

# Gwent Cross Country League 2013-2014

## 1 March 2014 : Blaise Castle, Bristol

### Senior Men (248 Starters)

Pos	Athlete	Club	Time	Pts
1	O. Jones	Bristol and West Athletic Club	32.21	248
2	D. Nash	(23) Cardiff University Harriers	32.56	247
3	M. Burton	(23) Team Bath	33.20	246
4	J. Thie	Cardiff Amateur Athletic Club	33.56	245
5	B. Robinson	Bristol and West Athletic Club	33.57	244
6	J. Rogers	North Somerset	33.58	243
7	C. Hayward	Brecon Athletic Club	34.00	242
8	R. Gardiner	(40) Aberdare Valley A. A. C.	34.09	241
9	O. Williams	Les Croupiers Running Club	34.19	240
10	J. Mills	Cardiff Amateur Athletic Club	34.38	239
11	N. Salliard	North Somerset	34.42	238
12	C. Pristavec	Les Croupiers Running Club	34.44	237
13	C. McMillan	Royal Engineers A.C.	34.54	Guest
14	E. Hardee	(23) Newport Harriers Athletic Club	34.56	236
15	S. Campbell	Westbury Harriers	34.57	235
16	J. McKenna	Bristol and West Athletic Club	35.00	234
17	A. Donald	Cardiff Amateur Athletic Club	35.09	233
18	D. Summers	Westbury Harriers	35.11	232
19	N. Lane	Cardiff Amateur Athletic Club	35.24	231
20	A. Harper	(23) Aberdare Valley A. A. C.	35.28	230
21	M. Shaw	(40) Brecon Athletic Club	35.34	229
22	W. Russell	Bristol and West Athletic Club	35.35	228
23	M. Pfeiffer	(45) Brecon Athletic Club	35.38	227
24	K. Grierson	Bristol and West Athletic Club	35.43	226
25	E. Slade	(23) Cardiff Amateur Athletic Club	35.44	225
26	D. Bodman	(23) Aberdare Valley A. A. C.	35.55	224
27	A. Glover	(35) Westbury Harriers	36.21	223
28	R. Stewart	Bristol and West Athletic Club	36.23	222

29	L. Holmes	North Somerset	36.27	221
30	S. Crees	(35) Les Croupiers Running Club	36.29	220
31	D. Birtwhistle	(23) Bristol University	36.38	219
32	H. Matthews	Brecon Athletic Club	36.39	218
33	E. Kirk	(40) Swansea Harriers Athletic Club	36.42	217
34	R. Sage	(35) Les Croupiers Running Club	36.54	216
35	P. Cook	(40) Les Croupiers Running Club	37.04	215
36	A. Newton	(23) Swansea Harriers Athletic Club	37.08	214
37	C. Fraser	University of Bath	37.16	213
38	A. Phelps	(23) Stroud & District Athletic Club	37.21	212
39	M. Finlayson	(35) Les Croupiers Running Club	37.22	211
40	J. Gilling	(40) Wells City Harriers	37.29	210
41	A. Malloy	(40) Bristol and West Athletic Club	37.34	209
42	C. Palmer	Westbury Harriers	37.42	208
43	D. Randall	Bristol and West Athletic Club	37.43	207
44	M. Bialogonski	Bristol and West Athletic Club	37.50	206
45	R. Dando	Bridgend Athletic Club	37.54	205
46	C. Ellis	(35) Neath Harriers	38.00	204
47	M. Hurford	(40) Les Croupiers Running Club	38.07	203
48	A. Davies	(45) Thornbury Running Club	38.08	202
49	P. Coles	(50) Pontypridd Athletic Club	38.11	201
50	P. Sowerby	(50) Brecon Athletic Club	38.13	200
51	R. Whitehouse	(50) Neath Harriers	38.14	199
52	J. Blore	Chepstow Harriers	38.15	198
53	R. Hunt	(50) Bridgend Athletic Club	38.17	197
54	Peter Crane	(50) Neath Harriers	38.21	196
55	A. Deamer	(40) Wells City Harriers	38.29	195
56	R. Wilder	(40) San Domenico Road Runners Club	38.32	194
57	M. Evans	Amman Valley Harriers	38.34	193
58	M. Parkes	Les Croupiers Running Club	38.37	192
59	S. Lewis	Aberdare Valley A. A. C.	38.44	191
60	C. Jenkins	(35) Neath Harriers	38.57	190
61	P. Jefferson	Bristol and West Athletic Club	39.11	189
62	M. Emery	Bridgend Athletic Club	39.17	188
63	R. Lloyd	Aberdare Valley A. A. C.	39.23	187
64	J. Grimwood	(40) Westbury Harriers	39.26	186
65	S. Penny	(50) Chepstow Harriers	39.30	185
66	A. Hall	London Heathside	39.32	Guest
67	J. Ridgley	(40) Taunton Athletic Club	39.32	184

