

		Group	Legs	Leg 1	Leg 2	Leg 3	Leg 4	Fastest Leg - Club
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Senior Women

40	Swansea Harriers "A"	Senior Women	4	0:19:55	0:37:45	0:57:03	1:16:25	
40a	Elysia Ridley			0:19:55				0:17:50
40b	Amanda Jones				0:17:50			0:19:18
40c	Ellie Kirk					0:19:18		0:19:22
40d	Caroline Rimmer						0:19:22	0:19:55

66	Bridgend A C	Senior Women	4	0:19:07	0:39:40	0:58:40	1:20:45	
66a	Amy Reynolds			0:19:07				0:19:00
66b	Debbie Cooke				0:20:33			0:19:07
66c	Katie Roberts					0:19:00		0:20:33
66d	Jacqueline BRACE						0:22:05	0:20:33

44	Les Croupiers	Senior Women	4	0:20:15	0:40:48	1:02:45	1:22:06	
44a	Catherine Beecher			0:20:15				0:19:21
44b	Cheryl Hudgell				0:20:33			0:20:15
44c	Liz Ashton	non scoring				0:21:57		0:20:33
44d	Libby O'Duffy	non scoring					0:19:21	0:21:57

41	Swansea Harriers "B"	Senior Women	4	0:19:52	0:42:05	1:04:41	1:23:29	
41a	Efa Llewellyn			0:19:52				0:18:48
41b	Rebecca King				0:22:13			0:19:52
40a	Elysia Ridley					0:22:36		0:22:13
40b	Amanda Jones						0:18:48	0:22:36

43	San Domenico	Senior Women	4	0:21:14	0:43:53	1:11:56	1:33:24	
43a	Julia Clarke			0:21:14				0:21:14
43b	Wendy Owen				0:22:39			0:21:28
43c	Liz Morgan					0:28:03		0:22:39
43d	Sally Haselhurst						0:21:28	0:28:03

		Group	Legs	Leg 1	Leg 2	Leg 3	Leg 4	Fastest Leg - Club
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Senior Men

51	Cardiff A A C "A"	Senior Men	4	0:15:04	0:30:04	0:46:38	1:02:30	
51a	Nathaniel Lane			0:15:04				0:15:00
51b	Chris Moss				0:15:00			0:15:04

51c	Peter Ryder					0:16:34		0:15:52
51d	Matt Collins						0:15:52	0:16:34

46	Swansea Harriers "A"	Senior Men	4	0:17:03	0:32:33	0:48:00	1:03:23	
46a	Jon Williams			0:17:03				0:15:23
46b	Marc Hobbs				0:15:30			0:15:27
46c	Daniel Gurmin					0:15:27		0:15:30
46d	Lewis Hobbs						0:15:23	0:17:03

49	Carmarthen Harriers "A"	Senior Men	4	0:15:04	0:33:11	0:49:57	1:05:13	
49a	Adam Bitchell			0:15:04				0:15:04
49b	Paul Clarke				0:18:07			0:15:16
49c	Lee Ladd					0:16:46		0:15:16
49d	Dewi Griffiths						0:15:16	0:15:16

52	Cardiff A A C "B"	Senior Men	4	0:16:05	0:33:02	0:49:38	1:05:26	
52a	Tom Marshall			0:16:05				0:15:48
52b	Andrew Friend				0:16:57			0:15:48
52c	Ed Takata					0:16:36		0:15:48
52d	Lewys Winfield-Young						0:15:48	0:15:48

54	Newport Harriers "A"	Senior Men	4	0:15:49	0:34:25	0:51:08	1:09:35	
54a	Nathan Hardee			0:15:49				0:15:49
54b	Stuart Pearce				0:18:36			0:16:43
54c	Neil Hardee					0:16:43		0:16:43
54d	Eddie Hiscocks						0:18:27	0:18:27

Fastest Leg - Club

Group Legs Leg 1 Leg 2 Leg 3 Leg 4

56	Fairwater "A"	Senior Men	4	0:19:45	0:39:00	0:57:56	1:15:22	
56a	Jamie Arnold			0:19:45				0:17:26
56b	Kyle Harvey				0:19:15			0:17:26
56c	James Vernall					0:18:56		0:17:26
56d	Laurence Humphreys						0:17:26	0:16:57

