

# Gwent Cross Country League 2012-2013

## 10 November 2012 : Parc de Pugh, Brecon

### Senior Men (275 Starters)

Pos	Athlete	Club	Time	Pts
1	M. Hobbs	Swansea Harriers Athletic Club	34.42	275
2	A. Hunt	(35) Cardiff Amateur Athletic Club	35.26	274
3	J. Bird	(23) University of Bath	35.47	273
4	H. Evans	(40) Les Croupiers Running Club	35.49	272
5	D. Nash	(23) Cardiff University Harriers	35.55	271
6	J. James	(45) Wells City Harriers	36.08	270
7	M. Jennings	Fairwater Runners	36.09	269
8	S. Davies	Newport Harriers Athletic Club	36.11	268
9	M. Harvey	Neath Harriers	36.31	267
10	J. Thie	Cardiff Metropolitan University	36.41	266
11	D. Rothwell	Swansea Harriers Athletic Club	36.44	265
12	P. Hart	(23) Cardiff University Harriers	36.48	264
13	L. Winfield-Young	Cardiff Amateur Athletic Club	36.53	263
14	L. Fernandez	Bristol and West Athletic Club	36.57	262
15	D. Barnby	Fairwater Runners	37.00	261
16	M. Thomas	(23) University of Bath	37.09	260
17	A. Das	University of Bath	37.33	259
18	M. Edmonds	Llisbury Runners	37.36	258
19	S. Campbell	Westbury Harriers	37.40	257
20	C. Pristavec	Les Croupiers Running Club	37.43	256
21	R. Edwards	Cardiff University Harriers	37.45	255
22	E. Nesbitt	(23) University of Bath	37.49	254
23	R. Atkin	Bridgend Athletic Club	37.50	253
24	J. Bancroft	Wells City Harriers	37.57	252
25	R. Adams	(23) University of Bath	38.01	251
26	R. McFlynn	Griffithstown Harriers A. A. C.	38.06	250
27	H. Matthews	Brecon Athletic Club	38.08	249
28	S. Crees	Les Croupiers Running Club	38.13	248

29	J. Norris	(23) Cardiff Metropolitan University	38.21	247
30	D. Bodman	(23) Aberdare Valley A. A. C.	38.27	246
31	S. Taylor	Fairwater Runners	38.37	245
32	L. Holmes	North Somerset	38.50	244
33	M. Gurmin	(35) Swansea Harriers Athletic Club	38.57	243
34	A. Roberts	Taf Running & Orienteering Teams	39.03	242
35	D. Johnston	Neath Harriers	39.09	241
36	L. Rawlinson	Caerleon Running Club	39.11	240
37	R. Matthews	Chepstow Harriers	39.15	239
38	B. Kulesa	(40) 3M Gorseinon Road Runners	39.16	238
39	E. Kirk	(40) Swansea Harriers Athletic Club	39.21	237
40	L. Collins	(50) Wells City Harriers	39.26	236
41	C. Williams	(40) Neath Harriers	39.30	235
42	D. John	Taf Running & Orienteering Teams	39.31	234
43	H. Jones	Bristol and West Athletic Club	39.34	233
44	G. Lynch	(35) Les Croupiers Running Club	39.36	232
45	M. Griffiths	Lliswerry Runners	39.42	231
46	A. Reynolds	Neath Harriers	39.43	230
47	P. Lucker	Bristol and West Athletic Club	39.45	229
48	A. Cirillo	(23) Cardiff University Harriers	39.56	228
49	R. Annett	(23) Cardiff University Harriers	39.57	227
50	S. Thomas	(40) Aberdare Valley A. A. C.	40.00	226
51	E. Ibrahim	(40) Cardiff Amateur Athletic Club	40.01	225
52	R. Hunt	(50) Bridgend Athletic Club	40.02	224
53	C. Fraser	(23) University of Bath	40.05	223
54	R. Phillips	Westbury Harriers	40.08	222
55	R. Whitehouse	(45) Neath Harriers	40.26	221
56	I. Harris	3M Gorseinon Road Runners	40.28	220
57	A. Williams	(45) Port Talbot Harriers & A. C.	40.37	219
58	J. Gilling	Wells City Harriers	40.40	218
59	A. Abbot	(45) Sarn Helen Orienteering & R. C.	40.52	217
60	M. Hurford	(35) Les Croupiers Running Club	40.57	216
61	J. King	(35) Caerleon Running Club	40.58	215
62	Y. Berdeni	Bristol and West Athletic Club	41.02	214
63	M. Emery	Bridgend Athletic Club	41.04	213
64	C. Dixon	(35) Pembrokeshire Harriers	41.05	212
65	G. Brimble	(40) Newport Harriers Athletic Club	41.05	211
66	H. Arthur	(23) Cardiff University Harriers	41.11	210
67	D. Hobbs	(40) Westbury Harriers	41.13	209

