

Gwent Cross Country League 2012-2013

2 March 2013 : Penlan Leisure Centre, Brecon

Senior Women (154 Starters)

Pos	Athlete	Club	Time	Pts
1	R. Randall	Bristol and West Athletic Club	21.26	154
2	D. Rees	Cardiff Amateur Athletic Club	21.34	153
3	K. Goodhead	Bristol and West Athletic Club	21.49	152
4	E. D'Alton	(35) Westbury Harriers	22.02	151
5	K. Matthews	(35) Chepstow Harriers	22.08	150
6	F. Dannah	(35) North Somerset	22.10	149
7	A. Burton	Bristol and West Athletic Club	22.14	148
8	F. Price (ind)	(23) Cardiff Metropolitan University	22.31	147
9	G. France	Bristol and West Athletic Club	22.33	146
10	S. Voller	(35) Westbury Harriers	22.49	145
11	L. Richens	Westbury Harriers	22.51	144
12	R. Underhill	(23) Cardiff University Harriers	22.58	143
13	J. Horler	(40) Chepstow Harriers	23.07	142
14	S. Turvey	(23) Cardiff University Harriers	23.13	141
15	G. Salmon	Bristol and West Athletic Club	23.16	140
16	C. Skinner	(23) Newport Harriers Athletic Club	23.18	139
17	C. Green	Bristol and West Athletic Club	23.20	138
18	S. Haikala	(40) Brecon Athletic Club	23.25	137
19	V. McConnell	(55) Bristol and West Athletic Club	23.32	136
20	J. Osborn	(23) Cardiff University Harriers	23.46	135
21	R. Price	(23) Guest	23.50	Guest
22	A. Constance	Chepstow Harriers	23.54	134
23	E. Tremlett	Taf Running & Orienteering Teams	23.59	133
24	S. Harris	Chepstow Harriers	24.01	132
25	F. Langridge	(23) Cardiff Metropolitan University	24.02	131
26	N. Gething	(40) Parc Bryn Bach Runners	24.04	130
27	C. Joliffe	(45) Bristol and West Athletic Club	24.09	129
28	S. Everitt	(45) Bristol and West Athletic Club	24.10	128

29	L. Davies	Cardiff Amateur Athletic Club	24.19	127
30	K. Britton	(35) North Somerset	24.32	126
31	E. Smith	Westbury Harriers	24.33	125
32	M. Watson	(45) Taf Running & Orienteering Teams	24.33	124
33	C. Beatty	(35) Les Croupiers Running Club	24.35	123
34	C. Lawson	(23) Bristol University	24.37	122
35	E. Journeaux	(23) Westbury Harriers	24.39	121
36	B. Hawling	(23) Cardiff University Harriers	24.40	120
37	L. Summers	(45) Chepstow Harriers	24.41	119
38	M. Zubizarreta	(40) Les Croupiers Running Club	24.50	118
39	C. Yorston	Westbury Harriers	24.52	117
40	L. Barker	(23) Brecon Athletic Club	25.24	116
41	T. Allen	(50) Bristol and West Athletic Club	25.26	115
42	K. Young	(23) Cardiff University Harriers	25.31	114
43	H. Marshall	Aberystwyth Athletic Club	25.34	113
44	A. Davies	Bristol and West Athletic Club	25.35	112
45	T. Chick	Westbury Harriers	25.37	111
46	J. Plumbley	(35) Thornbury Running Club	25.41	110
47	K. Winstone	Westbury Harriers	25.51	109
48	L. Cleary	(45) Penarth and Dinas Runners	25.58	108
49	H. Anstey	(40) Bristol and West Athletic Club	26.01	107
50	G. Hardman	(40) Bridgend Athletic Club	26.03	106
51	K. Elliot	(23) Westbury Harriers	26.04	105
52	C. Davies	Sarn Helen Orienteering & R. C.	26.05	104
53	R. Curtis	(23) Cardiff University Harriers	26.07	103
54	V. Lawson	(40) Chepstow Harriers	26.11	102
55	E. Lagomarsino	(23) Cardiff University Harriers	26.13	101
56	E. Oughton	(45) Great Western Runners	26.16	100
57	E. Bowers	Bristol and West Athletic Club	26.19	99
58	C. Bleasdale	(35) Taf Running & Orienteering Teams	26.19	98
59	A. Hurman	(45) Penarth and Dinas Runners	26.25	97
60	S. Phillips	(50) Swansea Harriers Athletic Club	26.28	96
61	J. Tucker	(40) Les Croupiers Running Club	26.32	95
62	L. Eynon	(45) Taf Running & Orienteering Teams	26.37	94
63	N. Prosser	(23) Cardiff University Harriers	26.41	93
64	A. Lyons	Les Croupiers Running Club	26.49	92
65	A. Moon	(23) Cardiff University Harriers	26.59	91
66	M. Morris	(40) Port Talbot Harriers & A. C.	27.00	90
67	D. Cleary	Westbury Harriers	27.04	89