68	C. Melbourne	Neath Harriers	39.38	183
69	T. Fairbanks	(23) Aberdare Valley A. A. C.	39.45	182
70	A. Hiscock	(23) Cardiff University Harriers	39.47	181
71	A. Hodgetts	Thornbury Running Club	39.48	180
72	T. Daniels	(23) Bristol and West Athletic Club	39.49	179
73	P. Gandon	Bristol and West Athletic Club	39.54	178
74	T. Watkins	Bristol and West Athletic Club	39.55	177
75	M. Havard	(45) San Domenico Road Runners Club	40.04	176
76	C. Beck	(40) Westbury Harriers	40.05	175
77	L. Hill	(23) Bristol University	40.05	174
78	D. Lambeth	(40) Islwyn Running Club	40.07	173
79	A. Jones	(40) Les Croupiers Running Club	40.13	172
80	M. Potton	Bristol and West Athletic Club	40.14	171
81	R. Phillips	(40) Westbury Harriers	40.15	170
82	A. Williams	(50) Aberdare Valley A. A. C.	40.20	169
83	A. Lewis	Neath Harriers	40.23	168
84	C. Johnson	(45) Westbury Harriers	40.25	167
85	J. Lam	(40) San Domenico Road Runners Club	40.35	166
86	R. Jackson-Hookins	Penarth and Dinas Runners	40.37	165
87	G. Slater	(40) Thornbury Running Club	40.39	164
88	T. Hindle	(45) Brecon Athletic Club	40.48	163
89	A. Shaw	(40) Clevedon Athletic Club	40.49	162
90	E. Kilgour	(45) Westbury Harriers	40.52	161
91	J. Dean	(23) University of Wales - Swansea	40.56	160
92	M. Jones	Islwyn Running Club	40.57	159
93	M. Virden	(23) Cardiff University Harriers	40.58	158
94	G. Brown	(23) Cardiff Metropolitan University	40.59	157
95	A. Noble	(50) Weston Athletic Club	41.09	156
96	E. Gould	(40) Westbury Harriers	41.10	155
97	G. Sansom	(50) San Domenico Road Runners Club	41.13	154
98	K. Knights	Westbury Harriers	41.18	153
99	I. Ruck	(45) Westbury Harriers	41.22	152
100	D. Crowther	Cardiff Metropolitan University	41.30	151
101	C. Traer	Bristol and West Athletic Club	41.37	150
102	G. Knight	Newport Harriers Athletic Club	41.39	149
103	K. Lewis	(50) Neath Harriers	41.41	148
104	J. Russell	(40) Forest of Dean Athletic Club	41.43	147
105	D. Owen	(23) Cardiff University Harriers	41.48	146
106	S. Allen	(45) Thornbury Running Club	41.50	145

