

Gwent Cross Country League 2014-2015

12 October 2014 : Newbridge Fields, Bridgend

Senior Women (220 Starters)

Pos	Athlete	Club	Time	Pts
1	I. Ainsworth	Bristol and West Athletic Club	24.39	220
2	J. Finney	(23) Bristol and West Athletic Club	25.15	219
3	O. Gwynn	(23) Swansea Harriers Athletic Club	25.40	218
4	E. Wookey	(23) Lliswerry Runners	25.43	217
5	K. Roberts (ind)	Swansea Harriers Athletic Club	25.59	216
6	C. Lee	Westbury Harriers	26.04	215
7	K. Matthews	(35) Chepstow Harriers	26.31	214
8	K. Hughes	(40) Westbury Harriers	26.45	213
9	J. Belyvain	Bristol and West Athletic Club	26.55	212
10	G. France	Bristol and West Athletic Club	27.11	211
11	L. Marland	Neath Harriers	27.12	210
12	C. Beatty	(35) Les Croupiers Running Club	27.43	209
13	M. Williams	(23) Bristol University	27.59	208
14	C. Hughes	Les Croupiers Running Club	28.00	207
15	H. Marshall	(35) Swansea Harriers Athletic Club	28.01	206
16	E. Monk	(23) Cardiff Metropolitan University	28.04	205
17	A. Haworth	(23) Cardiff University Harriers	28.05	204
18	B. White	Westbury Harriers	28.12	203
19	J. Horler	(35) Chepstow Harriers	28.15	202
20	R. Matthews	(55) Cardiff Amateur Athletic Club	28.24	201
21	Z. Thomas	(23) Bridgend Athletic Club	28.25	200
22	S. Everitt	(45) Bristol and West Athletic Club	28.26	199
23	A. Nixon	(55) Forest of Dean Athletic Club	28.33	198
24	N. Gething	(40) Parc Bryn Bach Runners	28.45	197
25	A. Watson	(23) Cardiff Metropolitan University	28.46	196
26	E. Baxter	(35) University of Wales - Swansea	28.47	195
27	D. Glover	(35) Wells City Harriers	28.53	194
28	J. Roberts	Fairwater Runners	28.54	193

29	L. Barker	Brecon Athletic Club	29.07	192
30	S. Watson	(45) Les Croupiers Running Club	29.09	191
31	C. Jolliffe	(45) Bristol and West Athletic Club	29.14	190
32	A. Silvester	Guest	29.17	Guest
33	J. Osborn	(23) Swansea Harriers Athletic Club	29.21	189
34	L. Davies	Cardiff Amateur Athletic Club	29.22	188
35	A. Tennant	(23) University of Wales - Swansea	29.30	187
36	A. Jones	(45) Fairwater Runners	29.31	186
37	K. Dicks	Great Western Runners	29.35	185
38	M. Brian	(23) Cardiff University Harriers	29.36	184
39	K. Prior	(40) Wells City Harriers	29.39	183
40	E. Ferguson	Pontypridd Athletic Club	29.46	182
41	K. Winstone	Westbury Harriers	29.49	181
42	L. Frazer-Cox	(23) Cardiff University Harriers	29.49	180
43	R. Evans	(40) Run4All Neath	29.50	179
44	M. Jones	(23) Bristol and West Athletic Club	29.51	178
45	L. Woodham	(45) Westbury Harriers	29.51	177
46	L. Summers	(45) Pont-y-Pwl & District Runners	30.05	176
47	B. Everson	(23) University of Wales - Swansea	30.18	175
48	S. Moore	Bridgend Athletic Club	30.24	174
49	E. Lagomarsino	(23) Cardiff University Harriers	30.25	173
50	R. Bennett	Swansea Harriers Athletic Club	30.26	172
51	M. Turner	(23) University of Wales - Swansea	30.27	171
52	K. O'Connell	(23) Pontypridd Athletic Club	30.27	170
53	R. Phillips	Llisbury Runners	30.28	169
54	G. Hardman	(35) Bridgend Athletic Club	30.32	168
55	G. Roch-Clarke	Bridgend Athletic Club	30.39	167
56	C. Evans	Les Croupiers Running Club	30.42	166
57	A. Rogers	(35) Westbury Harriers	30.45	165
58	H-M. Davies	(35) Swansea Harriers Athletic Club	30.52	164
59	H. Bennett	Bristol and West Athletic Club	30.54	163
60	H. John	(45) Cardiff Amateur Athletic Club	31.02	162
61	L. Cleary	(50) Penarth and Dinas Runners	31.10	161
62	E. Jolliffe	(23) Bristol and West Athletic Club	31.18	160
63	Z. Barrett	(23) Cardiff Metropolitan University	31.20	159
64	M. Gouveia	San Domenico Road Runners Club	31.20	158
65	A. Hall	(23) Westbury Harriers	31.20	157
66	K. Jones	(40) Llisbury Runners	31.28	156
67	C. Tailby	(40) Penarth and Dinas Runners	31.29	155