68	W. Boon	(50) Les Croupiers Running Club	27.07	88
69	K. Prior	(40) Wells City Harriers	27.22	87
70	R. Rowland	(50) Thornbury Running Club	27.39	86
71	J. Scholey	(50) Les Croupiers Running Club	27.44	85
72	V. Ford	(50) Great Western Runners	27.45	84
73	C. Jones	(55) Taf Running & Orienteering Teams	27.46	83
74	H. Bennett	Bristol and West Athletic Club	27.50	82
75	S. Thorne	Westbury Harriers	27.53	81
76	A. Bedwell	(45) Islwyn Running Club	27.55	80
77	C. Sandles	(45) 3M Gorseinon Road Runners	28.06	79
78	S. Kenshole	(23) Cardiff Metropolitan University	28.07	78
79	L. Miskell	(40) 3M Gorseinon Road Runners	28.09	77
80	E. Hunt	(23) Cardiff University Harriers	28.12	76
81	P. Williams	(50) Port Talbot Harriers & A. C.	28.22	75
82	L. Matthews	Cardiff Amateur Athletic Club	28.24	74
83	V. Howlett	(35) Westbury Harriers	28.25	73
84	K. Wilcox	Brecon Athletic Club	28.27	72
85	W. Tippett	(45) Westbury Harriers	28.32	71
86	J. Hall	(35) Chepstow Harriers	28.36	70
87	A. James	(60) Les Croupiers Running Club	28.38	69
88	C. Dallimore	(55) Les Croupiers Running Club	28.42	68
89	N. Davies	(40) Thornbury Running Club	28.43	67
90	C. Turnbull	Great Western Runners	28.44	66
91	R. Treharne	(45) Islwyn Running Club	28.47	65
92	J. Blethyn	(55) Penarth and Dinas Runners	28.52	64
93	Y. Bullen	(45) Les Croupiers Running Club	28.56	63
94	G. Mayled	(23) Cardiff University Harriers	29.03	62
95	S. Baker	(40) Wells City Harriers	29.07	61
96	H. Johnson	(35) Westbury Harriers	29.17	60
97	R. Edworthy	(23) University of Wales - Swansea	29.22	59
98	S. Rees	(45) Brecon Athletic Club	29.32	58
99	S. Tucker	(45) Westbury Harriers	29.35	57
100	C. Burren	(45) Bristol and West Athletic Club	29.37	56
101	K. Roberts	Les Croupiers Running Club	29.53	55
102	E. Luke	Penarth and Dinas Runners	29.58	54
103	A. Rowell	(55) Taf Running & Orienteering Teams	30.08	53
104	C. Mills	Great Western Runners	30.10	52
105	M. Callas	(45) North Somerset	30.10	51
106	S. Adkins	(65) Caerleon Running Club	30.19	50