107	A. Jones		Penarth and Dinas Runners	41.52	144
108	M. Lawson	(40)	Chepstow Harriers	41.54	143
109	G. Williams		Blaenau Gwent	41.55	142
110	A. Baker	(45)	Pontypridd Athletic Club	41.55	141
111	G. Goldsmid (ind)	(50)	Wells City Harriers	41.56	140
112	M. Hopkins		Les Croupiers Running Club	41.57	139
113	T. Whitaker	(45)	Westbury Harriers	41.58	138
114	C. Treble		Westbury Harriers	41.59	137
115	J. Flower	(40)	North Somerset	42.00	136
116	A. Lewis	(40)	Aberdare Valley A. A. C.	42.04	135
117	J. Aggleton	(55)	Cardiff Harlequins	42.05	134
118	J. Bennett		Bristol and West Athletic Club	42.06	133
119	J. King		Caerleon Running Club	42.06	132
120	N. Elliott	(40)	Westbury Harriers	42.07	131
121	A. Fyfe	(23)	University of the West of England	42.08	130
122	S. Groom		Cardiff Metropolitan University	42.20	129
123	L. Carter	(50)	Chepstow Harriers	42.20	128
124	T. O'Sullivan	(23)	University of Wales - Swansea	42.21	127
125	D. Smith	(40)	Forest of Dean Athletic Club	42.28	126
126	A. Vessey	(23)	University of Wales - Swansea	42.40	125
127	B. Marshall	(23)	Bristol University	42.41	124
128	R. Beves	(40)	Chepstow Harriers	42.42	123
129	F. Thompson	(23)	University of Wales - Swansea	42.49	122
130	K. Jackson	(50)	Dursley & District Athletic Club	42.51	121
131	M. Tabor	(60)	Les Croupiers Running Club	42.55	120
132	N. Bower	(40)	Team Bath	43.00	119
133	A. Dawe	(45)	Llisbury Runners	43.04	118
134	J. Thompson	(23)	Cardiff University Harriers	43.05	117
135	A. Chadburn	(40)	Weston Athletic Club	43.06	116
136	S. Dimmer	(50)	Forest of Dean Athletic Club	43.08	115
137	P. Chan	(45)	Great Western Runners	43.11	114
138	N. Dowell		Pontypridd Athletic Club	43.20	113
139	R. Williams	(23)	Aberdare Valley A. A. C.	43.20	112
140	D. Beggs		Bristol and West Athletic Club	43.33	111
141	C. Ward	(50)	Taunton Athletic Club	43.34	110
142	J. Boon	(40)	Forest of Dean Athletic Club	43.36	109
143	K. Taylor	(50)	Amman Valley Harriers	43.41	108
144	A. Wood		Islwyn Running Club	43.42	107
145	M. Hamilton-Jones	(40)	Westbury Harriers	43.44	106

146	J. Loveday	Bristol and West Athletic Club	43.45	105
147	P. Lidgett	(40) Chepstow Harriers	43.46	104
148	D. Shields	(45) San Domenico Road Runners Club	43.47	103
149	J. Horner	Les Croupiers Running Club	43.52	102
150	S. Blakeney	Great Western Runners	44.07	101
151	H. Hunt	(23) Bristol University	44.13	100
152	D. Mitchell	(23) Cardiff University Harriers	44.22	99
153	H. Saunders	(23) Cardiff University Harriers	44.23	98
154	C. Blackmore	(40) Cardiff Harlequins	44.24	97
155	I. McDonald	(50) San Domenico Road Runners Club	44.27	96
156	E. Cummings	(40) Les Croupiers Running Club	44.29	95
157	S. Dickinson	(45) Wells City Harriers	44.32	94
158	S. Scurrrell	Taf Running & Orienteering Teams	44.36	93
159	M. Shepherd	(23) University of Wales - Swansea	44.45	92
160	J. Morgan	(50) Bridgend Athletic Club	44.50	91
161	S. Arnold	(40) Wells City Harriers	44.54	90
162	K. Wehden	(50) Islwyn Running Club	45.04	89
163	J. Grudgings	(50) Thornbury Running Club	45.06	88
164	P. Hughes	San Domenico Road Runners Club	45.10	87
165	G. Cole	(40) Wells City Harriers	45.12	86
166	D. Hardie	(55) 3M Gorseinon Road Runners	45.19	85
167	D. Williams	Aberdare Valley A. A. C.	45.24	84
168	S. Merrick	(45) Swansea Harriers Athletic Club	45.27	83
169	R. Whitcombe	(50) Wells City Harriers	45.35	82
170	J. Hall	(55) Westbury Harriers	45.43	81
171	C. Lloyd	Islwyn Running Club	45.46	80
172	P. Chadwick	(55) Wells City Harriers	45.50	79
173	N. Kennedy	Bristol and West Athletic Club	46.01	78
174	C. Osmond	(50) Les Croupiers Running Club	46.03	77
175	B. Slack	(23) Cardiff University Harriers	46.06	76
176	J. Cox	Great Western Runners	46.08	75
177	H. Mason	(40) Caerleon Running Club	46.10	74
178	J. Cant	Westbury Harriers	46.14	73
179	D. Peacock	(40) Barry & Vale Harriers A. A. C.	46.17	72
180	H. Kent	(60) Les Croupiers Running Club	46.18	71
181	A. Mason	(50) Les Croupiers Running Club	46.19	70
182	P. Over	(23) University of Wales - Swansea	46.24	69
183	N. Pringle	(50) Lliswerry Runners	46.32	68
184	R. Perons	(50) Les Croupiers Running Club	46.37	67