60	Neath Harriers "A"	Senior Men	4	0:16:57	0:36:47	0:56:20	1:15:41	
60a	Mathew Evans			0:16:57				0:16:57
60b	Mitchell Aspland				0:19:50			0:19:21
60c	Rhys Jones					0:19:33		0:17:59
60d	Andrew Baker						0:19:21	0:17:59

47	Swansea Harriers "B"	Senior Men	4	0:17:59	0:36:56	0:53:50	1:16:04	
47a	Steven Richards			0:17:59				0:16:54
47b	Daniel Thomas				0:18:57			0:16:54
47c	Kristian Jones					0:16:54		0:16:54
47d	Kevin Corcoran						0:22:14	0:17:40

	Group	Legs	Leg 1	Leg 2	Leg 3	Leg 4	Fastest Leg - Club	
64	San Domenico	Senior Men	4	0:17:40	0:38:46	0:58:37	1:16:56	
64a	Jerome Edwards			0:17:40				0:17:40
64b	Lloyd Morgan				0:21:06			0:18:19
64c	Glyn Sansom					0:19:51		0:19:51
64d	Edward Donovan						0:18:19	0:21:06

57	Fairwater "B"	Senior Men	4	0:20:50	0:39:53	1:00:18	1:21:30	
57a	Michael Williams			0:20:50				0:19:03
57b	Peter Edwards				0:19:03			0:20:25
57c	Richard Thomas					0:20:25		0:20:50
57d	Grant Lewis						0:21:12	0:21:12

65	Bridgend A C	Senior Men	4	0:19:24	0:41:52	1:04:31	1:23:42	
65a	Gareth Hardman			0:19:24				0:19:11
65b	Stuart Davidson				0:22:28			0:19:24
65c	Evatt Cummings					0:22:39		0:22:28
65d	Alan Kerr						0:19:11	0:22:39

58	Les Croupiers "A"	Senior Men	4	0:17:35	0:35:18	1:01:15	DNF	
58a	Daniel Harris			0:17:35				0:17:35
58b	Gareth Morgan				0:17:43			0:17:43
44c	Liz Ashton					0:25:57		0:25:57

	Group	Legs	Leg 1	Leg 2	Leg 3	Leg 4	Fastest Leg - Club
Masters Women FV35+							

71	Swansea Harriers	Masters Women FV35+	3	0:22:48	0:45:00	1:05:27		
71a	Helen Eve			0:22:48				0:20:27
71b	Angela Delaney				0:22:12			0:22:12
71c	Gilli Davies					0:20:27		0:22:48

70	Ebbw Vale	Masters Women FV35+	3	0:28:04	0:50:15	1:16:17		
70a	Lesley Bailey			0:28:04				0:22:11
70b	Louise Evans				0:22:11			0:26:02
70c	Joanna Rhead					0:26:02		0:28:04

Masters

**Men V
35+**

80	Neath Harriers "A"	Masters Men V 35+	3	0:16:20	0:33:05	0:49:45
80a	Paul Richards			0:16:20		
80b	Paul Griffiths				0:16:45	
80c	Paul Talbot					0:16:40

	0:16:20
	0:16:40
	0:16:45

76	Les Croupiers "A"	Masters Men V 35+	3	0:16:29	0:35:08	0:51:50
76a	Phil Cook			0:16:29		
76b	John Diffey				0:18:39	
76c	Lee Aherne					0:16:42

	0:16:29
	0:16:42
	0:18:39

82	Neath Harriers "C"	Masters Men V 35+	3	0:17:22	0:34:25	0:53:35
82a	Lee Sandham			0:17:22		
82b	Chris Williams				0:17:03	
82c	Steve Williams					0:19:10

	0:17:03
	0:17:22
	0:19:10

78	Parc Brynbach "A"	Masters Men V 35+	3	0:18:28	0:37:19	0:55:20
78a	David Frost			0:18:28		
78b	Gethin Parham				0:18:51	
78c	Simon Lewis					0:18:01

