

Gwent Cross Country League 2012-2013

21 October 2012 : Newbridge Fields, Bridgend

Senior Men (334 Starters)

Pos	Athlete	Club	Time	Pts
1	D. Griffiths	(23) University of Wales - Swansea	31.34	334
2	C. Maclean	Bristol and West Athletic Club	31.49	333
3	D. Studley	Bristol and West Athletic Club	31.54	332
4	S. Jones	Swansea Harriers Athletic Club	32.41	331
5	M. Hobbs	Swansea Harriers Athletic Club	32.56	330
6	C. Carpanini	(23) Newport Harriers Athletic Club	33.01	329
7	R. Gardiner	Aberdare Valley A. A. C.	33.09	328
8	A. Hunt	Cardiff Amateur Athletic Club	33.28	327
9	D. Nash	(23) Cardiff University Harriers	33.53	326
10	A. Davies	(45) Brecon Athletic Club	34.08	325
11	J. Mills	Cardiff Amateur Athletic Club	34.13	324
12	J. Dalgleish	(23) University of the West of England	34.21	323
13	C. Neil	(23) University of Bath	34.25	322
14	M. Collins	Fairwater Runners	34.27	321
15	J. James	(45) Wells City Harriers	34.28	320
16	H. Evans	(40) Les Croupiers Running Club	34.30	319
17	M. Harvey	Neath Harriers	34.35	318
18	M. Jennings	Fairwater Runners	34.40	317
19	L. Fernandez	Bristol and West Athletic Club	34.43	316
20	T. Phillips	Cardiff Metropolitan University	35.00	315
21	J. Thie	Cardiff Metropolitan University	35.04	314
22	M. Richards	(23) Pembrokeshire Harriers	35.18	313
23	D. Rees (ind)	Les Croupiers Running Club	35.20	312
24	M. Edmonds	Lliswerry Runners	35.22	311
25	H. Matthews	Brecon Athletic Club	35.23	310
26	N. Lane	Cardiff Amateur Athletic Club	35.25	309
27	P. Hart	(23) Cardiff University Harriers	35.31	308
28	C. Pristavec	Les Croupiers Running Club	35.32	307

29	R. Atkin	Bridgend Athletic Club	35.44	306
30	J. Norris	Cardiff Metropolitan University	35.49	305
31	D. Barnby	Fairwater Runners	35.55	304
32	S. Simms	(40) Fairwater Runners	35.55	303
33	S. Crees	Les Croupiers Running Club	35.57	302
34	G. Ayres	Port Talbot Harriers & A. C.	36.02	301
35	R. McFlynn	Griffithstown Harriers A. A. C.	36.17	300
36	C. Williams	(40) Neath Harriers	36.18	299
37	C. Hill	(23) Aberdare Valley A. A. C.	36.20	298
38	S. Campbell	Westbury Harriers	36.21	297
39	E. Nesbitt	(23) University of Bath	36.25	296
40	J. Bancroft	Wells City Harriers	36.29	295
41	R. Edwards	Cardiff University Harriers	36.29	294
42	M. Wells	Bridgend Athletic Club	36.42	293
43	A. Roberts	Taf Running & Orienteering Teams	36.44	292
44	D. Bodman	(23) Aberdare Valley A. A. C.	36.45	291
45	H. Aggleton	Cardiff Harlequins	36.47	290
46	P. Coles	(50) Pontypridd Athletic Club	36.48	289
47	M. Evans	Taf Running & Orienteering Teams	37.01	288
48	G. Price	(45) Sarn Helen Orienteering & R. C.	37.03	287
49	P. Cook	(40) Les Croupiers Running Club	37.07	286
50	M. Gurmin	(35) Swansea Harriers Athletic Club	37.10	285
51	S. Thomas	(40) Aberdare Valley A. A. C.	37.11	284
52	L. Collins	(50) Wells City Harriers	37.12	283
53	J. Frapwell	Stroud & District Athletic Club	37.13	282
54	C. Fulcher	(45) Port Talbot Harriers & A. C.	37.14	281
55	L. Humphreys	Fairwater Runners	37.18	280
56	R. Matthews	Chepstow Harriers	37.19	279
57	J. Baker	(40) Les Croupiers Running Club	37.20	278
58	G. Lynch	(35) Les Croupiers Running Club	37.34	277
59	J. Watson	(23) University of Wales - Swansea	37.35	276
60	J. Mac	Cardiff Metropolitan University	37.36	275
61	R. Davis	(23) Bristol University	37.40	274
62	R. Hunt	(50) Bridgend Athletic Club	37.43	273
63	B. Moon	Cardiff Harlequins	37.45	272
64	P. Talbot	(45) Neath Harriers	37.46	271
65	D. Notman	San Domenico Road Runners Club	37.53	270
66	A.N. Unknown	Anonymous Athletic Club	37.54	269
67	R. Cook	(23) University of Bath	37.55	268