185	P. Rees	(50)	3M Gorseinon Road Runners	46.40	66
186	D. McAtee	(50)	Newport Harriers Athletic Club	46.42	65
187	S. Derby	(45)	Westbury Harriers	46.49	64
188	G. Roynon	(40)	Lliswerry Runners	46.52	63
189	M. Bradley	(60)	Penarth and Dinas Runners	46.57	62
190	G. Torrington	(40)	Westbury Harriers	47.00	61
191	P. Holder	(50)	Cardiff Harlequins	47.02	60
192	W. Leach	(50)	Forest of Dean Athletic Club	47.04	59
193	A. Marshall	(45)	Westbury Harriers	47.13	58
194	J. Hargreaves	(60)	Great Western Runners	47.15	57
195	T. Bryant		Taf Running & Orienteering Teams	47.17	56
196	J. Hull	(50)	Great Western Runners	47.40	55
197	P. Morris	(50)	Les Croupiers Running Club	47.42	54
198	C. Rees	(50)	Chepstow Harriers	47.43	53
199	L. Hopkins		Aberdare Valley A. A. C.	47.44	52
200	R. Phillips		Taf Running & Orienteering Teams	47.57	51
201	A. Robertson	(55)	Forest of Dean Athletic Club	48.01	50
202	D. Davies	(65)	Neath Harriers	48.05	49
203	D. Clarke	(45)	Westbury Harriers	48.07	48
204	D. Smout	(60)	Parc Bryn Bach Runners	48.14	47
205	N. Langridge	(60)	Thornbury Running Club	48.28	46
206	R. Chick	(35)	Westbury Harriers	48.40	45
207	L. Treadwell	(23)	Cardiff University Harriers	48.51	44
208	E. Fullerton	(50)	Westbury Harriers	48.56	43
209	H. Foster	(23)	University of Wales - Swansea	49.08	42
210	C. Moore	(60)	Forest of Dean Athletic Club	49.11	41
211	A. White	(40)	Islwyn Running Club	49.15	40
212	M. Davies	(60)	Les Croupiers Running Club	49.25	39
213	T. Caveney	(50)	Les Croupiers Running Club	49.39	38
214	N. Stovold		San Domenico Road Runners Club	49.42	37
215	P. Goncalves	(40)	Blaenau Gwent	49.45	36
216	D. Hughes	(45)	Bridgend Athletic Club	49.59	35
217	H. Attwood	(60)	Lliswerry Runners	50.05	34
218	J. Creasey	(45)	Spirit of Monmouth	50.17	33
219	D. West	(50)	3M Gorseinon Road Runners	50.18	32
220	S. Partridge	(60)	Neath Harriers	50.29	31
221	J. Clothier	(65)	Thornbury Running Club	50.31	30
222	M. Roberts	(65)	Clevedon Athletic Club	50.47	29
223	C. Seal		Penarth and Dinas Runners	51.29	28