107	A. Wendt	Penarth and Dinas Runners	30.32	49
108	B. Tucker	(45) Brecon Athletic Club	30.36	48
109	D. Eyre	(45) 3M Gorseinon Road Runners	30.36	47
110	L. Williams	(40) Wells City Harriers	30.41	46
111	C. House	(40) San Domenico Road Runners Club	30.44	45
112	E. Parkin	(23) Cardiff Metropolitan University	30.46	44
113	L. Williams	(35) 3M Gorseinon Road Runners	31.08	43
114	L. Howells	(23) Cardiff University Harriers	31.16	42
115	T. Rossiter	(50) Les Croupiers Running Club	31.26	41
116	M. Lakin	Bristol and West Athletic Club	31.55	40
117	L. Dix	Thornbury Running Club	31.59	39
118	J. Mills	(55) Thornbury Running Club	32.01	38
119	A. Whittaker	(45) Les Croupiers Running Club	32.10	37
120	B. Havers	Chepstow Harriers	32.19	36
121	J. Lambeth	(35) Islwyn Running Club	32.25	35
122	B. Wilkinson	(45) San Domenico Road Runners Club	32.30	34
123	K. Chadwell	(35) Les Croupiers Running Club	32.33	33
124	K. Jones	(45) Neath Harriers	32.38	32
125	G. MacPherson	(45) Wells City Harriers	32.59	31
126	S. Richards	(55) Brecon Athletic Club	33.05	30
127	E. Noonan	(55) Westbury Harriers	33.18	29
128	G. Jones	(45) Westbury Harriers	33.19	28
129	S-L. Thompson	(35) Les Croupiers Running Club	33.21	27
130	L. Edginton	(23) University of Wales - Swansea	33.24	26
131	E. Arwyn	(55) Les Croupiers Running Club	34.04	25
132	K. Ridgewell	(45) Westbury Harriers	34.15	24
133	L. Hall	(45) Westbury Harriers	34.21	23
134	S. Jones	(45) Westbury Harriers	34.21	22
135	J. Dukes	(40) Wells City Harriers	34.22	21
136	M. Rowson	(60) Les Croupiers Running Club	34.23	20
137	F. Sharpe	(50) 3M Gorseinon Road Runners	34.31	19
138	L. Waller	(55) 3M Gorseinon Road Runners	34.52	18
139	R. Davies	(60) Great Western Runners	35.11	17
140	J. Maragna	(55) Penarth and Dinas Runners	35.18	16
141	C. Johnson	(65) Les Croupiers Running Club	35.28	15
142	L. Morgan	(35) San Domenico Road Runners Club	36.01	14
143	Y. Berriman	(45) Islwyn Running Club	36.09	13
144	P. Thomas	(65) Taf Running & Orienteering Teams	36.14	12
145	A. Philpott	Brecon Athletic Club	36.23	11

146	H. Smart	(35) Brecon Athletic Club	36.23	10
147	C. Fee	(35) Westbury Harriers	36.24	9
148	J. Allen	(45) San Domenico Road Runners Club	36.27	8
149	M. Harris	(23) University of Wales - Swansea	37.12	7
150	P. Parr	(60) Great Western Runners	38.05	6
151	P. Price	(45) Brecon Athletic Club	41.19	5
152	H. Williams	(35) Aberdare Valley A. A. C.	45.23	4
153	A. Butler	(70) Great Western Runners	55.05	3

Gwent Cross Country League 2012-2013

2 March 2013 : Penlan Leisure Centre, Brecon

Senior Men (236 Starters)

Pos	Athlete	Club	Time	Pts
1	D. Griffiths	(23) University of Wales - Swansea	30.52	236
2	J. Hopkins	Cardiff Amateur Athletic Club	31.05	235
3	C. MacLean	Bristol and West Athletic Club	31.08	234
4	D. Studley	(23) Bristol and West Athletic Club	31.15	233
5	R. Buffett	Brecon Athletic Club	32.24	232
6	H. Evans	(40) Les Croupiers Running Club	32.42	231
7	M. Harvey	Neath Harriers	32.45	230
8	M. Jennings	Fairwater Runners	33.00	229
9	C. Pristavec	Les Croupiers Running Club	33.18	228
10	A. Harper	(23) University of Wales - Swansea	33.32	227
11	Z. Tobias	(23) Bristol and West Athletic Club	33.39	226
12	J. Bancroft	Wells City Harriers	33.43	225
13	A. Davies	(45) Brecon Athletic Club	33.45	224
14	P. Hart	(23) Cardiff University Harriers	33.48	223
15	D. Barnby	Fairwater Runners	34.07	222
16	D. Bodman	(23) Aberdare Valley A. A. C.	34.15	221
17	R. Atkin	Bridgend Athletic Club	34.25	220