68	A. Williams	(45)	Port Talbot Harriers & A. C.	37.58	267
69	L. Rawlinson		Caerleon Running Club	38.01	266
70	M. Parkes		Les Croupiers Running Club	38.04	265
71	R. Sage	(35)	Les Croupiers Running Club	38.08	264
72	E. Kirk	(40)	Swansea Harriers Athletic Club	38.09	263
73	C. Fraser	(23)	University of Bath	38.13	262
74	E. Haji		Bristol and West Athletic Club	38.15	261
75	D. John		Taf Running & Orienteering Teams	38.15	260
76	D. Gurmin		Swansea Harriers Athletic Club	38.19	259
77	S. Jones	(23)	University of Wales - Swansea	38.21	258
78	T. Guest	(45)	Swansea Harriers Athletic Club	38.22	257
79	I. Harris		3M Gorseinon Road Runners	38.23	256
80	C. Harrhy	(45)	Lliswerry Runners	38.27	255
81	J. King		Caerleon Running Club	38.41	254
82	M. Emery		Bridgend Athletic Club	38.48	253
83	C. Luis		Guest	38.50	Guest
84	R. Reismann	(35)	Swansea Harriers Athletic Club	38.52	252
85	A. Abbot	(40)	Sarn Helen Orienteering & R. C.	38.53	251
86	R. Johnson	(40)	Islwyn Running Club	38.54	250
87	M. Hurford	(35)	Les Croupiers Running Club	39.00	249
88	M. Thomas		Lliswerry Runners	39.01	248
89	R. Dando		Bridgend Athletic Club	39.03	247
90	C. Parker	(45)	Port Talbot Harriers & A. C.	39.03	246
91	L. Tudor-Maisey	(35)	Les Croupiers Running Club	39.04	245
92	M. Griffiths		Lliswerry Runners	39.16	244
93	M. Lewis	(40)	Islwyn Running Club	39.26	243
94	M. Aspland		Neath Harriers	39.30	242
95	S. Davies	(50)	Pont-y-Pwl & District Runners	39.31	241
96	J. Tremlett		Taf Running & Orienteering Teams	39.33	240
97	S. Waldren		Cardiff Amateur Athletic Club	39.35	239
98	P. Gandon		Bristol and West Athletic Club	39.36	238
99	B. Granville	(23)	University of Wales - Swansea	39.38	237
100	T. Bloodworth		Taunton Athletic Club	39.39	236
101	T. Woodhouse	(23)	Cardiff University Harriers	39.43	235
102	Phil Crane	(50)	Neath Harriers	39.44	234
103	R. Phillips		Westbury Harriers	39.47	233
104	S. Wilson	(45)	Swansea Harriers Athletic Club	39.49	232
105	J. Jones	(40)	Taf Running & Orienteering Teams	39.53	231
106	T. Migliuolo	(23)	University of the West of England	39.54	230

107	N. Barnes	(45) Port Talbot Harriers & A. C.	39.54	229
108	R. Wallis	(55) Westbury Harriers	39.58	228
109	D. Headon	(50) Les Croupiers Running Club	40.00	227
110	M. Virden	(23) Cardiff University Harriers	40.01	226
111	D. Bedwell	(55) Bristol and West Athletic Club	40.02	225
112	D. Hobbs	(40) Westbury Harriers	40.04	224
113	C. Dixon	(35) Pembrokeshire Harriers	40.05	223
114	A. Davies	(40) Thornbury Running Club	40.06	222
115	S. Harris	(35) Chepstow Harriers	40.09	221
116	J. Housley	(23) University of the West of England	40.10	220
117	P. Sowerby	(45) Brecon Athletic Club	40.10	219
118	J. Jones	Aberystwyth Athletic Club	40.11	Guest
119	O. Anthoney	Lliswerry Runners	40.14	218
120	R. Spacie	3M Gorseinon Road Runners	40.17	217
121	T. Hindle	(40) Brecon Athletic Club	40.18	216
122	M. Lucass	Westbury Harriers	40.20	215
123	A. Hodgson	(40) Bridgend Athletic Club	40.20	214
124	H. Hartnell	(50) Islwyn Running Club	40.22	213
125	T. Fowler	(23) Newport Harriers Athletic Club	40.22	212
126	R. Lloyd	Fairwater Runners	40.23	211
127	K. Dunn	Westbury Harriers	40.23	210
128	P. Coker	(55) Les Croupiers Running Club	40.24	209
129	M. Havard	(45) San Domenico Road Runners Club	40.24	208
130	M. George	Llanelli Amateur Athletic Club	40.25	207
131	G. Robinson	Stroud & District Athletic Club	40.26	206
132	C. Johnson	(45) Westbury Harriers	40.39	205
133	M. Hopkins	Les Croupiers Running Club	40.40	204
134	T. Dukes	Wells City Harriers	40.46	203
135	R. Morgan	Pont-y-Pwl & District Runners	40.46	202
136	R. Bullen	(50) Les Croupiers Running Club	40.53	201
137	N. Williams	(50) Aberdare Valley A. A. C.	40.54	200
138	A. Dawe	(45) Lliswerry Runners	40.56	199
139	J. Bailey-Gard (jun)	Westbury Harriers	41.01	198
140	P. Thomas	(40) Lliswerry Runners	41.09	197
141	G. Sansom	(50) San Domenico Road Runners Club	41.17	196
142	J. Grimes (ind)	San Domenico Road Runners Club	41.18	195
143	N. Clement	(50) Penarth and Dinas Runners	41.20	194
144	D. Cooper	(23) Cardiff University Harriers	41.22	193
145	A. Jones	(40) Les Croupiers Running Club	41.23	192