224	M. Clarke	(55) Westbury Harriers	51.46	27
225	S. Dimond	(60) Thornbury Running Club	51.54	26
226	M. Harvey	Chepstow Harriers	51.59	25
227	T. Fenton	(50) Great Western Runners	52.15	24
228	C. Walters	(65) Taf Running & Orienteering Teams	52.17	23
229	A. Palmer	(40) Penarth and Dinas Runners	52.42	22
230	G. Trueman	(60) Stroud & District Athletic Club	52.54	21
231	P. Mainstone	(60) Thornbury Running Club	53.46	20
232	J. Aston	(65) Les Croupiers Running Club	54.03	19
233	P. Morfey	(55) Cardiff Harlequins	54.21	18
234	R. Hobbs	(65) Dursley & District Athletic Club	54.32	17
235	J. Hurford	(60) Great Western Runners	55.06	16
236	P. Graham	(23) Pontypridd Athletic Club	55.10	15
237	J. Davies	(65) Port Talbot Harriers & A. C.	56.58	14
238	H-P. Kiekuth	(40) Bristol and West Athletic Club	58.43	13
239	C. Bennett	(60) Great Western Runners	60.38	12
240	I. Swanson	(60) Port Talbot Harriers & A. C.	63.20	11

## 1 March 2014 : Blaise Castle, Bristol

### Senior Women (165 Starters)

Pos	Athlete	Club	Time	Pts
1	K. Goodhead	Bristol and West Athletic Club	18.53	165
2	F. Price	(23) Cardiff Amateur Athletic Club	19.14	164
3	F. Dannah	(35) North Somerset	19.24	163
4	E. Journeaux	(23) Westbury Harriers	19.26	162
5	G. France	Bristol and West Athletic Club	19.33	161
6	B. Hawling	(23) Cardiff University Harriers	19.42	160
7	A. Burton	(23) Bristol and West Athletic Club	19.45	159
8	C. Lee	Westbury Harriers	19.47	158
9	L. Richens	(35) Westbury Harriers	20.08	157

10	K. Hughes	(35) Westbury Harriers	20.09	156
11	G. Kinsey	(35) Stroud & District Athletic Club	20.12	155
12	K. Riley	(23) University of Bath	20.18	154
13	C. Barnes	(23) Cardiff University Harriers	20.20	153
14	R. Pierce	Team Bath	20.29	152
15	K. Beecher	Les Croupiers Running Club	20.37	151
16	C. Evans	(23) Pontypridd Athletic Club	20.45	150
17	K. Elliot	(23) Westbury Harriers	20.48	149
18	J. Osborne	(23) Swansea Harriers Athletic Club	20.53	148
19	T. Chick	(35) Westbury Harriers	20.55	147
20	C. Joliffe	(45) Bristol and West Athletic Club	20.59	146
21	E. Monk	(23) Cardiff Metropolitan University	21.05	145
22	R. Miller	(23) University of Wales - Swansea	21.13	144
23	L. Pick	(35) Westbury Harriers	21.15	143
24	C. Beatty	(35) Les Croupiers Running Club	21.23	142
25	H. Marshall	Swansea Harriers Athletic Club	21.25	141
26	E. Lagomarsino	(23) Cardiff University Harriers	21.29	140
27	E. Harrison	(23) Bristol and West Athletic Club	21.33	139
28	E. Gonzalez	Westbury Harriers	21.35	138
29	Z. Dixon	(35) Westbury Harriers	21.36	137
30	E. Cowper-Coles	(23) Cardiff University Harriers	21.43	136
31	A. Nixon	(55) Forest of Dean Athletic Club	21.44	135
32	F. Etherington	Thornbury Running Club	21.44	134
33	E. Paulson	(23) Cardiff University Harriers	21.45	133
34	L. Davies	Cardiff Amateur Athletic Club	21.45	132
35	C. White	(45) Pembrokeshire Harriers	21.46	131
36	V. Brown	(23) Cardiff University Harriers	21.46	130
37	T. Loftus	Bristol and West Athletic Club	21.57	129
38	S. Wilder	San Domenico Road Runners Club	22.00	128
39	V. Lawson	(35) Chepstow Harriers	22.09	127
40	S. Everitt	(45) Bristol and West Athletic Club	22.16	126
41	B. James	Bristol and West Athletic Club	22.17	125
42	E. Pearson	(23) Swansea Harriers Athletic Club	22.24	124
43	K. Prior	(35) Wells City Harriers	22.35	123
44	K. Winstone	Westbury Harriers	22.44	122
45	K. Husband	Bristol University	22.45	121
46	K. Dicks	Great Western Runners	22.48	120
47	C. Carley	(23) Cardiff Metropolitan University	22.50	119
48	Z. Plant	(23) Cardiff University Harriers	22.52	118