18	M. Evans	Taf Running & Orienteering Teams	34.30	219
19	S. Crees	(35) Les Croupiers Running Club	34.40	218
20	J. Barnes	(23) Cheltenham Harriers	34.48	Guest
21	D. Johnston	Neath Harriers	34.52	217
22	H. Aggleton	Cardiff Harlequins	34.54	216
23	J. Baker	(40) Les Croupiers Running Club	34.55	215
24	E. Kirk	(40) Swansea Harriers Athletic Club	34.55	214
25	P. Cook	(40) Les Croupiers Running Club	35.12	213
26	R. Mann	(23) University of Wales - Swansea	35.15	212
27	P. Maskell	Wells City Harriers	35.19	211
28	H. Matthews	Brecon Athletic Club	35.22	210
29	R. Annett	(23) Cardiff University Harriers	35.24	209
30	A. Cirillo	(23) Cardiff University Harriers	35.24	208
31	Z. Lewis	(23) Llanelli Amateur Athletic Club	35.43	207
32	A. Roberts	Taf Running & Orienteering Teams	35.50	206
33	S. Smith	Bristol and West Athletic Club	35.57	205
34	A. Glover	Westbury Harriers	36.13	204
35	D. John	Taf Running & Orienteering Teams	36.18	203
36	M. Green	(40) Thornbury Running Club	36.23	202
37	G. Green	(35) San Domenico Road Runners Club	36.24	201
38	M. Hurford	(40) Les Croupiers Running Club	36.25	200
39	L. Collins	(50) Wells City Harriers	36.32	199
40	B. Granville	(23) University of Wales - Swansea	36.38	198
41	A. Caunter	(23) University of Wales - Swansea	36.48	197
42	M. Dury	Islwyn Running Club	36.53	196
43	R. Dando	Bridgend Athletic Club	37.00	195
44	G. Lynch	Les Croupiers Running Club	37.02	194
45	D. Hobbs	(40) Westbury Harriers	37.03	193
46	W. James	Cardiff University Harriers	37.07	192
47	R. Self	(45) Les Croupiers Running Club	37.11	191
48	Peter Crane	(50) Neath Harriers	37.13	190
49	R. Johnson	(40) Islwyn Running Club	37.16	189
50	A. Jones	(40) Les Croupiers Running Club	37.18	188
51	R. Phillips	Westbury Harriers	37.23	187
52	P. Grandon	Bristol and West Athletic Club	37.26	186
53	M. Finlayson	(35) Les Croupiers Running Club	37.31	185
54	R. Hunt	(50) Bridgend Athletic Club	37.33	184
55	T. Dukes	Wells City Harriers	37.38	183
56	P. Kendrick	(50) Brecon Athletic Club	37.43	182