146	P. Osborne	(50)	Llanelli Amateur Athletic Club	41.25	191
147	J. Godden	(50)	Thornbury Running Club	41.25	190
148	I. Ruck	(40)	Westbury Harriers	41.26	189
149	E. Murray	(23)	Bristol University	41.28	188
150	C. Fowler	(45)	Bridgend Athletic Club	41.29	187
151	K. Lewis	(50)	Neath Harriers	41.30	186
152	J. Lam	(40)	San Domenico Road Runners Club	41.32	185
153	D. Somersall	(40)	Chepstow Harriers	41.33	184
154	P. Lidget	(45)	Chepstow Harriers	41.36	183
155	J. Morgan	(45)	Bridgend Athletic Club	41.38	182
156	K. Holm	(23)	University of Wales - Swansea	41.42	181
157	C. Traer		Bristol and West Athletic Club	41.44	180
158	V. Edwards		Cardiff Harlequins	41.48	179
159	M. Bull	(23)	Cardiff University Harriers	41.49	178
160	P. Croll		San Domenico Road Runners Club	41.50	177
161	D. Crane	(50)	Neath Harriers	41.52	176
162	T. Owen	(45)	Bridgend Athletic Club	41.55	175
163	B. Dias (ind)		Les Croupiers Running Club	41.57	174
164	C. Walsh	(35)	Neath Harriers	42.14	173
165	G. Goldsmid	(50)	Wells City Harriers	42.17	172
166	G. Slater	(40)	Thornbury Running Club	42.20	171
167	W. Jeanes	(23)	University of Wales - Swansea	42.27	170
168	D. Vorres	(50)	Pont-y-Pwl & District Runners	42.31	169
169	P. Jones	(45)	Westbury Harriers	42.39	168
170	S. Blakeney		Great Western Runners	42.47	167
171	J. Davies	(55)	San Domenico Road Runners Club	42.49	166
172	R. Self	(45)	Les Croupiers Running Club	42.54	165
173	M. Grace		Bristol and West Athletic Club	42.56	164
174	H. Carpenter	(55)	Neath Harriers	42.59	163
175	S. Morath		Penarth and Dinas Runners	43.05	162
176	S. Wadley	(50)	Newport Harriers Athletic Club	43.11	161
177	M. Gosney		3M Gorseinon Road Runners	43.12	160
178	C. Blackmore	(40)	Cardiff Harlequins	43.14	159
179	C. Davies	(35)	San Domenico Road Runners Club	43.14	158
180	S. Allen	(40)	Thornbury Running Club	43.18	157
181	I. McDonald	(45)	San Domenico Road Runners Club	43.34	156
182	J. Grimwood	(40)	Westbury Harriers	43.38	155
183	S. Arnold	(45)	Wells City Harriers	43.39	154
184	O. Henry	(23)	University of Wales - Swansea	43.40	153