49	A. Jones	(45)	Fairwater Runners	22.55	117
50	M. Berryman		Bristol and West Athletic Club	22.56	116
51	B. Edwards	(23)	University of the West of England	22.57	115
52	K. Hamilton-James		Westbury Harriers	23.00	Guest
53	J. Tucker	(40)	Les Croupiers Running Club	23.02	114
54	A. Johnston		Great Western Runners	23.04	113
55	S. Watson	(45)	Les Croupiers Running Club	23.06	112
56	S. Lavender	(23)	Cardiff University Harriers	23.07	111
57	R. Lee		Westbury Harriers	23.12	110
58	C. Lloyd		Bristol and West Athletic Club	23.15	109
59	B. Sergeant		Westbury Harriers	23.22	108
60	E. Havard	(23)	San Domenico Road Runners Club	23.24	107
61	R. Matthews	(35)	Cardiff Amateur Athletic Club	23.26	106
62	C. Tailby	(40)	Les Croupiers Running Club	23.31	105
63	H. Cumming	(23)	Cardiff Metropolitan University	23.31	104
64	M. Gouveia		San Domenico Road Runners Club	23.31	103
65	A. Hurford	(50)	Bristol and West Athletic Club	23.43	102
66	R. Rowland	(50)	Thornbury Running Club	23.45	101
67	A. Lyons		Les Croupiers Running Club	23.50	100
68	S. Phillips	(50)	Swansea Harriers Athletic Club	23.52	99
69	R. Colquhoun		Bristol and West Athletic Club	23.54	98
70	H. Ball	(45)	Clevedon Athletic Club	24.01	97
71	H. Anstey	(40)	Bristol and West Athletic Club	24.02	96
72	K. Jones	(40)	Llisbury Runners	24.04	95
73	J. Cummins	(35)	Westbury Harriers	24.05	94
74	C. Davies		Sarn Helen Orienteering & R. C.	24.07	93
75	L. Cleary	(45)	Penarth and Dinas Runners	24.08	92
76	M. Hobbs	(45)	Westbury Harriers	24.10	91
77	S. Chipper	(40)	Llisbury Runners	24.16	90
78	B. Tucker	(45)	Brecon Athletic Club	24.22	89
79	H. Bennett		Bristol and West Athletic Club	24.31	88
80	A. Hurman	(45)	Penarth and Dinas Runners	24.33	87
81	V. Jones	(35)	Westbury Harriers	24.37	86
82	J. Scholey	(50)	Les Croupiers Running Club	24.38	85
83	J. Whitehead	(35)	North Somerset	24.39	84
84	C. Bower	(45)	Team Bath	24.43	83
85	E. Withers	(45)	Bristol and West Athletic Club	24.53	82
86	C. Milton-Thomas	(23)	Cardiff University Harriers	24.55	81
87	J. Goodwin	(35)	Westbury Harriers	24.56	80