57	G. Davey	(35) Neath Harriers	37.44	181
58	P. Jefferson	Bristol and West Athletic Club	37.46	180
59	R. Bullen	(50) Les Croupiers Running Club	37.50	179
60	S. Jones	(23) University of Wales - Swansea	37.51	178
61	A. Malloy	(40) Bristol and West Athletic Club	37.54	177
62	C. Ellis	(35) Neath Harriers	37.55	176
63	R. Watkins	(40) Thornbury Running Club	37.59	175
64	M. Smerdon	(23) Cardiff Metropolitan University	38.05	174
65	A. Davies	(40) Thornbury Running Club	38.07	173
66	N. Williams	Bristol and West Athletic Club	38.09	172
67	D. Bedwell	(55) Bristol and West Athletic Club	38.10	171
68	D. Mitchell	(23) Cardiff University Harriers	38.11	170
69	G. Slater	(40) Thornbury Running Club	38.12	169
70	J. Loveday	Bristol and West Athletic Club	38.15	168
71	Y. Berdini	Bristol and West Athletic Club	38.19	167
72	M. Harvey	Chepstow Harriers	38.23	166
73	M. Hopkins	Les Croupiers Running Club	38.25	165
74	B. Davies	(23) University of Wales - Swansea	38.27	164
75	J. Jones	(40) Taf Running & Orienteering Teams	38.27	163
76	G. Brown	Penarth and Dinas Runners	38.32	162
77	J. Goldschmidt	(23) University of Wales - Swansea	38.40	161
78	S. Harris	Chepstow Harriers	38.41	160
79	R. Hopkins	Thornbury Running Club	38.42	159
80	M. Havard	(45) San Domenico Road Runners Club	38.46	158
81	A. Lewis	Neath Harriers	38.47	157
82	J. Lam	(40) San Domenico Road Runners Club	38.48	156
83	P. Osborne	(50) Llanelli Amateur Athletic Club	38.51	155
84	R. Woodhead	Chepstow Harriers	39.01	154
85	S. Knowles	(23) University of Wales - Swansea	39.03	153
86	S. Prior	(40) Wells City Harriers	39.07	152
87	G. Sansom	(50) San Domenico Road Runners Club	39.10	151
88	S. Allen	(40) Thornbury Running Club	39.11	150
89	P. Lidgett	(45) Chepstow Harriers	39.12	149
90	J. Grimwood	(40) Westbury Harriers	39.14	148
91	R. Scott (ind)	(40) San Domenico Road Runners Club	39.20	147
92	C. Walsh	(35) Neath Harriers	39.22	146
93	K. Griffiths	(40) Taf Running & Orienteering Teams	39.23	145
94	M. Grace	Bristol and West Athletic Club	39.24	144
95	M. Virden	(23) Cardiff University Harriers	39.26	143

96	J. White	(35)	San Domenico Road Runners Club	39.27	142
97	J. Davies	(55)	San Domenico Road Runners Club	39.29	141
98	H. Hartnell	(50)	Islwyn Running Club	39.31	140
99	M. McGeoch	(55)	Les Croupiers Running Club	39.33	139
100	M. Bull	(23)	Cardiff University Harriers	39.36	138
101	C. Traer		Bristol and West Athletic Club	39.38	137
102	A. Bates		Penarth and Dinas Runners	39.46	136
103	G. Brown	(23)	Cardiff Metropolitan University	39.47	135
104	D. Crane	(50)	Neath Harriers	39.47	134
105	V. Edwards		Cardiff Harlequins	39.49	133
106	I. Ruck	(40)	Westbury Harriers	39.50	132
107	M. Saunders	(50)	Islwyn Running Club	39.54	131
108	A. Webb	(23)	University of Wales - Swansea	39.56	130
109	G. Goldsmid	(50)	Wells City Harriers	39.56	129
110	B. Cross	(23)	University of Wales - Swansea	39.57	128
111	J. Aggleton	(55)	Cardiff Harlequins	40.01	127
112	P. Chan	(45)	Great Western Runners	40.04	126
113	K. Jackson	(50)	Dursley & District Athletic Club	40.06	125
114	S. Price	(50)	Rhondda A.C.	40.10	124
115	K. Lewis	(50)	Neath Harriers	40.12	123
116	M. Willis	(60)	Thornbury Running Club	40.13	122
117	T. Woodhouse	(23)	Cardiff University Harriers	40.14	121
118	N. Elliot	(40)	Westbury Harriers	40.14	120
119	B. Dias		Les Croupiers Running Club	40.15	119
120	S. Groom		Cardiff Metropolitan University	40.19	118
121	P. Mountain	(55)	Bristol and West Athletic Club	40.31	117
122	H. Thomas		Great Western Runners	40.36	116
123	J. Watson	(23)	University of Wales - Swansea	40.38	115
124	C. Bridges		Team Bath	40.42	114
125	D. Williams		Aberdare Valley A. A. C.	40.50	113
126	J. Hewitson	(23)	Cardiff University Harriers	40.52	112
127	K. Ham	(50)	Westbury Harriers	40.55	111
128	M. Austin	(23)	Cardiff University Harriers	40.57	110
129	C. Beck	(40)	Westbury Harriers	41.05	109
130	M. Lawson	(40)	Chepstow Harriers	41.12	108
131	T. Heslenberg	(23)	Cardiff University Harriers	41.15	107
132	B. Lovett	(45)	San Domenico Road Runners Club	41.18	106
133	J. Williams		Thornbury Running Club	41.27	105
134	N. Baker	(40)	Wells City Harriers	41.28	104