68	B. Capal	(23)	Cardiff University Harriers	41.15	208
69	J. Tremlett		Taf Running & Orienteering Teams	41.16	207
70	S. Davies	(50)	Pont-y-Pwl & District Runners	41.19	206
71	D. Bedwell	(55)	Bristol and West Athletic Club	41.22	205
72	T. Hindle	(40)	Brecon Athletic Club	41.23	204
73	A. Malloy		Bristol and West Athletic Club	41.24	203
74	R. Wallis	(55)	Westbury Harriers	41.25	202
75	J. Davies	(45)	Neath Harriers	41.30	201
76	R. Wilder	(35)	San Domenico Road Runners Club	41.33	200
77	J. Jones	(40)	Taf Running & Orienteering Teams	41.38	199
78	B. Richardson	(50)	Les Croupiers Running Club	41.39	198
79	M. Williams	(45)	Les Croupiers Running Club	41.41	197
80	R. Self	(45)	Les Croupiers Running Club	41.43	196
81	A. Donald		Cardiff Amateur Athletic Club	41.49	195
82	M. Havard	(45)	San Domenico Road Runners Club	41.54	194
83	D. Notman		San Domenico Road Runners Club	41.57	193
84	A. Davies	(40)	Thornbury Running Club	41.59	192
85	M. Dury		Islwyn Running Club	42.00	191
86	M. Lucass		Westbury Harriers	42.03	190
87	G. Davey	(35)	Neath Harriers	42.10	189
88	T. Miglinolo	(23)	University of the West of England	42.13	188
89	N. Scholes	(45)	Bristol and West Athletic Club	42.14	187
90	O. Anthoney		Lliswerry Runners	42.18	186
91	P. Jefferson		Bristol and West Athletic Club	42.19	185
92	T. Dukes		Wells City Harriers	42.20	184
93	T. Jeffery		Les Croupiers Running Club	42.22	183
94	H. Hartnell	(50)	Islwyn Running Club	42.24	182
95	C. Traer		Bristol and West Athletic Club	42.31	181
96	J. Godden	(50)	Thornbury Running Club	42.33	180
97	A. Anderson	(23)	3M Gorseinon Road Runners	42.37	179
98	R. Lloyd		Fairwater Runners	42.39	178
99	J. Housley	(23)	University of the West of England	42.39	177
100	M. George		Llanelli Amateur Athletic Club	42.40	176
101	C. Walsh	(35)	Neath Harriers	42.42	175
102	V. Edwards		Cardiff Harlequins	42.44	174
103	C. Melborne		Neath Harriers	42.45	173
104	D. Wintle	(55)	Great Western Runners	42.45	172
105	D. Holcombe	(23)	Westbury Harriers	42.47	171
106	P. Coker	(55)	Les Croupiers Running Club	42.49	170