185	C. Lewis	(35) Port Talbot Harriers & A. C.	43.40	152
186	D. Crowher	Cardiff Metropolitan University	43.41	151
187	M. Tabor	(55) Les Croupiers Running Club	43.45	150
188	R. Thompson	(45) Pembrokeshire Harriers	43.49	149
189	M. Thurgood	(40) Caerleon Running Club	43.51	148
190	M. Lawson	(40) Chepstow Harriers	43.51	147
191	J. Hall	(50) Westbury Harriers	43.55	146
192	W. Windell	(23) Cardiff University Harriers	43.56	145
193	G. Jenning	(55) Bristol and West Athletic Club	43.57	144
194	S. Scurrell	Taf Running & Orienteering Teams	43.59	143
195	L. Scanlon	Great Western Runners	44.03	142
196	G. Morgan	3M Gorseinon Road Runners	44.06	141
197	T. Fidow	(55) Lliswerry Runners	44.07	140
198	R. Woodman	(23) University of Wales - Swansea	44.09	139
199	H. Kent	(60) Les Croupiers Running Club	44.10	138
200	D. Gardner	(40) Westbury Harriers	44.11	137
201	N. Elliot	(40) Westbury Harriers	44.12	136
202	J. Magee	(35) Les Croupiers Running Club	44.17	135
203	K. Wehden	(50) Islwyn Running Club	44.21	134
204	D. Turner	Lliswerry Runners	44.23	133
205	J. Cleall-Harding	(60) Les Croupiers Running Club	44.24	132
206	R. Bowen	(65) Neath Harriers	44.24	131
207	S. Merrick	(45) Swansea Harriers Athletic Club	44.26	130
208	R. Davis	(55) Porthcawl Runners	44.28	129
209	D. Cornish	(45) Port Talbot Harriers & A. C.	44.28	128
210	P. Hughes	San Domenico Road Runners Club	44.30	127
211	R. Grierson	(23) Cardiff University Harriers	44.31	126
212	B. Lovett	(45) San Domenico Road Runners Club	44.33	125
213	A. Blanshard	(23) Bristol University	44.43	124
214	A. Morris	Swansea Harriers Athletic Club	44.45	123
215	P. Lewis	(40) 3M Gorseinon Road Runners	44.50	122
216	P. Chadwick	(55) Wells City Harriers	44.52	121
217	T. Hesslenberg	(23) Cardiff University Harriers	44.58	120
218	C. Osmond	(50) Les Croupiers Running Club	45.00	119
219	D. McAtee	(50) Newport Harriers Athletic Club	45.09	118
220	P. Davies	Cardiff Amateur Athletic Club	45.14	117
221	S. Partridge	(60) Neath Harriers	45.19	116
222	D. Morelli	(23) University of Wales - Swansea	45.21	115
223	G. Cole	(40) Wells City Harriers	45.22	114

224	M. Davies	Caerleon Running Club	45.24	113
225	J. Davies	(40) Islwyn Running Club	45.31	112
226	N. Pringle	(50) Lliswerry Runners	45.33	111
227	L. Worth	(45) Pembrokeshire Harriers	45.35	110
228	Mark Terry	(55) Taf Running & Orienteering Teams	45.41	109
229	D. Shields	(45) San Domenico Road Runners Club	45.46	108
230	M. Hopkins	(45) Westbury Harriers	45.52	107
231	M. Pinnell	(55) Les Croupiers Running Club	45.52	106
232	H. Mason	(45) Caerleon Running Club	45.57	105
233	J. Williams	(40) Thornbury Running Club	45.59	104
234	B. Baldry	(50) Penarth and Dinas Runners	46.01	103
235	R. Bristow	(45) San Domenico Road Runners Club	46.01	102
236	P. Holder	(50) Cardiff Harlequins	46.04	101
237	M. Evans	(50) Neath Harriers	46.06	100
238	M. Halsall	Llanelli Amateur Athletic Club	46.08	99
239	A. Russo	Bristol and West Athletic Club	46.12	98
240	D. Davies	(60) Neath Harriers	46.13	97
241	T. Jefferies	(60) Westbury Harriers	46.18	96
242	J. Pocknell	(45) Caerleon Running Club	46.21	95
243	A. Williams	Barry & Vale Harriers A. A. C.	46.23	94
244	D. Hardie	(50) 3M Gorseinon Road Runners	46.25	93
245	R. Phillips	Taf Running & Orienteering Teams	46.30	92
246	J. Horner	Les Croupiers Running Club	46.33	91
247	D. Osborne	(45) Brecon Athletic Club	46.36	90
248	C. Sylvester	Pont-y-Pwl & District Runners	46.44	89
249	R. Whitcombe	(55) Wells City Harriers	46.49	88
250	M. Bradley	(60) Penarth and Dinas Runners	46.53	87
251	L. White	(23) Cardiff University Harriers	47.01	86
252	C. Hold	(35) Swansea Harriers Athletic Club	47.03	85
253	I. Williams	(45) Port Talbot Harriers & A. C.	47.03	84
254	A. Perkins	(60) Port Talbot Harriers & A. C.	47.06	83
255	A. Ellison	Rhondda Valley Runners	47.07	82
256	J. Hargreaves	(55) Great Western Runners	47.10	81
257	D. Hughes	(45) Bridgend Athletic Club	47.12	80
258	K. Taylor	(50) Amman Valley Harriers	47.18	79
259	T. Bryant	Taf Running & Orienteering Teams	47.28	78
260	B. Mogford	(50) Amman Valley Harriers	47.34	77
261	B. Fox	(65) Swansea Harriers Athletic Club	47.38	76
262	P. Moody	(65) Carmarthen & District Harriers A.C.	47.49	75