68	J. Tucker	(35) Les Croupiers Running Club	31.30	154
69	B. Colquhoun	Bristol and West Athletic Club	31.32	153
70	B. Ouseley	(35) Pembrokeshire Harriers	31.34	152
71	C. Hughes	(35) Bridgend Athletic Club	31.34	151
72	B. Tucker	(45) Brecon Athletic Club	31.41	150
73	G. Aldworth	(35) Brecon Athletic Club	31.48	149
74	S. Davies	(45) Croft Ambrey	31.49	Guest
75	C. Samuel	(40) Newport Harriers Athletic Club	31.53	148
76	R. Rowland	(50) Thornbury Running Club	31.53	147
77	N. Beck	(40) Lliswerry Runners	31.54	146
78	G. Manly	Guest	31.55	Guest
79	B. Edwards	(23) University of the West of England	31.56	145
80	B. Sergeant	Westbury Harriers	31.58	144
81	C. Evans	(23) Pontypridd Athletic Club	32.05	143
82	N. Davis	(45) Thornbury Running Club	32.09	142
83	L. Bermagasoi	(23) University of Wales - Swansea	32.10	141
84	C. Mills	Great Western Runners	32.11	140
85	C. Sapwell	(35) Bristol and West Athletic Club	32.13	139
86	B. Lewis	(45) Cardiff Triathletes	32.14	138
87	A. Flower	(23) North Somerset	32.15	137
88	H. Duffield	(35) Chepstow Harriers	32.18	136
89	E. Powell	Cardiff Triathletes	32.19	135
90	Louise Hunt	Penarth and Dinas Runners	32.23	134
91	A. Hurman	(45) Penarth and Dinas Runners	32.28	133
92	A. Scrivens	(45) Caerleon Running Club	32.33	132
93	R. Anderson	(23) Swansea Harriers Athletic Club	32.42	131
94	C. Davies	Sarn Helen Orienteering & R. C.	32.43	130
95	R. Newport	Cardiff Amateur Athletic Club	32.45	129
96	K. Amos	Rhondda Valley A.C.	32.51	128
97	N. Haines-Jones	(45) Lliswerry Runners	32.52	127
98	C. Addicott	(35) Cardiff Triathletes	32.53	126
99	S. Bradshaw	(35) Carmarthen & District Harriers A.C.	32.54	125
100	Z. Plant	(23) Cardiff University Harriers	32.55	124
101	F. Beverley	(23) Bristol University	32.57	123
102	K. Wall	Islwyn Running Club	33.00	122
103	J. Richards	(45) Lliswerry Runners	33.05	121
104	R. Poole	Fairwater Runners	33.06	120
105	N. Prosser	(23) Cardiff University Harriers	33.12	119
106	H. Wootten	(23) Bristol University	33.25	118

107	M. Richards	(40)	Pont-y-Pwl & District Runners	33.27	117
108	V. Belcher		Newport Harriers Athletic Club	33.32	116
109	F. Davies	(55)	Pontypridd Athletic Club	33.41	115
110	L. Miskall	(40)	3M Gorseinon Road Runners	33.42	114
111	J. Lees	(40)	Fairwater Runners	33.47	113
112	A. Bull	(45)	Westbury Harriers	33.49	112
113	S. Davies	(23)	Pontypridd Athletic Club	33.50	111
114	S. Lavender	(23)	Cardiff University Harriers	33.51	110
115	L. Williams	(35)	3M Gorseinon Road Runners	33.53	109
116	C. Watt	(50)	Thornbury Running Club	34.10	108
117	A. Mayo	(23)	Cardiff University Harriers	34.18	107
118	A. Cooper	(23)	University of Wales - Swansea	34.19	106
119	J. Rose		Cardiff University Harriers	34.23	105
120	R. Timms	(35)	Lliswerry Runners	34.29	104
121	H. Withers	(40)	San Domenico Road Runners Club	34.40	103
122	H. Pretty		Cardiff Amateur Athletic Club	34.45	102
123	A. Hurford	(50)	Bristol and West Athletic Club	34.50	101
124	J. Broughton	(35)	Les Croupiers Running Club	34.51	100
125	N. Beynon		Pegasus Running Club Cardiff	34.52	99
126	R. Lewis-Burr	(35)	Parc Bryn Bach Runners	35.00	98
127	C. Pearson		Les Croupiers Running Club	35.03	97
128	E. Withers	(45)	Bristol and West Athletic Club	35.07	96
129	A. Helsing	(50)	Penarth and Dinas Runners	35.09	95
130	Y. Bullen	(50)	Les Croupiers Running Club	35.10	94
131	S. Tucker	(45)	Westbury Harriers	35.14	93
132	L. Hegarty	(23)	Cardiff University Harriers	35.15	92
133	A. James	(65)	Les Croupiers Running Club	35.17	91
134	S. Brooke-Smith	(40)	Pontypridd Athletic Club	35.18	90
135	N. Gray	(45)	Lliswerry Runners	35.24	89
136	S. Francis	(45)	Forest of Dean Athletic Club	35.27	88
137	J. Roche	(45)	Fairwater Runners	35.30	87
138	C. Dallimore	(55)	Les Croupiers Running Club	35.31	86
139	M. Monk	(60)	Parc Bryn Bach Runners	35.34	85
140	P. Christley		Brecon Athletic Club	35.41	84
141	E. Page	(45)	Sarn Helen Orienteering & R. C.	35.42	83
142	Lindsey Hunt		Penarth and Dinas Runners	35.46	82
143	P. Gallagher	(65)	Westbury Harriers	35.48	81
144	C. Phillips		Penarth and Dinas Runners	35.52	80
145	J. Jenkins	(50)	Fairwater Runners	35.56	79