88	S. Hume	(55) Westbury Harriers	25.08	79
89	A. Foote	(35) Westbury Harriers	25.09	78
90	A. Bull	(45) Westbury Harriers	25.11	77
91	H. Craven	(35) Les Croupiers Running Club	25.20	76
92	M. Guest	(40) Great Western Runners	25.22	75
93	J. Lewis	(45) Islwyn Running Club	25.23	74
94	K. Boorman	(35) Westbury Harriers	25.24	73
95	A. Ling	Westbury Harriers	25.26	72
96	A. Price	(23) Cardiff Amateur Athletic Club	25.33	71
97	K. Chester	(35) Forest of Dean Athletic Club	25.36	70
98	J. Rose	(23) Cardiff University Harriers	25.40	69
99	C. Burren	(45) Bristol and West Athletic Club	25.41	68
100	N. Ward	(23) Cardiff Amateur Athletic Club	26.02	67
101	M. Callas	(45) North Somerset	26.11	66
102	N. Davies	(40) Thornbury Running Club	26.12	65
103	F. Davies	(55) Pontypridd Athletic Club	26.15	64
104	H. Withers	(40) San Domenico Road Runners Club	26.17	63
105	J. Cooley	(45) Clevedon Athletic Club	26.18	62
106	R. Treharne	(45) Islwyn Running Club	26.20	61
107	H. Johnson	(35) Westbury Harriers	26.27	60
108	J. Green	(55) Forest of Dean Athletic Club	26.29	59
109	F. Williams	(45) San Domenico Road Runners Club	26.30	58
110	J. Hall	(35) Chepstow Harriers	26.31	57
111	T. Tranter	(60) Chepstow Harriers	26.32	56
112	C. Dallimore	(55) Les Croupiers Running Club	26.33	55
113	C-M. Phillips	Penarth and Dinas Runners	26.34	54
114	G. Mayled	(23) Cardiff University Harriers	26.37	53
115	J. Blethyn	(55) Penarth and Dinas Runners	26.38	52
116	Y. Williams	(60) Penarth and Dinas Runners	26.43	51
117	V. Ford	(50) Great Western Runners	26.51	50
118	M. Fulleton	(45) Westbury Harriers	26.52	49
119	S. Tucker	(45) Westbury Harriers	26.57	48
120	D. James	(45) Islwyn Running Club	26.59	47
121	S. Frances	(45) Forest of Dean Athletic Club	27.02	46
122	A. Helsing	(45) Penarth and Dinas Runners	27.08	45
123	Y. Bullen	(45) Les Croupiers Running Club	27.12	44
124	L. Hayward	(50) Brecon Athletic Club	27.14	43
125	S. Sofaza	(45) Westbury Harriers	27.16	42
126	Lindsey Hunt	Penarth and Dinas Runners	27.19	41

127	J. Ash	(40) Les Croupiers Running Club	27.33	40
128	E. Parkin	(23) Cardiff Metropolitan University	27.45	39
129	L. Phillips	(40) Lliswerry Runners	27.45	38
130	J. Mills	(55) Thornbury Running Club	27.47	37
131	K. Lyne	(35) Clevedon Athletic Club	27.58	36
132	A. Rowell	(55) Taf Running & Orienteering Teams	28.05	35
133	B. Havers	Chepstow Harriers	28.11	34
134	A. Freeman	(40) Forest of Dean Athletic Club	28.14	33
135	A. Roberts	(65) Clevedon Athletic Club	28.18	32
136	S-L. Thompson	(35) Les Croupiers Running Club	28.51	31
137	L. Howells	(23) Cardiff University Harriers	28.54	30
138	K. Frost	(35) Forest of Dean Athletic Club	29.00	29
139	J. Lambeth	(35) Islwyn Running Club	29.15	28
140	D. Heys	(45) Westbury Harriers	29.16	27
141	L. Hall	(45) Westbury Harriers	29.21	26
142	L. Boorman	(50) Pembrokeshire Harriers	29.22	25
143	E. Noonan	(55) Westbury Harriers	29.39	24
144	C. Lidgett	(45) Chepstow Harriers	29.50	23
145	A.N. Unknown	Anonymous Athletic Club	29.53	22
146	T. Rossiter	(50) Les Croupiers Running Club	29.57	21
147	J. Babij	(40) Forest of Dean Athletic Club	29.59	20
148	M. Senior	(35) Islwyn Running Club	30.30	19
149	C. Roynan	(40) Lliswerry Runners	30.50	18
150	L. Harston	(35) Clevedon Athletic Club	30.54	17
151	E. Arwyn	(60) Les Croupiers Running Club	31.10	16
152	D. Hudson	(45) North Somerset	31.14	15
153	S. Jones	(45) Westbury Harriers	31.19	14
154	S. Perons	(50) Les Croupiers Running Club	31.24	13
155	A. Thompson	(50) Les Croupiers Running Club	31.34	12
156	T. Talbott	Great Western Runners	32.07	11
157	C. Scapens	(45) Westbury Harriers	32.45	10
158	L. Jones	(45) Islwyn Running Club	33.14	9
159	P. Parr	(60) Great Western Runners	33.55	8
160	Y. Forsey	(50) Lliswerry Runners	34.08	7
161	T. Newman	(40) Les Croupiers Running Club	34.24	6
162	P. Thomas	(65) Taf Running & Orienteering Teams	34.51	5
163	H. Williams	(35) Aberdare Valley A. A. C.	46.25	4
164	A. Butler	(70) Great Western Runners	49.16	3