	0:18:01
	0:18:28
	0:18:51

73	Newport Harriers	Masters Men V 35+	3	0:19:06	0:38:12	0:57:01
73a	Darryn McAtee			0:19:06		
73b	Steve Wadley				0:19:06	
73c	Steve Wadley					0:18:49

	0:18:49
	0:19:06
	0:19:06

73d

68	Bridgend A C	Masters Men V 35+	3	0:21:20	0:40:19	0:58:30
68a	Paul Raymond			0:21:20		
68b	Dave Hughes				0:18:59	
68c	Steve MORRIS					0:18:11

	0:18:11
	0:18:59
	0:21:20

74	Pembroke Harriers	Masters Men V 35+	3	0:20:02	0:40:38	0:59:18
74a	Robin Withers			0:20:02		
74b	John Rees				0:20:36	
74c	Richard Thompson					0:18:40

	0:18:40
	0:20:02
	0:20:36

79	Parc Brynbach "B"	Masters Men V 35+	3	0:19:29	0:39:02	0:59:22
79a	Colin Rees			0:19:29		
79b	Phillip Miles				0:19:33	
79c	Derek Rainbird					0:20:20

	0:19:29
	0:19:33
	0:20:20

75	Fairwater	Masters Men V 35+	3	0:20:12	0:40:47	1:00:45
75a	Jonathan Williams			0:20:12		
75b	Roger Mills				0:20:35	
75c	Dean Malson					0:19:58

0:19:58
0:20:12
0:20:35

Veteran Men V 45+

91	Neath Harriers "A"	Masters Men V 45+	3	0:17:47	0:36:12	0:53:50
91a	Phil Crane			0:17:47		
91b	David Crane				0:18:25	
91c	Peter Crane					0:17:38

0:17:38
0:17:47
0:18:25

67	Bridgend A C	Masters Men V 45+	3	0:18:35	0:37:32	0:56:13
67a	Derek Scarborough			0:18:35		
67b	Huw Roberts				0:18:57	
67c	Jon Embling					0:18:41

0:18:35
0:18:41
0:18:57

85	Les Croupiers	Masters Men V 45+	3	0:19:31	0:38:20	0:56:42
85a	Paul Coker			0:19:31		
85b	Elio Lepore				0:18:49	
85c	Nick Rees					0:18:22

0:18:22
0:18:49
0:19:31

92	Neath Harriers "A"	Masters Men V 45+	3	0:18:18	0:39:35	0:58:42
92a	T. Harries			0:18:18		
92b	Jeff REES				0:21:17	
92c	Simon PARTRIDGE					0:19:07

0:18:18
0:19:07
0:21:17

87	Fairwater	Masters Men V 45+	3	0:19:51	0:42:07	1:01:30
87a	Andrew Spencer			0:19:51		
87b	Paul Anstice				0:22:16	
87c	Alun Williams					0:19:23

0:19:23
0:19:51
0:22:16

89	Ebbw Vale "A"	Masters Men V 45+	3	0:20:01	0:40:46	1:01:54
89a	Robert Evans			0:20:01		
89b	Gary Cleaves				0:20:45	
89c	Ray GREENHOUSE					0:21:08

0:20:01
0:20:45
0:21:08

90	Ebbw Vale "B"	Masters Men V 45+	3	0:20:23	0:41:51	1:05:53
86a	Ian Williams			0:20:23		
86b	Mike Williams				0:21:28	

0:20:23
0:21:28

86c	Dan Morgan					0:24:02	0:24:02
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86	Port Talbot	Masters Men V 45+	3	0:22:42	0:44:46	1:06:23	
90a	Tony Holling			0:22:42			0:21:37
90b	Mario Rabaiotti				0:22:04		0:22:04
90c	Alan Perkins					0:21:37	0:22:42

88	Newport Harriers	Masters Men V 45+	3	0:20:50	DNF	0:00:00	
88a	David Proffitt			0:20:50			0:20:50

**Veteran
Men V
55+**

98	Neath Harriers "A"	Masters Men V 55+	3	0:19:26	0:39:08	0:58:38	
98a	Howard Carpenter			0:19:26			0:19:26
98b	Richard Bowen				0:19:42		0:19:30
98c	Dai Davies					0:19:30	0:19:42

