

Gwent Cross Country League 2011-2012

4 December 2011 : Singleton Park, Swansea

Senior Men (263 Starters)

Pos	Athlete	Club	Time	Pts
1	B. Nagy	(23) University of Bath	28.48	263
2	W. Evans	Carmarthen & District Harriers A.C.	29.23	262
3	A. Davies	(45) Brecon Athletic Club	29.29	261
4	T. Phillips	(23) University of Wales Inst. Cardiff	29.46	260
5	J. Dalglish	(23) Stroud & District Athletic Club	29.52	259
6	M. Johnson	Bristol and West Athletic Club	30.00	258
7	J. Mills	Cardiff Amateur Athletic Club	30.22	257
8	R. Gardiner	Aberdare Valley A. A. C.	30.32	256
9	M. Roberts	(40) Swansea Harriers Athletic Club	30.49	255
10	C. Pristavec	Les Croupiers Running Club	30.55	254
11	N. Wood	(23) University of Wales Inst. Cardiff	31.13	253
12	M. Ellis	Westbury Harriers	31.21	252
13	J. Collier	Westbury Harriers	31.25	251
14	M. Wells	Bridgend Athletic Club	31.48	250
15	E. Penny	(23) University of Wales - Swansea	31.49	249
16	A. Glover	(35) Westbury Harriers	31.53	248
17	P. Hart	(23) Cardiff University Harriers	31.58	247
18	D. Coales	(40) Team Bath	32.03	246
19	E. Ibrahim	Cardiff Amateur Athletic Club	32.13	245
20	N. Dukes	Les Croupiers Running Club	32.16	244
21	C. Williams	(40) Neath Harriers	32.26	243
22	I. Lloyd	(50) Swansea Harriers Athletic Club	32.31	242
23	C. Hudson	(23) University of Bath	32.33	241
24	D. Jones	Team Bath	32.35	240

25	M. Emery	Bridgend Athletic Club	32.36	239
26	H. Matthews	Brecon Athletic Club	32.37	238
27	C. Green	(23) University of Wales Inst. Cardiff	32.38	237
28	M. Emery	(23) University of Bath	32.42	236
29	J. Terry	(35) Westbury Harriers	32.46	235
30	P. Coles	(45) Pontypridd Athletic Club	32.48	234
31	C. Hill	(23) Aberdare Valley A. A. C.	32.51	233
32	R. Mann	(23) University of Wales - Swansea	32.53	232
33	L. Rawlinson	Caerleon Running Club	32.56	231
34	P. Talbot	(40) Neath Harriers	32.57	230
35	M. Palser	Les Croupiers Running Club	33.02	229
36	J. Baker	(40) Les Croupiers Running Club	33.10	228
37	A. Davies	Newport Harriers Athletic Club	33.16	227
38	H. Aggleton	Cardiff Harlequins	33.18	226
39	D. Bodman	(23) Aberdare Valley A. A. C.	33.22	225
40	A. Donald	Cardiff Amateur Athletic Club	33.26	224
41	C. Fulcher	(40) Port Talbot Harriers & A. C.	33.31	223
42	A. Hodgson	(40) Bridgend Athletic Club	33.35	222
43	K. Dunn	Westbury Harriers	33.36	221
44	M. Windsor	San Domenico Road Runners Club	33.42	220
45	T. Guest	(45) Swansea Harriers Athletic Club	33.47	219
46	B. Fanshawe	(23) University of Bath	33.49	218
47	B. Moon	Cardiff Harlequins	33.50	217
48	N. Somerville	(50) Wells City Harriers	33.52	216
49	G. Price	(40) Sarn Helen Orienteering & R. C.	33.53	215
50	G. Lynch	(35) Les Croupiers Running Club	33.55	214
51	A. Roberts	(23) Taf Running & Orienteering Teams	33.57	213
52	J. McBrien	(23) University of Bath	33.58	212
53	C. Jones	Westbury Harriers	33.59	211
54	R. Sage	(35) Les Croupiers Running Club	34.02	210
55	A. Anderson	3M Gorseinon Road Runners	34.13	209
56	M. Davies	(40) Sarn Helen Orienteering & R. C.	34.17	208
57	S. Shields	San Domenico Road Runners Club	34.18	207
58	M. Havard	(45) San Domenico Road Runners Club	34.19	206
59	S. Smith	(50) Swansea Harriers Athletic Club	34.20	205
60	R. Bullen	(50) Les Croupiers Running Club	34.21	204
61	N. Jones	Amman Valley Harriers	34.22	203
62	A. Harper	(23) University of Wales - Swansea	34.23	202
63	D. Lewis	Sarn Helen Orienteering & R. C.	34.24	201