107	Peter Crane	(50) Neath Harriers	42.54	169
108	J. Rowe	(40) Wells City Harriers	42.56	168
109	S. Harris	Chepstow Harriers	42.59	167
110	P. Sowerby	(45) Brecon Athletic Club	43.00	166
111	D. Cooper	(23) Cardiff University Harriers	43.02	165
112	A. Jones	(40) Les Croupiers Running Club	43.04	164
113	S. Holmes	(35) Sarn Helen Orienteering & R. C.	43.10	163
114	N. Williams	(50) Aberdare Valley A. A. C.	43.13	162
115	P. Thomas	(40) Lliswerry Runners	43.14	161
116	D. Nicholls	San Domenico Road Runners Club	43.18	160
117	K. Ham	(50) Westbury Harriers	43.23	159
118	M. Virden	(23) Cardiff University Harriers	43.27	158
119	R. Spacie	3M Gorseinon Road Runners	43.32	157
120	J. Dickinson	(40) Taf Running & Orienteering Teams	43.33	156
121	J. Lam	(40) San Domenico Road Runners Club	43.34	155
122	M. Bull	(23) Cardiff University Harriers	43.34	154
123	D. Crowther	Cardiff Metropolitan University	43.35	153
124	A. Brassington	(45) Brecon Athletic Club	43.35	152
125	P. Osborne	(50) Llanelli Amateur Athletic Club	43.45	151
126	A. Lewis	Neath Harriers	43.55	150
127	T. Owen	(45) Bridgend Athletic Club	43.58	149
128	S. Bridges	(40) Aberdare Valley A. A. C.	44.00	148
129	S. Groom	Cardiff Metropolitan University	44.02	147
130	M. Harvey	Chepstow Harriers	44.08	146
131	P. Jones	(45) Westbury Harriers	44.11	145
132	P. Lidgett	(45) Chepstow Harriers	44.13	144
133	P. Croall	San Domenico Road Runners Club	44.16	143
134	G. Goldsmid	(50) Wells City Harriers	44.17	142
135	K. Jackson	(50) Dursley & District Athletic Club	44.19	141
136	J. Morgan	(45) Bridgend Athletic Club	44.20	140
137	D. Vorres	(50) Pont-y-Pwl & District Runners	44.21	139
138	R. Watkins	(40) Thornbury Running Club	44.22	138
139	M. Tabor	(55) Les Croupiers Running Club	44.25	137
140	S. Blakeney	Great Western Runners	44.29	136
141	D. Mitchell	(23) Cardiff University Harriers	44.30	135
142	P. Darton	Wells City Harriers	44.35	134
143	P. Chan	(45) Great Western Runners	44.38	133
144	G. Brown	(23) Cardiff Metropolitan University	44.38	132
145	C. Harrhy	(45) Lliswerry Runners	44.43	131

146	A. Gardiner	San Domenico Road Runners Club	44.46	130
147	S. Wadley	(50) Newport Harriers Athletic Club	44.49	129
148	S. Arnold	(45) Wells City Harriers	44.51	128
149	J. Grimwood	(40) Westbury Harriers	44.52	127
150	I. McDonald	(45) San Domenico Road Runners Club	44.55	126
151	C. Blackmore	(40) Cardiff Harlequins	45.00	125
152	J. Davies	(55) San Domenico Road Runners Club	45.04	124
153	S. Allen	(40) Thornbury Running Club	45.05	123
154	I. Ruck	(40) Westbury Harriers	45.06	122
155	J. Thompson	(23) Cardiff University Harriers	45.08	121
156	P. Mountain	(55) Bristol and West Athletic Club	45.11	120
157	D. Coles	(50) Les Croupiers Running Club	45.23	119
158	B. Dias	Les Croupiers Running Club	45.24	118
159	G. Adams	(23) Cardiff University Harriers	45.25	117
160	J. Aggleton	(55) Cardiff Harlequins	45.27	116
161	H. Carpenter	(55) Neath Harriers	45.40	115
162	M. Lawson	(40) Chepstow Harriers	45.43	114
163	J. Hewitson	(23) Cardiff University Harriers	45.43	113
164	C. Davies	(35) San Domenico Road Runners Club	45.47	112
165	G. Jennings	(55) Bristol and West Athletic Club	45.52	111
166	S. Sheard	Cardiff Amateur Athletic Club	45.57	110
167	R. Grierson	(23) Cardiff University Harriers	46.01	109
168	H. Kent	(60) Les Croupiers Running Club	46.02	108
169	L. Carter	(55) Chepstow Harriers	46.02	107
170	N. Grant	(60) Chepstow Harriers	46.02	106
171	H. Mason	(45) Caerleon Running Club	46.02	105
172	N. Baker (ind)	(40) Wells City Harriers	46.10	104
173	M. Dunscombe	(50) Sarn Helen Orienteering & R. C.	46.16	103
174	J. Williams	Thornbury Running Club	46.19	102
175	P. Donovan	(45) Pont-y-Pwl & District Runners	46.22	101
176	A. Edwards	Cardiff Triathletes	46.23	100
177	W. Windell	(23) Cardiff University Harriers	46.23	99
178	J. Potts	(40) San Domenico Road Runners Club	46.26	98
179	P. Hughes	San Domenico Road Runners Club	46.37	97
180	C. Osmond	(50) Les Croupiers Running Club	46.38	96
181	M. Thurgood	(45) Caerleon Running Club	46.42	95
182	S. Scurrrell	Taf Running & Orienteering Teams	46.44	94
183	D. Hardie	(50) 3M Gorseinon Road Runners	46.48	93
184	J. Cleall-Harding	(60) Les Croupiers Running Club	46.50	92