96	Swansea Harriers	Masters Men V 55+	3	0:21:19	0:46:08	1:07:07	
96a	Gary Waters			0:21:19			0:20:59
96b	Glynne Davies				0:24:49		0:21:19
96c	Uku Kumari					0:20:59	0:24:49

97	Ebbw Vale	Masters Men V 55+	3	0:22:18	DNF	0:00:00	
97a	Steven Trapnell			0:22:18			0:22:18

Race 1							
Team							
Number	Club	Group	Legs	Leg 1	Leg 2	Leg 3	Leg 4
Under 13 Girls							
1	Bridgend AC "A"	Under 13 Girls	4	0:07:31	0:15:29	0:23:14	0:30:36
9	Cwmbran Harriers	Under 13 Girls	4	0:07:46	0:15:21	0:23:01	0:30:51
5	Swansea Harriers	Under 13 Girls	4	0:07:08	0:15:31	0:22:45	0:31:26
3	Pembroke Harriers	Under 13 Girls	4	0:07:47	0:15:38	0:23:59	0:31:36
2	Bridgend AC "B"	Under 13 Girls	4	0:07:51	0:16:00	0:23:57	0:32:03

6	Carmarthen Harriers "A"	Under 13 Girls	4	0:08:39	0:17:11	0:26:00	0:33:41
4	Cardiff A A C	Under 13 Girls	4	0:08:07	0:17:23	0:26:13	0:33:47

Under 13 Boys

10	Newport Harriers	Under 13 Boys	4	0:07:20	0:14:15	0:20:59	0:28:22
16	Swansea Harriers	Under 13 Boys	4	0:07:03	0:14:10	0:21:46	0:28:54
12	Carmarthen Harriers "A"	Under 13 Boys	4	0:07:00	0:14:18	0:21:07	0:29:04
11	Pembroke Harriers	Under 13 Boys	4	0:07:16	0:16:04	0:24:10	0:31:13
14	Cardiff A A C	Under 13 Boys	4	0:07:17	0:16:08	0:24:27	0:31:44
13	Carmarthen Harriers "B"	Under 13 Boys	4	0:07:41	DNF	DNF	

U15 Girls

17	Swansea Harriers	U15 Girls	4	0:07:01	0:13:52	0:20:44	0:28:00
18	Cardiff A A C	U15 Girls	4	0:07:37	0:15:43	0:23:37	0:31:41
19	Pembroke Harriers	U15 Girls	4	0:07:12	0:15:11	0:22:16	0:29:32

Race 2

Number Club Group Legs Leg 1 Leg 2 Leg 3

Under 15 Boys

24	Newport Harriers	Under 15 Boys	3	0:10:21	0:19:47	0:29:24
23	Cardiff A A C	Under 15 Boys	3	0:11:29	0:22:34	0:32:58
21	Carmarthen Harriers "A"	Under 15 Boys	3	0:11:12	0:22:21	0:32:59
25	Swansea Harriers "A"	Under 15 Boys	3	0:10:51	0:22:40	0:34:17
22	Carmarthen Harriers "A"	Under 15 Boys	3	0:12:23	DNF	

Under 17 Women

30	Cardiff A A C	Under 17 Women	3	0:11:32	0:23:27	0:34:36
29	Carmarthen Harriers	Under 17 Women	3	0:12:17	0:24:53	0:36:15
28	Menai A C	Under 17 Women	3	0:12:27	0:25:14	0:36:58

Under 17 Men

34	Cwmbran Harriers	Under 17 Men	3	0:10:17	0:20:23	0:30:00
33	Newport Harriers	Under 17 Men	3	0:10:58	0:21:10	0:31:03
32	Cardiff A A C	Under 17 Men	3	0:11:06	0:22:09	0:32:57

Race 3

Number	Club	Group	Legs	Leg 1	Leg 2	Leg 3	Leg 4
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Senior Men