64	B. Davies	(23) University of Wales - Swansea	34.31	200
65	M. Whittle	(35) San Domenico Road Runners Club	34.32	199
66	R. Mulvany	(35) Neath Harriers	34.34	198
67	D. Vorres	(45) Griffithstown Harriers A. A. C.	34.36	197
68	S. Crees	Les Croupiers Running Club	34.37	196
69	D. Williams	Aberdare Valley A. A. C.	34.38	195
70	M. Hurford	(35) Les Croupiers Running Club	34.40	194
71	K. Ham	(50) Westbury Harriers	34.42	193
72	M. Evans	(40) Taf Running & Orienteering Teams	34.45	192
73	J. Morris	Amman Valley Harriers	34.47	191
74	Peter Crane	(50) Neath Harriers	34.56	190
75	P. Sowerby	(45) Brecon Athletic Club	35.00	189
76	C. Priest	(23) Cardiff University Harriers	35.02	188
77	R. Self	(45) Les Croupiers Running Club	35.12	187
78	S. Masters	(50) Wells City Harriers	35.15	186
79	I. Webb	(50) Llanelli Amateur Athletic Club	35.17	185
80	M. Harvey	Chepstow Harriers	35.23	184
81	C. Palmer	Westbury Harriers	35.26	183
82	G. Williams	(35) Aberdare Valley A. A. C.	35.27	182
83	P. Coker	(50) Les Croupiers Running Club	35.28	181
84	R. Evans	Pontypridd Athletic Club	35.34	180
85	D. Wintle	(55) Great Western Runners	35.35	179
86	R. Hunt	(45) Bridgend Athletic Club	35.38	178
87	R. Phillips	(35) Westbury Harriers	35.45	177
88	M. McGeoch	(55) Les Croupiers Running Club	35.47	176
89	G. Robinson	Stroud & District Athletic Club	35.49	175
90	J. Apple	Les Croupiers Running Club	35.50	174
91	A. Cleves	(35) Les Croupiers Running Club	35.52	173
92	M. Williams	(45) Les Croupiers Running Club	35.53	172
93	R. Annett	(23) Cardiff University Harriers	35.55	171
94	I. Roberts	(45) Stroud & District Athletic Club	35.56	170
95	R. Reissman	(35) Swansea Harriers Athletic Club	35.58	169
96	N. Clement	(50) Penarth and Dinas Runners	35.59	168
97	E. Ball	(35) San Domenico Road Runners Club	36.03	167
98	I. Harris	3M Gorseinon Road Runners	36.04	166
99	L. Morris	3M Gorseinon Road Runners	36.06	165
100	M. Bull	(23) Cardiff University Harriers	36.09	164
101	A. Gardiner	San Domenico Road Runners Club	36.10	163
102	J. Morgan	(45) Bridgend Athletic Club	36.13	162