135	C. Blackmore	(40)	Cardiff Harlequins	41.30	103
136	K. Wehden	(50)	Islwyn Running Club	41.33	102
137	H. Kent	(60)	Les Croupiers Running Club	41.39	101
138	G. Howgate	(40)	Les Croupiers Running Club	41.44	100
139	S. Merrick	(45)	Swansea Harriers Athletic Club	41.45	99
140	M. Jones		Islwyn Running Club	41.52	98
141	R. Sandles	(40)	3M Gorseinon Road Runners	41.55	97
142	G. Jennings	(55)	Bristol and West Athletic Club	41.56	96
143	A. White	(40)	Islwyn Running Club	41.58	95
144	C. Nellins	(50)	Penarth and Dinas Runners	42.00	94
145	D. McAtee	(50)	Newport Harriers Athletic Club	42.02	93
146	D. Hughes	(45)	Bridgend Athletic Club	42.09	92
147	I. McDonald	(45)	San Domenico Road Runners Club	42.13	91
148	G. Cole	(40)	Wells City Harriers	42.18	90
149	J. Mullaney	(23)	Aberdare Valley A. A. C.	42.20	89
150	Mark Terry	(50)	Taf Running & Orienteering Teams	42.22	88
151	D. Cornish	(45)	Port Talbot Harriers & A. C.	42.23	87
152	S. Llewellyn	(23)	University of Wales - Swansea	42.28	86
153	C. Lloyd		Islwyn Running Club	42.28	85
154	C. MacPherson		Wells City Harriers	42.35	84
155	H. Carpenter	(55)	Neath Harriers	42.38	83
156	L. Richards		Newport Harriers Athletic Club	42.40	82
157	J. Magee	(35)	Les Croupiers Running Club	42.41	81
158	J. Horner		Les Croupiers Running Club	42.45	80
159	N. Simms		Cardiff Harlequins	42.47	79
160	R. Bowen	(65)	Neath Harriers	42.49	78
161	D. Osborne	(45)	Brecon Athletic Club	42.58	77
162	K. Taylor	(50)	Amman Valley Harriers	43.03	76
163	J. Davies	(40)	Islwyn Running Club	43.08	75
164	R. Jackson-Hookins		Penarth and Dinas Runners	43.10	74
165	S. Scurrrell		Taf Running & Orienteering Teams	43.11	73
166	G. Adams	(23)	Cardiff University Harriers	43.16	72
167	R. Whitcombe	(50)	Wells City Harriers	43.18	71
168	R. Morris	(60)	San Domenico Road Runners Club	43.19	70
169	S. Dickinson	(45)	Wells City Harriers	43.21	69
170	P. Holder	(50)	Cardiff Harlequins	43.26	68
171	I. Robinson	(45)	Swansea Harriers Athletic Club	43.30	67
172	L. Gardner	(45)	Swansea Harriers Athletic Club	43.30	66
173	D. Shields	(45)	San Domenico Road Runners Club	43.33	65