185	D. Buchanan		San Domenico Road Runners Club	46.53	91
186	D. Cornish	(45)	Port Talbot Harriers & A. C.	46.54	90
187	A. Jones		Penarth and Dinas Runners	46.54	89
188	M. Lloyd		Fairwater Runners	46.54	88
189	L. Malarz		Chepstow Harriers	46.57	87
190	A. Mason	(50)	Les Croupiers Running Club	47.03	86
191	S. Merrick	(45)	Swansea Harriers Athletic Club	47.06	85
192	J. Magee	(35)	Les Croupiers Running Club	47.11	84
193	G. Cole	(40)	Wells City Harriers	47.12	83
194	L. Treadwell	(23)	Cardiff University Harriers	47.28	82
195	L. Gardner	(45)	Swansea Harriers Athletic Club	47.32	81
196	D. McAtee	(50)	Newport Harriers Athletic Club	47.39	80
197	T. Jefferies	(65)	Westbury Harriers	47.46	79
198	S. Dickinson	(45)	Wells City Harriers	47.52	78
199	N. Pringle	(50)	Llisbury Runners	47.53	77
200	P. Chadwick	(55)	Wells City Harriers	47.54	76
201	D. Shields	(45)	San Domenico Road Runners Club	47.56	75
202	G. Crispie	(50)	Les Croupiers Running Club	48.10	74
203	D. Williams		Aberdare Valley A. A. C.	48.16	73
204	J. Mulaney	(23)	Aberdare Valley A. A. C.	48.25	72
205	L. White	(23)	Cardiff University Harriers	48.27	71
206	A. Perkins	(60)	Port Talbot Harriers & A. C.	48.33	70
207	P. Holder	(50)	Cardiff Harlequins	48.37	69
208	A. Stott	(50)	Chepstow Harriers	48.46	68
209	M. Hopkins	(45)	Westbury Harriers	48.51	67
210	J. Horner		Les Croupiers Running Club	48.58	66
211	K. Taylor	(50)	Amman Valley Harriers	49.02	65
212	S. Hames	(50)	Neath Harriers	49.05	64
213	N. Elliott	(40)	Westbury Harriers	49.15	63
214	D. Osborne	(45)	Brecon Athletic Club	49.17	62
215	I. Robinson	(45)	Swansea Harriers Athletic Club	49.21	61
216	N. Stovold		San Domenico Road Runners Club	49.25	60
217	J. Delaney	(55)	San Domenico Road Runners Club	49.28	59
218	C. Lloyd	(35)	Islwyn Running Club	49.33	58
219	J. Hargreaves	(55)	Great Western Runners	49.42	57
220	M. Pinnell	(55)	Les Croupiers Running Club	49.47	56
221	D. Hughes	(45)	Bridgend Athletic Club	49.56	55
222	R. Whitcombe	(55)	Wells City Harriers	49.59	54
223	N. Langridge	(60)	Thornbury Running Club	50.00	53