103	T. Gd	(23)	University of Wales - Swansea	36.16	161
104	E. Lepore	(55)	Les Croupiers Running Club	36.17	160
105	P. Osborne	(50)	Swansea Harriers Athletic Club	36.20	159
106	C. Allton	(45)	Swansea Harriers Athletic Club	36.22	158
107	L. Carter	(50)	Chepstow Harriers	36.28	157
108	J. Tremlett	(35)	Taf Running & Orienteering Teams	36.29	156
109	R. Thompson	(45)	Pembrokeshire Harriers	36.32	155
110	M. Hopkins		Les Croupiers Running Club	36.33	154
111	R. Jones	(50)	Swansea Harriers Athletic Club	36.34	153
112	M. Lewis	(40)	Cwmbran Harriers	36.38	152
113	M. Murphy	(55)	Les Croupiers Running Club	36.40	151
114	D. Bedwell	(50)	Bristol and West Athletic Club	36.41	150
115	S. Richards		Swansea Harriers Athletic Club	36.48	149
116	A. Pitt	(45)	Stroud & District Athletic Club	36.53	148
117	P. Kellam	(45)	Les Croupiers Running Club	36.54	147
118	K. Jackson	(50)	Dursley & District Athletic Club	36.55	146
119	M. Hooper		Les Croupiers Running Club	36.57	145
120	G. Sansom	(45)	San Domenico Road Runners Club	37.03	144
121	J. Bailey-Gard (jun)		Westbury Harriers	37.06	143
122	J. O'Shea	(55)	Les Croupiers Running Club	37.10	142
123	P. Darton	(35)	Wells City Harriers	37.11	141
124	J. Davies	(45)	Neath Harriers	37.14	140
125	R. Hopkins		Thornbury Running Club	37.21	139
126	S. Williams	(50)	Neath Harriers	37.25	138
127	M. Parkes		Les Croupiers Running Club	37.29	137
128	M. Dunscombe	(50)	Sarn Helen Orienteering & R. C.	37.31	136
129	J. Cleall-Harding	(55)	Les Croupiers Running Club	37.33	135
130	S. Wilson	(40)	Swansea Harriers Athletic Club	37.35	134
131	K. Lewis	(50)	Neath Harriers	37.38	133
132	G. Griffiths		Les Croupiers Running Club	37.42	132
133	G. Davies		Llanelli Amateur Athletic Club	37.44	131
134	P. Rees	(40)	3M Gorseinon Road Runners	37.46	130
135	M. Tabor	(55)	Les Croupiers Running Club	37.48	129
136	J. Bruce	(35)	Les Croupiers Running Club	38.07	128
137	P. Chan (ind)	(40)	Great Western Runners	38.08	127
138	T. Hesslenberg	(23)	Cardiff University Harriers	38.09	126
139	K. Taylor	(50)	Amman Valley Harriers	38.10	125
140	J. Lam	(35)	San Domenico Road Runners Club	38.11	124
141	S. Cable		3M Gorseinon Road Runners	38.23	123

142	S. Morath		Penarth and Dinas Runners	38.25	122
143	R. Hayes		Aberdare Valley A. A. C.	38.30	121
144	H. Carpenter	(55)	Neath Harriers	38.36	120
145	V. Edwards		Cardiff Harlequins	38.43	119
146	J. Dickinson	(40)	Taf Running & Orienteering Teams	38.49	118
147	S. Jones	(23)	University of Wales - Swansea	38.51	117
148	R. Morris	(60)	San Domenico Road Runners Club	38.55	116
149	E. Cummings	(40)	Les Croupiers Running Club	38.59	115
150	C. Osmond	(50)	Les Croupiers Running Club	39.00	114
151	G. Cole	(40)	Wells City Harriers	39.01	113
152	A. Blair	(45)	Les Croupiers Running Club	39.04	112
153	C. Dixon	(40)	Pembrokeshire Harriers	39.07	111
154	J. Greene	(23)	University of Wales - Swansea	39.20	110
155	H. Mason	(40)	Caerleon Running Club	39.26	109
156	T. Jefferies	(65)	Westbury Harriers	39.27	108
157	A. Davies		Les Croupiers Running Club	39.29	107
158	G. Morgan		3M Gorseinon Road Runners	39.30	106
159	A. Bunney	(40)	Aberdare Valley A. A. C.	39.31	105
160	C. Nellins	(55)	Penarth and Dinas Runners	39.38	104
161	S. Merrick	(45)	Swansea Harriers Athletic Club	39.46	103
162	R. Taylor		Chepstow Harriers	39.48	102
163	J. Pocknell	(40)	Caerleon Running Club	39.50	101
164	I. McDonald	(45)	San Domenico Road Runners Club	39.52	100
165	P. Bristow	(50)	San Domenico Road Runners Club	39.54	99
166	D. Gardner	(40)	Westbury Harriers	39.55	98
167	O. Lewis	(40)	3M Gorseinon Road Runners	39.57	97
168	G. Wise		Cardiff University Harriers	39.58	96
169	S. Partridge	(55)	Neath Harriers	39.59	95
170	M. Terry	(50)	Taf Running & Orienteering Teams	40.03	94
171	A. Davidson		Les Croupiers Running Club	40.10	93
172	R. Whitcombe	(55)	Wells City Harriers	40.13	92
173	P. Chadwick	(50)	Wells City Harriers	40.14	91
174	S. Arnold	(40)	Wells City Harriers	40.16	90
175	D. Cornish	(45)	Port Talbot Harriers & A. C.	40.23	89
176	C. Davies	(35)	San Domenico Road Runners Club	40.25	88
177	J. Hargreaves	(55)	Great Western Runners	40.33	87
178	A. Mason	(50)	Les Croupiers Running Club	40.39	86
179	M. Hopkins	(45)	Westbury Harriers	40.41	85
180	J. Bailey-Gard (sen)	(60)	Westbury Harriers	40.43	84

