepstow Harriers	48.51	53
262	T. Fenton	(50) Great Western Runners	48.56	52
263	B. Monk	(65) Parc Bryn Bach Runners	49.02	51
264	R. James	(45) Port Talbot Harriers & A. C.	49.10	50

265	P. Morfey	(50)	Cardiff Harlequins	49.16	49
266	W. Rhodes	(50)	Westbury Harriers	49.22	48
267	P. Mainstone	(55)	Thornbury Running Club	49.56	47
268	D.E. Williams	(45)	Les Croupiers Running Club	49.59	46
269	P. Chapman		Cardiff Triathletes	50.15	45
270	M. Bennett	(60)	Great Western Runners	50.26	44
271	N. Pringle	(50)	Llisbury Runners	50.35	43
272	H. Attwood	(60)	Llisbury Runners	50.35	42
273	D. Hughes	(40)	Bridgend Athletic Club	50.52	41
274	L. Sotherland		Pontypridd Athletic Club	51.07	40
275	P. Hughes		San Domenico Road Runners Club	51.33	39
276	D. James		Brecon Athletic Club	51.40	38
277	R. Silver	(50)	Les Croupiers Running Club	51.47	37
278	C. Bennett	(55)	Great Western Runners	52.24	36
279	A. Roberts	(50)	Port Talbot Harriers & A. C.	52.40	35
280	A. Lock	(55)	Bridgend Athletic Club	52.54	34
281	R. Davey	(65)	Les Croupiers Running Club	53.40	33
282	J. Davies	(60)	Port Talbot Harriers & A. C.	54.10	32
283	S. Selwyn	(45)	Thornbury Running Club	54.10	31
284	O. Williams	(50)	Guest	54.11	Guest
285	J. Impey		Cardiff Triathletes	54.31	30
286	T. Holling	(55)	Port Talbot Harriers & A. C.	55.03	29
287	I. Yates	(45)	Bridgend Athletic Club	55.33	28
288	N. Chipper	(50)	Llisbury Runners	56.46	27
289	I. Swanson	(60)	Port Talbot Harriers & A. C.	57.40	26
290	R. Allemann	(60)	Swansea Harriers Athletic Club	61.07	25
291	M. Bullough	(50)	Guest	63.07	Guest