224	T. Bryant	Taf Running & Orienteering Teams	50.02	52
225	P. Chick	Lliswerry Runners	50.18	51
226	M. Halsall	Llanelli Amateur Athletic Club	50.21	50
227	P. Wright	(60) Wells City Harriers	50.25	49
228	S. Bendle	(45) Swansea Harriers Athletic Club	50.26	48
229	E. Davey	(60) Llanelli Amateur Athletic Club	50.51	47
230	B. Griffiths	(45) Brecon Athletic Club	50.54	46
231	D. Smout	(60) Parc Bryn Bach Runners	50.58	45
232	G. Ashton	(55) Chepstow Harriers	51.00	44
233	T. Fenton	(50) Great Western Runners	51.07	43
234	B. Fox	(65) Swansea Harriers Athletic Club	51.13	42
235	M. Jenkins	(50) Fairwater Runners	51.18	41
236	G. Jenkins	(40) Amman Valley Harriers	51.29	40
237	R. Boon	(50) Les Croupiers Running Club	51.31	39
238	D. D. Collins	(45) Rhondda A.C.	51.39	38
239	C. Ashworth	(55) Dursley & District Athletic Club	51.47	37
240	D. Proffitt	(55) Newport Harriers Athletic Club	52.05	36
241	A. Russell	(40) Taf Running & Orienteering Teams	52.09	35
242	D.E. Williams	(45) Les Croupiers Running Club	52.11	34
243	J. Fullalove	(23) Islwyn Running Club	52.16	33
244	A. Bridge	(40) Wells City Harriers	52.22	32
245	P. Morfey	(55) Cardiff Harlequins	52.30	31
246	P. Evans	Brecon Athletic Club	52.36	30
247	G. Trueman	(60) Stroud & District Athletic Club	52.51	29
248	S. Pearce	Newport Harriers Athletic Club	52.53	28
249	D. Suttle	(23) Cardiff University Harriers	53.30	27
250	G. Jones	(50) Port Talbot Harriers & A. C.	53.38	26
251	H. Attwood	(60) Lliswerry Runners	53.48	25
252	R. Hobbs	(65) Dursley & District Athletic Club	54.06	24
253	S. Proud	Great Western Runners	54.35	23
254	M. Rossiter	(50) Les Croupiers Running Club	54.56	22
255	C. Bennett	(60) Great Western Runners	55.13	21
256	M. Bennett	(60) Great Western Runners	55.42	20
257	J. Hurford	(55) Great Western Runners	55.49	19
258	S. Duncan	(50) Chepstow Harriers	55.51	18
259	P. Mainstone	(60) Thornbury Running Club	56.08	17
260	J. Aston	(65) Les Croupiers Running Club	56.17	16
261	R. Davey	(65) Les Croupiers Running Club	56.47	15
262	N. Jackson	(45) Lliswerry Runners	57.14	14

263	D. Davies	(60) Les Croupiers Running Club	57.33	13
264	J. Davies	(60) Port Talbot Harriers & A. C.	57.54	12
265	D. Bateman	(45) Lliswerry Runners	58.11	11
266	A. Ralph	(50) Lliswerry Runners	59.24	10
267	D. Crawley	(45) Brecon Athletic Club	59.54	9
268	N. Chipper	(50) Lliswerry Runners	61.22	8
269	I. Swanson	(60) Port Talbot Harriers & A. C.	66.27	7

## Gwent Cross Country League 2012-2013

### 10 November 2012 : Parc de Pugh, Brecon

#### Senior Women (153 Starters)

Pos	Athlete	Club	Time	Pts
1	S. Edwards	Swansea Harriers Athletic Club	21.33	153
2	R. Clarke	(23) University of Bath	21.54	152
3	K. Matthews	(35) Chepstow Harriers	22.33	151
4	K. Roberts	Bridgend Athletic Club	22.44	150
5	F. Dannah	(35) North Somerset	22.49	149
6	A. Howarth	(23) Cardiff University Harriers	23.01	148
7	S. Turvey	(23) Cardiff University Harriers	23.03	147
8	F. Prentice	(23) University of Bath	23.05	146
9	E. Brown	Cardiff Metropolitan University	23.07	145
10	S. Wilder	San Domenico Road Runners Club	23.35	144
11	H. Woodman	Guest	23.38	Guest
12	C. Phillips	(40) Port Talbot Harriers & A. C.	23.40	143
13	J. Horler	(40) Chepstow Harriers	23.45	142
14	L. Richens	Westbury Harriers	23.47	141
15	Z. Barber	(23) Westbury Harriers	23.58	140
16	F. Langridge	(23) Cardiff Metropolitan University	24.00	139
17	C. Green	Bristol and West Athletic Club	24.02	138