263	S. Davey	(45) Caerleon Running Club	47.55	74
264	D. Collins	(40) Rhondda A.C.	48.03	73
265	R. Poiner	3M Gorseinon Road Runners	48.13	72
266	J. Delaney	(55) San Domenico Road Runners Club	48.14	71
267	J. Fullalove	(23) Islwyn Running Club	48.15	70
268	N. Simms	Cardiff Harlequins	48.17	69
269	G. Jenkins	(40) Amman Valley Harriers	48.20	68
270	M. Davies	(60) Les Croupiers Running Club	48.23	67
271	M. Rabaiotti	(45) Port Talbot Harriers & A. C.	48.27	66
272	D.E. Williams	(50) Les Croupiers Running Club	48.28	65
273	I. Robinson	(45) Swansea Harriers Athletic Club	48.30	64
274	B. Woolterton	(65) Bridgend Athletic Club	48.33	63
275	G. Ashton	(55) Chepstow Harriers	48.40	62
276	N. Langridge	(60) Thornbury Running Club	48.50	61
277	B. Griffiths	(45) Brecon Athletic Club	48.55	60
278	D. Smout	(60) Parc Bryn Bach Runners	49.00	59
279	L. Treadwell	(23) Cardiff University Harriers	49.01	58
280	U. Kumari	(60) Swansea Harriers Athletic Club	49.05	57
281	J. Williams	(23) University of Wales - Swansea	49.20	56
282	C. Walters	(65) Taf Running & Orienteering Teams	49.33	55
283	D. Proffitt	(55) Newport Harriers Athletic Club	49.40	54
284	K. Jackson	(50) Dursley & District Athletic Club	49.53	53
285	M. Evans	(35) San Domenico Road Runners Club	50.20	52
286	A. Russell	(40) Taf Running & Orienteering Teams	50.25	51
287	C. Seaman	(40) Rhondda Valley Runners	50.27	50
288	P. Deacon	(55) Port Talbot Harriers & A. C.	50.31	49
289	C. Ashworth	(55) Dursley & District Athletic Club	50.40	48
290	G. Jones	(55) Port Talbot Harriers & A. C.	50.42	47
291	S. Lerigo	(23) Cardiff University Harriers	50.49	46
292	S. Pearce	(35) Newport Harriers Athletic Club	50.51	45
293	M. Jenkins	(50) Fairwater Runners	51.00	44
294	J. Bailey-Gard (sen)	(60) Westbury Harriers	51.02	43
295	T. Fenton	(50) Great Western Runners	51.08	42
296	R. Hobbs	(65) Dursley & District Athletic Club	51.11	41
297	H. Attwood	(60) Lliswerry Runners	51.22	40
298	D. Suttle	(23) Cardiff University Harriers	51.33	39
299	P. Morphey	(55) Cardiff Harlequins	51.35	38
300	A. Taylor	(55) Caerleon Running Club	51.50	37
301	J. Ayres	(55) Port Talbot Harriers & A. C.	52.10	36

302	M. Rossiter	(50) Les Croupiers Running Club	52.10	35
303	P. Furlong	(60) Penarth and Dinas Runners	52.20	34
304	M. Bennett	(60) Great Western Runners	52.35	33
305	Mike Terry	(60) Taf Running & Orienteering Teams	52.43	32
306	J. Aston	(65) Les Croupiers Running Club	53.17	31
307	G. Trueman	(60) Stroud & District Athletic Club	54.03	30
308	R. James	(50) Port Talbot Harriers & A. C.	54.28	29
309	R. Davey	(65) Les Croupiers Running Club	54.36	28
310	C. Bennett	(60) Great Western Runners	55.02	27
311	P. Mainstone	(60) Thornbury Running Club	55.15	26
312	N. Jackson	(45) Lliswerry Runners	55.23	25
313	J. Davies	(60) Port Talbot Harriers & A. C.	55.29	24
314	D. Bateman	(45) Lliswerry Runners	55.57	23
315	G. Bayliss	(65) Chepstow Harriers	57.03	22
316	D. McDonald	(45) Les Croupiers Running Club	59.26	21
317	I. Swanson	(60) Port Talbot Harriers & A. C.	61.26	20
318	S. Selwyn	(50) Thornbury Running Club	62.45	19