174	P. Morris	(50) Les Croupiers Running Club	43.40	64
175	M. Bradley	(60) Penarth and Dinas Runners	43.44	63
176	N. Langridge	(60) Thornbury Running Club	43.47	62
177	J. Hargreaves	(60) Great Western Runners	44.02	61
178	P. Chadwick	(55) Wells City Harriers	44.03	60
179	C. Osmond	(50) Les Croupiers Running Club	44.04	59
180	T. Bryant	Taf Running & Orienteering Teams	44.05	58
181	A. Mason	(50) Les Croupiers Running Club	44.16	57
182	L. Worth	(50) Pembrokeshire Harriers	44.25	56
183	T. Jefferies	(65) Westbury Harriers	44.30	55
184	T. Caveney	(50) Les Croupiers Running Club	44.33	54
185	M. Halsall	Llanelli Amateur Athletic Club	44.40	53
186	N. Stovold	San Domenico Road Runners Club	44.45	52
187	M. Hopkins	(45) Westbury Harriers	44.48	51
188	G. John	(50) Les Croupiers Running Club	44.52	50
189	D. Smout	(60) Parc Bryn Bach Runners	44.54	49
190	A. Perkins	(60) Port Talbot Harriers & A. C.	44.56	48
191	C. Rees	(45) Chepstow Harriers	45.01	47
192	K. McEntee	(55) Chepstow Harriers	45.22	46
193	J. Cant	Westbury Harriers	45.30	45
194	A. Cole	(23) University of Wales - Swansea	45.41	44
195	R. Grierson	(23) Cardiff University Harriers	45.47	43
196	K. Barnes	(45) Hereford & County Athletic Club	45.51	Guest
197	M. Nash	(50) 3M Gorseinon Road Runners	45.55	42
198	D.E. Williams	(50) Les Croupiers Running Club	46.21	41
199	T. Fenton	(50) Great Western Runners	46.29	40
200	D. Proffitt	(55) Newport Harriers Athletic Club	46.37	39
201	G. Knight	Newport Harriers Athletic Club	46.53	38
202	U. Kumari	(60) Swansea Harriers Athletic Club	46.55	37
203	G. Crispie	(50) Les Croupiers Running Club	47.13	36
204	M. Elliston	(40) Les Croupiers Running Club	47.45	35
205	J. Clothier	(60) Thornbury Running Club	48.11	34
206	G. Trueman	(60) Stroud & District Athletic Club	48.17	33
207	M. Evans	(55) Chepstow Harriers	48.30	32
208	E. Davey	(60) Llanelli Amateur Athletic Club	48.41	31
209	G. Jones	(50) Port Talbot Harriers & A. C.	48.54	30
210	P. Mainstone	(60) Thornbury Running Club	49.15	29
211	J. Aston	(65) Les Croupiers Running Club	49.26	28
212	R. Hobbs	(65) Dursley & District Athletic Club	49.31	27

213	P. Morfey	(55) Cardiff Harlequins	49.45	26
214	M. Davies	(60) Les Croupiers Running Club	49.46	25
215	R. Davey	(65) Les Croupiers Running Club	50.49	24
216	S. Hayden	(50) Islwyn Running Club	50.54	23
217	P. Over	(23) University of Wales - Swansea	51.14	22
218	M. Rossiter	(50) Les Croupiers Running Club	51.22	21
219	M. Hall	(23) University of Wales - Swansea	52.22	20
220	O. Davies	(23) University of Wales - Swansea	52.23	19
221	M. Bennett	(60) Great Western Runners	52.36	18
222	C. Bennett	(60) Great Western Runners	52.57	17
223	D. Crawley	(50) Brecon Athletic Club	53.17	16
224	J. Davies	(60) Port Talbot Harriers & A. C.	54.07	15
225	T. Crighton	(23) University of Wales - Swansea	55.02	14
226	A. Mann	(50) Les Croupiers Running Club	56.14	13
227	I. Swanson	(60) Port Talbot Harriers & A. C.	58.02	12
228	S. Selwyn	(50) Thornbury Running Club	63.29	11

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