18	V. McConnell	(55)	Bristol and West Athletic Club	24.11	137
19	C. Hughes	(23)	Les Croupiers Running Club	24.13	136
20	D. Kennedy		Bristol and West Athletic Club	24.22	135
21	J. Belayavin		Bristol and West Athletic Club	24.30	134
22	M. Watson	(45)	Taf Running & Orienteering Teams	24.49	133
23	V. Tester		Westbury Harriers	24.50	132
24	R. Jinny-Jones		Pont-y-Pwl & District Runners	24.51	131
25	E. Bayliss		Pont-y-Pwl & District Runners	24.55	130
26	S. Harris		Chepstow Harriers	24.59	129
27	J. Osborn	(23)	Cardiff University Harriers	25.02	128
28	L. Copp	(45)	Neath Harriers	25.04	127
29	J. Coker	(50)	Les Croupiers Running Club	25.06	126
30	E. Tremlett		Taf Running & Orienteering Teams	25.16	125
31	K. Winstone		Westbury Harriers	25.29	124
32	L. Davies		Cardiff Amateur Athletic Club	25.32	123
33	S. Everitt	(45)	Bristol and West Athletic Club	25.36	122
34	E. Journeaux	(23)	Westbury Harriers	25.42	121
35	H. Jessop	(35)	Les Croupiers Running Club	25.45	120
36	E. Gonzalez		Westbury Harriers	25.46	119
37	A. Nichols		Bristol and West Athletic Club	25.48	118
38	M. Smith		San Domenico Road Runners Club	26.03	117
39	T. Chick		Westbury Harriers	26.04	116
40	H. Duffield	(40)	Chepstow Harriers	26.12	115
41	G. Hardman	(35)	Bridgend Athletic Club	26.29	114
42	S. Toop		Pont-y-Pwl & District Runners	26.32	113
43	L. Ellis		Great Western Runners	26.35	112
44	V. Lawson	(40)	Chepstow Harriers	26.41	111
45	S. Kent-Ryan	(23)	Cardiff Metropolitan University	26.43	110
46	J. Phillips	(45)	Llanelli Amateur Athletic Club	26.44	109
47	N. Prosser (ind)	(23)	Cardiff University Harriers	26.49	108
48	S. Lloyd		Team Bath	26.51	107
49	L. Eynon	(50)	Taf Running & Orienteering Teams	26.56	106
50	K. Elliot	(23)	Westbury Harriers	27.00	105
51	E. Pearson	(23)	Cardiff University Harriers	27.01	104
52	L. Summers	(45)	Chepstow Harriers	27.03	103
53	C. Davies		Sarn Helen Orienteering & R. C.	27.05	102
54	A. Hurford	(50)	Bristol and West Athletic Club	27.10	101
55	L. Fraizer-Cox	(23)	Cardiff University Harriers	27.11	100
56	K. Young	(23)	Cardiff University Harriers	27.13	99

57	E. Lagomarsino	(23) Cardiff University Harriers	27.18	98
58	C. Tailby	(40) Les Croupiers Running Club	27.19	97
59	W. Boon	(50) Les Croupiers Running Club	27.22	96
60	G. Dando	Bridgend Athletic Club	27.26	95
61	H. Willoughby	(45) Sarn Helen Orienteering & R. C.	27.31	94
62	S. McCarthy	(35) Les Croupiers Running Club	27.32	93
63	S. Thorne	Westbury Harriers	27.33	92
64	M. Morris	(35) Port Talbot Harriers & A. C.	27.35	91
65	B. Sargeant	Westbury Harriers	27.38	90
66	L. Pick	(35) Westbury Harriers	27.40	89
67	A. Hurman	(45) Penarth and Dinas Runners	27.41	88
68	L. Hunt	(23) Cardiff University Harriers	27.45	87
69	R. Rowland	(45) Thornbury Running Club	27.50	86
70	A. Davies	Bristol and West Athletic Club	27.53	85
71	S. Phillips	(45) Swansea Harriers Athletic Club	27.54	84
72	S. Kenshole	(23) Cardiff Metropolitan University	27.55	83
73	L. Howells	Lliswerry Runners	27.56	82
74	A. Moon	(23) Cardiff University Harriers	28.03	81
75	B. Colquhoun	Bristol and West Athletic Club	28.04	80
76	C. Bleasdale	(40) Taf Running & Orienteering Teams	28.06	79
77	C. Watt	(45) Thornbury Running Club	28.19	78
78	M. Falck	(35) Les Croupiers Running Club	28.20	77
79	C. Jones	(50) Taf Running & Orienteering Teams	28.21	76
80	V. Groves	(23) Cardiff University Harriers	28.27	75
81	E. Oughton	(40) Great Western Runners	28.29	74
82	V. Woodsford	San Domenico Road Runners Club	28.34	73
83	B. Jones	(35) Brecon Athletic Club	28.38	72
84	J. Skilton	(50) San Domenico Road Runners Club	28.43	71
85	V. Ford	(50) Great Western Runners	28.48	70
86	R. Dorell	Caerleon Running Club	28.50	69
87	M. Richards	(35) Islwyn Running Club	28.51	68
88	S. Baker	(40) Wells City Harriers	28.56	67
89	A. Arnould	(23) Swansea Harriers Athletic Club	28.59	66
90	B. Commins	(40) Chepstow Harriers	29.02	65
91	C. Williams	(35) Islwyn Running Club	29.07	64
92	V. Howlett	(35) Westbury Harriers	29.08	63
93	R. Curtis	(23) Cardiff University Harriers	29.09	62
94	S. Tucker	(45) Westbury Harriers	29.10	61
95	J. Scholey	(50) Les Croupiers Running Club	29.12	60