Gwent Cross Country League 2012-2013

21 October 2012 : Newbridge Fields, Bridgend

Senior Women (189 Starters)

Pos	Athlete	Club	Time	Pts
1	K. Roberts	Bridgend Athletic Club	24.57	189
2	R. Rees	Cardiff Amateur Athletic Club	25.26	188
3	L. Richens	Westbury Harriers	25.30	187
4	A. Beynon-Thomas	(23) Swansea Harriers Athletic Club	25.43	186
5	K. Matthews	(35) Chepstow Harriers	25.44	185
6	J. Wassell	(45) Stroud & District Athletic Club	25.51	184
7	F. Scrafton	(23) Westbury Harriers	25.56	183
8	S. Roberts	(45) Taf Running & Orienteering Teams	26.08	182

9	Z. Barber	(23)	Westbury Harriers	26.37	181
10	J. Horler	(40)	Chepstow Harriers	26.39	180
11	S. Turvey	(23)	Cardiff University Harriers	26.46	179
12	C. Skinner		Newport Harriers Athletic Club	27.13	178
13	R. Jinny-Jones	(23)	Pont-y-Pwl & District Runners	27.17	177
14	S. Haikala	(40)	Brecon Athletic Club	27.19	176
15	C. Green		Bristol and West Athletic Club	27.20	175
16	L. Smith		Westbury Harriers	27.26	174
17	S. Harries		Chepstow Harriers	27.40	173
18	M. Watson	(45)	Taf Running & Orienteering Teams	27.45	172
19	J. Belayavin		Bristol and West Athletic Club	27.52	171
20	A. Burton	(23)	Bristol University	27.55	170
21	C-A. Santos	(23)	University of Wales - Swansea	27.57	169
22	E. Relton	(23)	University of Wales - Swansea	28.02	168
23	D. Kennedy		Bristol and West Athletic Club	28.05	167
24	L. Tremlett		Taf Running & Orienteering Teams	28.09	166
25	J. Coker	(50)	Les Croupiers Running Club	28.13	165
26	H. Marshall		Aberystwyth Athletic Club	28.15	Guest
27	I. Taylor	(40)	3M Gorseinon Road Runners	28.17	164
28	L. Copp	(45)	Unattached Athlete	28.20	163
29	M. Zubizarreta	(40)	Les Croupiers Running Club	28.22	162
30	K. Winstone		Westbury Harriers	28.27	161
31	N. Gething	(40)	Parc Bryn Bach Runners	28.38	160
32	S. Pinkham	(50)	Port Talbot Harriers & A. C.	28.41	159
33	J. Osborn	(23)	Cardiff University Harriers	28.43	158
34	E. Bayliss		Pont-y-Pwl & District Runners	28.52	157
35	N. McWilliam	(35)	Les Croupiers Running Club	28.53	156
36	R. Walters	(23)	Cardiff University Harriers	28.57	155
37	S. Everitt	(45)	Bristol and West Athletic Club	28.58	154
38	C. Beatty	(35)	Les Croupiers Running Club	29.00	153
39	K. Beecher		Les Croupiers Running Club	29.01	152
40	B. Hawling	(23)	Cardiff University Harriers	29.02	151
41	C. Jolliffe	(45)	Bristol and West Athletic Club	29.07	150
42	T. Chick		Westbury Harriers	29.11	149
43	C. Lowson	(23)	Bristol University	29.18	148
44	L. Summers	(45)	Chepstow Harriers	29.20	147
45	V. Jones	(35)	Westbury Harriers	29.21	146
46	M. Smith		San Domenico Road Runners Club	29.22	145
47	D. Reid	(45)	3M Gorseinon Road Runners	29.27	144