51	Cardiff A A C "A"	Senior Men	4	0:15:04	0:30:04	0:46:38	1:02:30
46	Swansea Harriers "A"	Senior Men	4	0:17:03	0:32:33	0:48:00	1:03:23
49	Carmarthen Harriers "A"	Senior Men	4	0:15:04	0:33:11	0:49:57	1:05:13
52	Cardiff A A C "B"	Senior Men	4	0:16:05	0:33:02	0:49:38	1:05:26
54	Newport Harriers "A"	Senior Men	4	0:15:49	0:34:25	0:51:08	1:09:35
56	Fairwater "A"	Senior Men	4	0:19:45	0:39:00	0:57:56	1:15:22
60	Neath Harriers "A"	Senior Men	4	0:16:57	0:36:47	0:56:20	1:15:41
47	Swansea Harriers "B"	Senior Men	4	0:17:59	0:36:56	0:53:50	1:16:04
64	San Domenico	Senior Men	4	0:17:40	0:38:46	0:58:37	1:16:56
57	Fairwater "B"	Senior Men	4	0:20:50	0:39:53	1:00:18	1:21:30
65	Bridgend A C	Senior Men	4	0:19:24	0:41:52	1:04:31	1:23:42
58	Les Croupiers "A"	Senior Men	4	0:17:35	0:35:18	1:01:15	DNF

Senior Women

40	Swansea Harriers "A"	Senior Women	4	0:19:55	0:37:45	0:57:03	1:16:25
66	Bridgend A C	Senior Women	4	0:19:07	0:39:40	0:58:40	1:20:45
44	Les Croupiers	Senior Women	4	0:20:15	0:40:48	1:02:45	1:22:06
41	Swansea Harriers "B"	Senior Women	4	0:19:52	0:42:05	1:04:41	1:23:29
43	San Domenico	Senior Women	4	0:21:14	0:43:53	1:11:56	1:33:24

Race 3

Number	Club	Group	Legs	Leg 1	Leg 2	Leg 3
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Masters Women FV35+

71	Swansea Harriers	Masters Women FV35+	3	0:22:48	0:45:00	1:05:27
70	Ebbw Vale	Masters Women FV35+	3	0:28:04	0:50:15	1:16:17

Masters Men V 35+

80	Neath Harriers "A"	Masters Men V 35+	3	0:16:20	0:33:05	0:49:45
76	Les Croupiers "A"	Masters Men V 35+	3	0:16:29	0:35:08	0:51:50
82	Neath Harriers "C"	Masters Men V 35+	3	0:17:22	0:34:25	0:53:35
78	Parc Brynbach "A"	Masters Men V 35+	3	0:18:28	0:37:19	0:55:20

73	Newport Harriers	Masters Men V 35+	3	0:19:06	0:38:12	0:57:01
68	Bridgend A C	Masters Men V 35+	3	0:21:20	0:40:19	0:58:30
74	Pembroke Harriers	Masters Men V 35+	3	0:20:02	0:40:38	0:59:18
79	Parc Brynbach "B"	Masters Men V 35+	3	0:19:29	0:39:02	0:59:22
75	Fairwater	Masters Men V 35+	3	0:20:12	0:40:47	1:00:45

Masters Men V 45+

91	Neath Harriers "A"	Masters Men V 45+	3	0:17:47	0:36:12	0:53:50
67	Bridgend A C	Masters Men V 45+	3	0:18:35	0:37:32	0:56:13
85	Les Croupiers	Masters Men V 45+	3	0:19:31	0:38:20	0:56:42
92	Neath Harriers "A"	Masters Men V 45+	3	0:18:18	0:39:35	0:58:42
87	Fairwater	Masters Men V 45+	3	0:19:51	0:42:07	1:01:30
89	Ebbw Vale "A"	Masters Men V 45+	3	0:20:01	0:40:46	1:01:54
90	Ebbw Vale "B"	Masters Men V 45+	3	0:20:23	0:41:51	1:05:53
86	Port Talbot	Masters Men V 45+	3	0:22:42	0:44:46	1:06:23
88	Newport Harriers	Masters Men V 45+	3	0:20:50	DNF	

Masters Men V 55+

98	Neath Harriers "A"	Masters Men V 55+	3	0:19:26	0:39:08	0:58:38
96	Swansea Harriers	Masters Men V 55+	3	0:21:19	0:46:08	1:07:07
97	Ebbw Vale	Masters Men V 55+	3	0:22:18	DNF	