96	C. Olivant	(35) Brecon Athletic Club	29.17	59
97	J. Cummins	(35) Westbury Harriers	29.31	58
98	A. Bull	(45) Westbury Harriers	29.32	57
99	R. Treharne	(45) Islwyn Running Club	29.33	56
100	P. Williams	(50) Port Talbot Harriers & A. C.	29.39	55
101	Y. Bullen	(45) Les Croupiers Running Club	29.41	54
102	S. Rees	(45) Brecon Athletic Club	29.43	53
103	L. O'Shaughnessy	(35) Westbury Harriers	29.45	52
104	L. Matthews	Guest	29.51	Guest
105	J. Ash	(35) Les Croupiers Running Club	29.57	51
106	B. Lewis	(35) Les Croupiers Running Club	29.58	50
107	M. Phillips	(50) Amman Valley Harriers	30.00	49
108	S. Flannagan	(23) Cardiff University Harriers	30.02	48
109	S. Ashton	Lliswerry Runners	30.24	47
110	E. Luke	Penarth and Dinas Runners	30.36	46
111	E. Parkin	(23) Cardiff Metropolitan University	30.40	45
112	C. Goldsmid	(45) Wells City Harriers	31.00	44
113	N. Davies	(40) Thornbury Running Club	31.09	43
114	A. Whittaker	(45) Les Croupiers Running Club	31.22	42
115	J. Jenkins	(50) Fairwater Runners	31.32	41
116	F. Williams	(45) San Domenico Road Runners Club	31.42	40
117	L. Dix	Thornbury Running Club	31.52	39
118	M. Amblin	(35) Les Croupiers Running Club	31.59	38
119	Z. Cumpstone	Lliswerry Runners	32.00	37
120	T. Rossiter	(50) Les Croupiers Running Club	32.04	36
121	L. Lewis	Bridgend Athletic Club	32.12	35
122	A. Jones	Taf Running & Orienteering Teams	32.20	34
123	N. Donovan	(40) Pont-y-Pwl & District Runners	32.47	33
124	J. Mills	(55) Thornbury Running Club	32.52	32
125	J. Lewis	(45) Islwyn Running Club	33.03	31
126	S. Richards	(55) Brecon Athletic Club	33.15	30
127	C. Vorres	(50) Pont-y-Pwl & District Runners	33.27	29
128	M. Barrington	(45) Penarth and Dinas Runners	33.31	28
129	L. Bateman	(45) Lliswerry Runners	33.33	27
130	B. Wilkinson	(45) San Domenico Road Runners Club	33.54	26
131	E. Noonan	(55) Westbury Harriers	34.07	25
132	R. Havers	Chepstow Harriers	34.20	24
133	A. Wendt	Penarth and Dinas Runners	34.28	23
134	G. MacPherson	(45) Wells City Harriers	34.30	22

135	G. Howells	(60) Caerleon Running Club	34.34	21
136	L. Hall	(45) Westbury Harriers	34.40	20
137	A. Pace	(45) Penarth and Dinas Runners	34.49	19
138	S-L. Thompson	(35) Les Croupiers Running Club	35.14	18
139	S. Cregan	(45) Lliswerry Runners	35.14	17
140	C. Fee	(35) Westbury Harriers	35.27	16
141	A. Goodfellow	(35) Penarth and Dinas Runners	35.29	15
142	I. Davies	Les Croupiers Running Club	35.33	14
143	R. Davies	(60) Great Western Runners	35.39	13
144	S. Baldry	(45) Penarth and Dinas Runners	35.44	12
145	C. Scapens	(45) Westbury Harriers	35.52	11
146	Y. Forsey	(50) Lliswerry Runners	36.26	10
147	A. Thompson	(50) Les Croupiers Running Club	36.55	9
148	P. Thomas	(70) Taf Running & Orienteering Teams	37.27	8
149	J. Dukes	(35) Wells City Harriers	37.58	7
150	P. Parr	(60) Great Western Runners	43.17	6
151	A. Corbett	(55) Brecon Athletic Club	43.46	5
152	H. Williams	(35) Aberdare Valley A. A. C.	48.28	4
153	A. Butler	(70) Great Western Runners	49.40	3