48	S. Toop		Pont-y-Pwl & District Runners	29.29	143
49	H. Duffield	(40)	Chepstow Harriers	29.39	142
50	K. Husband		Bristol University	29.40	141
51	L. Kirwan		Les Croupiers Running Club	29.48	140
52	N. Haines-Jones	(45)	Neath Harriers	29.57	139
53	L. Barker	(23)	Brecon Athletic Club	29.59	138
54	L. Cleary	(45)	Penarth and Dinas Runners	30.00	137
55	J. Phillips	(45)	Llanelli Amateur Athletic Club	30.02	136
56	E. Barnes		Thornbury Running Club	30.06	135
57	V. Lawson	(40)	Chepstow Harriers	30.07	134
58	J. Tucker	(40)	Les Croupiers Running Club	30.08	133
59	A. Davies		Bristol and West Athletic Club	30.15	132
60	N. Prosser	(23)	Cardiff University Harriers	30.21	131
61	E. Oughton	(40)	Great Western Runners	30.23	130
62	K. Elliot	(23)	Westbury Harriers	30.24	129
63	H. Willoughby	(45)	Sarn Helen Orienteering & R. C.	30.25	128
64	A. Lyons		Les Croupiers Running Club	30.28	127
65	S. Roberts-Jones		Sarn Helen Orienteering & R. C.	30.29	126
66	G. Dando		Bridgend Athletic Club	30.33	125
67	C. Tailby	(40)	Les Croupiers Running Club	30.34	124
68	W. Boon	(50)	Les Croupiers Running Club	30.40	123
69	L. Eynon	(50)	Taf Running & Orienteering Teams	30.41	122
70	M. Morris	(35)	Port Talbot Harriers & A. C.	30.42	121
71	C. Davies		Sarn Helen Orienteering & R. C.	30.44	120
72	E. Lagomarsino	(23)	Cardiff University Harriers	30.45	119
73	L. Thomas	(35)	Amman Valley Harriers	30.54	118
74	A. Hurman	(45)	Penarth and Dinas Runners	30.59	117
75	J. Plumbley	(35)	Thornbury Running Club	31.01	116
76	K. Young	(23)	Cardiff University Harriers	31.02	115
77	A. Moon	(23)	Cardiff University Harriers	31.03	114
78	M. Worthington	(23)	Cardiff University Harriers	31.10	113
79	C. Jones	(50)	Taf Running & Orienteering Teams	31.14	112
80	S. Thorne		Westbury Harriers	31.16	111
81	S. Phillips	(50)	Swansea Harriers Athletic Club	31.26	110
82	M. Falck	(35)	Les Croupiers Running Club	31.30	109
83	J. Oakley	(45)	Port Talbot Harriers & A. C.	31.38	108
84	J. Miles	(60)	Parc Bryn Bach Runners	31.39	107
85	R. Colquhoun		Bristol and West Athletic Club	31.41	106
86	R. Rowland	(50)	Thornbury Running Club	31.44	105

87	L. James	Cardiff Amateur Athletic Club	31.45	104
88	R. Morath	Penarth and Dinas Runners	31.46	103
89	V. Woodsford	San Domenico Road Runners Club	31.55	102
90	M. Weller-Jones	(23) Bristol University	32.01	101
91	L. Regan	Cardiff Amateur Athletic Club	32.12	100
92	J. Goodwin	(35) Westbury Harriers	32.15	99
93	R. Loudon	(45) Newport Harriers Athletic Club	32.16	98
94	T. Thompson	Great Western Runners	32.17	97
95	S. Baker	(40) Wells City Harriers	32.21	96
96	C. Williams	(35) Islwyn Running Club	32.25	95
97	L. Hiscocks	Portishead Running Club	32.27	Guest
98	P. Williams	(50) Port Talbot Harriers & A. C.	32.30	94
99	V. Ford	(50) Great Western Runners	32.36	93
100	E. Luke	Penarth and Dinas Runners	32.37	92
101	A. Scrivens	Caerleon Running Club	32.38	91
102	A. Hurford	(50) Bristol and West Athletic Club	32.39	90
103	A. Saxena	(55) Newport Harriers Athletic Club	32.41	89
104	S. Kenshole	(23) Cardiff Metropolitan University	32.45	88
105	T. Edwards	(45) Rhondda Valley Runners	32.48	87
106	R. Durel	Caerleon Running Club	32.51	86
107	L. Richards	(45) Caerleon Running Club	32.54	85
108	S. Tucker	(45) Westbury Harriers	32.56	84
109	J. Scholey	(50) Les Croupiers Running Club	32.59	83
110	G. Mayled	(23) Cardiff University Harriers	33.01	82
111	L. O'Shaughnessy	(35) Westbury Harriers	33.02	81
112	C. Gilbert	(35) Brecon Athletic Club	33.09	80
113	V. Howlett	(35) Westbury Harriers	33.10	79
114	R. Treharne	(45) Islwyn Running Club	33.35	78
115	Y. Bullen	(45) Les Croupiers Running Club	33.36	77
116	J. Cummins	(35) Westbury Harriers	33.41	76
117	J. Ridge	(40) Bridgend Athletic Club	33.43	75
118	E. Rivers	(35) Sarn Helen Orienteering & R. C.	33.47	74
119	L. Williams	(35) 3M Gorseinon Road Runners	33.48	73
120	C. Dallimore	(55) Les Croupiers Running Club	33.50	72
121	A. Rackham	Caerleon Running Club	33.51	71
122	H. Dennis	(35) Penarth and Dinas Runners	33.55	70
123	E. Ford	(23) Bristol University	34.01	69
124	M. Phillips	(40) Amman Valley Harriers	34.02	68
125	A. Rowell	(55) Taf Running & Orienteering Teams	34.03	67