181	B. Hall	(40)	Weston Athletic Club	40.44	83
182	D. Coles		Great Western Runners	40.46	82
183	D. Yarnold		Taf Running & Orienteering Teams	40.47	81
184	I. Hoskins		3M Gorseinon Road Runners	40.52	80
185	S. Hughes	(23)	Aberdare Valley A. A. C.	40.54	79
186	M. Evans	(50)	Neath Harriers	40.55	78
187	S. Bridges	(45)	Aberdare Valley A. A. C.	40.57	77
188	R. Sandles	(40)	3M Gorseinon Road Runners	41.04	76
189	M. Davies	(50)	Lliswerry Runners	41.05	75
190	I. Evans		Aberystwyth Athletic Club	41.06	74
191	S. Alexander	(45)	Les Croupiers Running Club	41.07	73
192	R. Evans	(40)	Penarth and Dinas Runners	41.08	72
193	S. Hazel	(40)	Les Croupiers Running Club	41.10	71
194	U. Kumari	(60)	Swansea Harriers Athletic Club	41.21	70
195	L. Price	(23)	University of Wales - Swansea	41.29	69
196	A. Perkins	(60)	Port Talbot Harriers & A. C.	41.32	68
197	C. Hold	(35)	Swansea Harriers Athletic Club	41.33	67
198	D. Hardie	(50)	3M Gorseinon Road Runners	41.35	66
199	E. Davey	(60)	Llanelli Amateur Athletic Club	41.38	65
200	D. Jones	(23)	Aberdare Valley A. A. C.	41.50	64
201	G. John	(50)	Les Croupiers Running Club	42.04	63
202	R. Sewell	(50)	Les Croupiers Running Club	42.09	62
203	G. Viner	(50)	Caerleon Running Club	42.11	61
204	J. Cant		Westbury Harriers	42.20	60
205	Les Watson	(50)	Taf Running & Orienteering Teams	42.28	59
206	M. Taylor		Barry & Vale Harriers A. A. C.	42.30	58
207	D. Shields	(45)	San Domenico Road Runners Club	42.32	57
208	R. Webster	(50)	3M Gorseinon Road Runners	42.36	56
209	M. Evans	(35)	San Domenico Road Runners Club	42.37	55
210	N. Langridge	(55)	Thornbury Running Club	42.38	54
211	D.E. Williams	(45)	Les Croupiers Running Club	42.48	53
212	G. Jenkins	(40)	Amman Valley Harriers	42.52	52
213	N. Pringle	(50)	Lliswerry Runners	42.55	51
214	D. Smout	(60)	Parc Bryn Bach Runners	42.59	50
215	D. James		Brecon Athletic Club	43.18	49
216	N. Simms		Cardiff Harlequins	43.24	48
217	A. Croucher	(23)	University of Wales - Swansea	43.26	47
218	J. Horner		Les Croupiers Running Club	43.28	46
219	A. Bridge	(40)	Wells City Harriers	43.33	45

220	P. Holder	(50)	Cardiff Harlequins	43.34	44
221	G. Howe	(50)	3M Gorseinon Road Runners	43.37	43
222	J. Jones	(40)	Pontypridd Athletic Club	43.51	42
223	A. Dunscombe	(45)	Pontypridd Athletic Club	43.57	41
224	C. Anthony	(65)	Port Talbot Harriers & A. C.	44.00	40
225	M. Bennett	(60)	Great Western Runners	44.12	39
226	B. Mogford	(50)	Amman Valley Harriers	44.20	38
227	G. Trueman	(60)	Stroud & District Athletic Club	44.23	37
228	A. Lomvardos	(40)	Westbury Harriers	44.32	36
229	P. Deacon	(50)	Swansea Harriers Athletic Club	44.35	35
230	P. Morfey	(55)	Cardiff Harlequins	44.40	34
231	D. Proffitt	(55)	Newport Harriers Athletic Club	44.42	33
232	E. Rees	(45)	San Domenico Road Runners Club	44.45	32
233	C. Edwards	(40)	Pontypridd Athletic Club	44.52	31
234	D. Hughes	(40)	Bridgend Athletic Club	45.21	30
235	R. Hobbs	(60)	Dursley & District Athletic Club	45.27	29
236	A. Taylor	(50)	Caerleon Running Club	45.30	28
237	T. Fenton	(50)	Great Western Runners	45.33	27
238	R. Perons	(45)	Les Croupiers Running Club	45.38	26
239	R. Anderson	(70)	Llswerry Runners	45.43	25
240	P. Mainstone	(60)	Thornbury Running Club	45.47	24
241	M. James	(65)	Les Croupiers Running Club	45.58	23
242	G. Rees	(45)	Les Croupiers Running Club	46.09	22
243	J. Aston	(60)	Les Croupiers Running Club	46.19	21
244	R. Sherwood	(65)	Carmarthen & District Harriers A.C.	46.32	20
245	R. Poiner		3M Gorseinon Road Runners	46.49	19
246	T. Jones	(35)	Sarn Helen Orienteering & R. C.	47.21	18
247	M. Rossiter	(50)	Les Croupiers Running Club	47.43	17
248	D. Fiebig	(50)	Great Western Runners	48.38	16
249	C. Bennett	(55)	Great Western Runners	49.23	15
250	H. Attwood	(60)	Llswerry Runners	49.43	14
251	J. Davies	(60)	Port Talbot Harriers & A. C.	51.03	13
252	D. Breen	(55)	Porthcawl Runners Life	51.12	12
253	M. Halsall		Llanelli Amateur Athletic Club	52.27	11
254	D. Davies	(60)	Les Croupiers Running Club	53.11	10
255	I. Swanson	(60)	Port Talbot Harriers & A. C.	54.22	9
256	S. Selwyn	(45)	Thornbury Running Club	56.33	8
257	M. Bullough	(50)	University of Wales - Swansea	57.20	Guest

Gwent Cross Country League 2011-2012

4 December 2011 : Singleton Park, Swansea

Senior Women (154 Starters)

Pos	Athlete	Club	Time	Pts
1	A. Whitcombe	(40) Swansea Harriers Athletic Club	17.28	154
2	A. Grady	University of Bath	18.52	153
3	K. Roberts	Bridgend Athletic Club	19.08	152
4	D. Kennedy	Bristol and West Athletic Club	19.34	151
5	C. Phillips	(40) Port Talbot Harriers & A. C.	19.39	150
6	K. Beecher	Les Croupiers Running Club	19.44	149
7	S. Haikala	(40) Brecon Athletic Club	19.50	148
8	A. Nixon	(50) Forest of Dean Athletic Club	19.52	147
9	R. Jinny-Jones	Griffithstown Harriers A. A. C.	19.56	146
10	R. Underhill	(23) Cardiff University Harriers	20.05	145
11	A. Davies	(23) University of Bath	20.07	144
12	L. O'Duffy	(40) Les Croupiers Running Club	20.11	143
13	L. Smith	Westbury Harriers	20.16	142
14	S. Turvey	(23) Cardiff University Harriers	20.18	141
15	M. Watson	(45) Taf Running & Orienteering Teams	20.26	140
16	E. Bayliss	Griffithstown Harriers A. A. C.	20.30	139
17	H. Marshall	Aberystwyth Athletic Club	20.30	138
18	J. Coker	(50) Les Croupiers Running Club	20.33	137
19	V. Tester	Westbury Harriers	20.39	136
20	C. Skinner	(23) University of Wales Inst. Cardiff	20.52	135
21	E. Goodwin-Jones	Taf Running & Orienteering Teams	20.56	134
22	L. Davies	Cardiff Amateur Athletic Club	21.00	133
23	S. Thomas	(23) Cardiff University Harriers	21.02	132