126	E. Ewbank	(23) Cardiff University Harriers	34.04	66
127	A. Bull	(45) Westbury Harriers	34.08	65
128	E. Wharmby	(45) Newport Harriers Athletic Club	34.10	64
129	A. James	(60) Les Croupiers Running Club	34.15	63
130	Y. Williams	(55) Penarth and Dinas Runners	34.21	62
131	C. Goldsmid	(50) Wells City Harriers	34.30	61
132	A. Helsing	(45) Penarth and Dinas Runners	34.59	60
133	A. Whittaker	(45) Les Croupiers Running Club	35.09	59
134	E. James	Guest	35.10	Guest
135	R. Spears	(40) Les Croupiers Running Club	35.11	58
136	S. Adkins	(65) Caerleon Running Club	35.12	57
137	R. Cooke	(23) Bristol University	35.29	56
138	J. Jenkins	(50) Fairwater Runners	35.45	55
139	N. Davies	(40) Thornbury Running Club	35.52	54
140	L. Phillips	Llisbury Runners	36.03	53
141	L. Dix	Thornbury Running Club	36.09	52
142	B. Tucker	(45) Brecon Athletic Club	36.10	51
143	Z. Cumpstone	Llisbury Runners	36.11	50
144	T. Rossiter	(50) Les Croupiers Running Club	36.15	49
145	F. Williams	(45) San Domenico Road Runners Club	36.18	48
146	M. Jayne (ind)	(35) Parc Bryn Bach Runners	36.29	47
147	V. Belcher	Newport Harriers Athletic Club	36.59	46
148	J. Lewis	(45) Islwyn Running Club	37.19	45
149	C. Vorres	(50) Pont-y-Pwl & District Runners	37.29	44
150	S. Richards	(55) Brecon Athletic Club	37.54	43
151	C. Dunkeston	Llisbury Runners	38.01	42
152	A. Brown	(45) Bridgend Athletic Club	38.03	41
153	E. Parkin	(23) Cardiff Metropolitan University	38.08	40
154	L. Gagoneau-Landry	(23) University of Wales - Swansea	38.11	39
155	S. Mogford	Amman Valley Harriers	38.14	38
156	T. Talbott	Great Western Runners	38.20	37
157	C. Milton-Thompson	(23) Cardiff University Harriers	38.21	36
158	A. Barrington	(45) Penarth and Dinas Runners	38.29	35
159	A. Wendt	Penarth and Dinas Runners	38.52	34
160	E. Noonan	(55) Westbury Harriers	38.58	33
161	L. Bateman	(45) Llisbury Runners	39.00	32
162	L. Waller	(55) 3M Gorseinon Road Runners	39.04	31
163	G. Howells	(60) Caerleon Running Club	39.12	30
164	C. Fee	(35) Westbury Harriers	39.23	29

165	S-L. Thompson	(35) Les Croupiers Running Club	39.30	28
166	J. Thornton	(35) Westbury Harriers	39.34	27
167	C. Johnson	(65) Les Croupiers Running Club	39.40	26
168	A. Pace	(45) Penarth and Dinas Runners	39.45	25
169	L. Hall	(45) Westbury Harriers	39.51	24
170	A. Thompson	(50) Les Croupiers Running Club	39.54	23
171	S. Baldry	(45) Penarth and Dinas Runners	39.55	22
172	Y. Forsey	(50) Lliswerry Runners	40.08	21
173	E. Arwyn	(55) Les Croupiers Running Club	40.52	20
174	M. Rowson	(60) Les Croupiers Running Club	41.04	19
175	A. Mogford	(45) Amman Valley Harriers	41.16	18
176	J. Cass	(35) Penarth and Dinas Runners	41.35	17
177	P. Thomas	(70) Taf Running & Orienteering Teams	41.39	16
178	E. Morgan	(35) San Domenico Road Runners Club	42.35	15
179	L. Edgington	(23) University of Wales - Swansea	43.22	14
180	H. Williams	(35) Aberdare Valley A. A. C.	44.34	13
181	M. Rhodes	(40) Caerleon Running Club	45.56	12
182	S. Bailey-Gard	(55) Westbury Harriers	46.51	11
183	P. Parr	(60) Great Western Runners	47.55	10
184	A. Butler	(70) Great Western Runners	59.10	9