24	E. Relton	(23) University of Wales - Swansea	21.06	131
25	N. Gethin	(40) Parc Bryn Bach Runners	21.18	130
26	A-M. Harris	(40) Parc Bryn Bach Runners	21.21	129
27	K. Morgan	Pontypridd Athletic Club	21.23	128
28	V. Lawson	(40) Chepstow Harriers	21.32	127
29	K. Prior	(35) Wells City Harriers	21.41	126
30	A. Rhys	Les Croupiers Running Club	21.46	125
31	K. Murray	(35) Taf Running & Orienteering Teams	21.49	124
32	S. McCarthy	(35) Les Croupiers Running Club	21.52	123
33	C. Griffiths	Bridgend Athletic Club	21.56	122
34	D. Reid	(45) 3M Gorseinon Road Runners	21.58	121
35	J. Becker	(35) Les Croupiers Running Club	21.59	120
36	A. Lyons	Les Croupiers Running Club	22.02	119
37	C. Watt	(45) Thornbury Running Club	22.03	118
38	E. Oughton	(40) Great Western Runners	22.06	117
39	G. Hardman	(45) Bridgend Athletic Club	22.08	116
40	L. Cleary	(45) Penarth and Dinas Runners	22.10	115
41	L. Kirwan	Les Croupiers Running Club	22.19	114
42	C. Tailby	(40) Les Croupiers Running Club	22.21	113
43	G. Dando	Bridgend Athletic Club	22.25	112
44	K. Winstone	Westbury Harriers	22.27	111
45	C. Jones	(50) Taf Running & Orienteering Teams	22.37	110
46	R. Rowland	(45) Thornbury Running Club	22.39	109
47	A. Saxena	(55) Newport Harriers Athletic Club	22.40	108
48	L. Eynon	(50) Taf Running & Orienteering Teams	22.43	107
49	E. Bowers	(35) Bristol and West Athletic Club	22.48	106
50	L. Summers	(40) Chepstow Harriers	22.49	105
51	R. Edworthy	(23) University of Wales - Swansea	22.55	104
52	W. Owen	(40) San Domenico Road Runners Club	23.02	103
53	S. Everitt	(40) Bristol and West Athletic Club	23.07	102
54	L. Miskell	(40) 3M Gorseinon Road Runners	23.16	101
55	R. Loudon	(45) Newport Harriers Athletic Club	23.22	100
56	J. Scholey	(50) Les Croupiers Running Club	23.28	99
57	F. Davies	(55) Pontypridd Athletic Club	23.31	98
58	H. Johnson	(35) Westbury Harriers	23.32	97
59	S. Wales	(45) Pontypridd Athletic Club	23.33	96
60	M. Morris	Port Talbot Harriers & A. C.	23.34	95
61	Z. Wildgoose	Westbury Harriers	23.36	94
62	S. Baker	(35) Wells City Harriers	23.41	93

63	M. Falck	(35) Les Croupiers Running Club	23.42	92
64	A. Hurman	(45) Penarth and Dinas Runners	23.44	91
65	P. Williams	(50) Port Talbot Harriers & A. C.	23.48	90
66	A. James	(60) Les Croupiers Running Club	23.49	89
67	C. Davies	Sarn Helen Orienteering & R. C.	23.59	88
68	G. Mayled	(23) Cardiff University Harriers	24.00	87
69	C. Brambley-Tucker	(40) Port Talbot Harriers & A. C.	24.02	86
70	V. Jones	Westbury Harriers	24.05	85
71	C. Turnbull	Great Western Runners	24.09	84
72	C. Dallimore	(55) Les Croupiers Running Club	24.10	83
73	C. Thomas	(45) Wells City Harriers	24.12	82
74	C. Cassidy	Parc Bryn Bach Runners	24.15	81
75	C. Haydock	(23) Newport Harriers Athletic Club	24.16	80
76	F. Hayward	(23) University of Wales - Swansea	24.20	79
77	E. Turner	(55) Les Croupiers Running Club	24.24	78
78	C. Jones	3M Gorseinon Road Runners	24.26	77
79	L. Richards	(45) Caerleon Running Club	24.27	76
80	V. Ford	(50) Great Western Runners	24.35	75
81	L. Barker	(23) Brecon Athletic Club	24.38	74
82	C. Greenslade	(55) Newport Harriers Athletic Club	24.39	73
83	T. Halliday	(45) Wells City Harriers	24.40	72
84	G. Smith	(45) Swansea Harriers Athletic Club	24.42	71
85	R. Curtis	(23) Cardiff University Harriers	24.45	70
86	C. Pocock	(23) Cardiff University Harriers	24.49	69
87	C. Hayes	(45) Cardiff Amateur Athletic Club	24.52	68
88	R. Harris	Penarth and Dinas Runners	24.59	67
89	J. Mills	(55) Thornbury Running Club	25.02	66
90	J. Oakley	(45) Port Talbot Harriers & A. C.	25.02	65
91	J. Austerberry	(35) Chepstow Harriers	25.07	64
92	K. Jones	(40) Neath Harriers	25.08	63
93	D. Howells	(35) Barry & Vale Harriers A. A. C.	25.10	62
94	S. Tucker	(35) Westbury Harriers	25.13	61
95	A. Rowell	(55) Taf Running & Orienteering Teams	25.15	60
96	Y. Bullen	(45) Les Croupiers Running Club	25.18	59
97	F. Machin	(35) Les Croupiers Running Club	25.19	58
98	E. Morgan	(23) University of Wales - Swansea	25.22	57
99	Y. Williams	(55) Penarth and Dinas Runners	25.25	56
100	L. Williams	3M Gorseinon Road Runners	25.27	55
101	S. Flanagan	(23) Cardiff University Harriers	25.29	54

102	V. Howlett	(35)	Westbury Harriers	25.29	53
103	E. Connor		Penarth and Dinas Runners	25.36	52
104	R. Hambrook	(60)	Porthcawl Runners Life	25.40	51
105	D. Eyre	(45)	3M Gorseinon Road Runners	25.45	50
106	E. Page	(45)	Sarn Helen Orienteering & R. C.	25.52	49
107	R. Sampson-Goreski	(23)	University of Bath	25.58	48
108	C. Lafon		San Domenico Road Runners Club	26.14	47
109	B. Tucker	(40)	Brecon Athletic Club	26.18	46
110	M. Monk	(60)	Parc Bryn Bach Runners	26.21	45
111	C. Cummins		Brecon Athletic Club	26.22	44
112	A. Rackham		Caerleon Running Club	26.24	43
113	J. Edwards	(35)	Pontypridd Athletic Club	26.29	42
114	J. Otteson	(40)	3M Gorseinon Road Runners	26.31	41
115	L. Lewis		Bridgend Athletic Club	26.39	40
116	G. Edwards	(45)	Les Croupiers Running Club	26.42	39
117	B. Wilkinson	(45)	San Domenico Road Runners Club	26.48	38
118	S. Adkins	(60)	Caerleon Running Club	26.49	37
119	C. Vorres	(50)	Griffithstown Harriers A. A. C.	26.51	36
120	L. Rees	(50)	3M Gorseinon Road Runners	26.56	35
121	E. Kelleher	(35)	Porthcawl Runners Life	27.16	34
122	L. Phillips	(35)	Blaenau Gwent	27.20	33
123	M. Phillips	(35)	Amman Valley Harriers	27.38	32
124	T. Rossiter	(50)	Les Croupiers Running Club	27.46	31
125	R. Havers		Chepstow Harriers	28.00	30
126	V. Clare	(50)	Lliswerry Runners	28.06	29
127	S. Richards	(55)	Brecon Athletic Club	28.15	28
128	J. Mogford		Amman Valley Harriers	28.30	27
129	E. Noonan	(55)	Westbury Harriers	28.36	26
130	K. Chadwell	(35)	Les Croupiers Running Club	28.39	25
131	E. Arwyn	(55)	Les Croupiers Running Club	28.50	24
132	K. Ridgwell	(45)	Westbury Harriers	29.02	23
133	Y. Forsey	(50)	Lliswerry Runners	29.05	22
134	S. Mogford		Amman Valley Harriers	29.21	21
135	F. Sharpe	(50)	3M Gorseinon Road Runners	29.28	20
136	H. Phillips	(50)	Amman Valley Harriers	29.32	19
137	T. Talbot		Great Western Runners	29.58	18
138	J. Maragna	(55)	Penarth and Dinas Runners	29.59	17
139	P. Thomas	(65)	Taf Running & Orienteering Teams	30.01	16
140	L. Hall	(45)	3M Gorseinon Road Runners	30.04	15

141	C. Johnson	(65) Les Croupiers Running Club	30.09	14
142	G. Murphy	(55) Les Croupiers Running Club	30.11	13
143	L. Waller	(55) 3M Gorseinon Road Runners	30.13	12
144	J. Dakin	(45) Bridgend Athletic Club	30.20	11
145	A. Mogford	(45) Amman Valley Harriers	30.25	10
146	S. Perons	(45) Les Croupiers Running Club	30.59	9
147	M. Rowson	(60) Les Croupiers Running Club	31.15	8
148	L. Owens	(60) 3M Gorseinon Road Runners	32.26	7
149	C. Bannister	(45) Westbury Harriers	32.50	6
150	H. Williams	(35) Aberdare Valley A. A. C.	34.46	5
151	A. Butler	(70) Great Western Runners	40.46	4