146	Y. Williams	(60)	Penarth and Dinas Runners	36.00	78
147	A. Pengilly	(45)	Swansea Harriers Athletic Club	36.10	77
148	R. Greatorex-Davies	(23)	Cardiff University Harriers	36.11	76
149	N. Sinclair	(35)	Lliswerry Runners	36.21	75
150	J. Batten	(45)	Carmarthen & District Harriers A.C.	36.22	74
151	L. Grey	(50)	Fairwater Runners	36.23	73
152	P. Strong	(35)	San Domenico Road Runners Club	36.25	72
153	M. Davies	(23)	Cardiff University Harriers	36.26	71
154	K. Russell	(35)	Les Croupiers Running Club	36.31	70
155	N. Johnstone	(45)	Brecon Athletic Club	36.34	69
156	J. Evans	(45)	Pegasus Running Club Cardiff	36.36	68
157	R. Jordan		Les Croupiers Running Club	36.40	67
158	E. Stevenson	(23)	Cardiff University Harriers	36.41	66
159	L. Park	(50)	Forest of Dean Athletic Club	36.44	65
160	S. Adkins	(65)	Caerleon Running Club	36.51	64
161	K. Jenkins	(35)	Lliswerry Runners	36.55	63
162	L. Davies	(35)	Pontypridd Athletic Club	37.02	62
163	C. Burren	(50)	Bristol and West Athletic Club	37.03	61
164	F. Williams	(45)	San Domenico Road Runners Club	37.04	60
165	S. Jones	(45)	Westbury Harriers	37.09	59
166	G. Edwards	(50)	Les Croupiers Running Club	37.12	58
167	G. Edwards (ind)	(45)	Carmarthen & District Harriers A.C.	37.14	57
168	A. Owen	(35)	North Somerset	37.19	56
169	V. Ford	(55)	Great Western Runners	37.22	55
170	R. Walters	(35)	Rhondda Valley A.C.	37.23	54
171	L. Phillips	(40)	Lliswerry Runners	37.24	53
172	C-L. Penny	(35)	Blaenau Gwent	37.25	52
173	E. James	(50)	Guest	37.27	Guest
174	C. Karl	(23)	University of Wales - Swansea	37.30	51
175	J. Green	(55)	Forest of Dean Athletic Club	37.32	50
176	H. Griffiths	(35)	Penarth and Dinas Runners	37.35	49
177	T. Evans	(35)	Rhondda Valley A.C.	37.38	48
178	J. Stone	(45)	Cardiff Amateur Athletic Club	37.40	47
179	K. Evans		Cardiff Triathletes	37.55	46
180	G. Murphy	(60)	Les Croupiers Running Club	38.03	45
181	T. Rossiter	(50)	Les Croupiers Running Club	38.13	44
182	R. Mills		Thornbury Running Club	38.17	43
183	M. Pearce	(45)	Blaenau Gwent	38.20	42
184	S. Ghosh	(35)	Westbury Harriers	38.23	41

185	C. Gates	(45) Lliswerry Runners	38.32	40
186	L. Boorman	(50) Pembrokeshire Harriers	38.40	39
187	E. Parker	(40) Lliswerry Runners	38.54	38
188	E. Williams	Blaenau Gwent	39.03	37
189	S. Perons	(50) Les Croupiers Running Club	39.13	36
190	L. Hall	(45) Westbury Harriers	39.25	35
191	M. Pilard	(23) Cardiff University Harriers	39.31	34
192	H. Williams	Fairwater Runners	40.10	33
193	B. Jones	(35) Fairwater Runners	40.10	32
194	L. Waller	(55) 3M Gorseinon Road Runners	40.26	31
195	E. Noonan	(55) Westbury Harriers	40.33	30
196	R. Davies	(60) Great Western Runners	40.41	29
197	Y. Forsey	(55) Lliswerry Runners	40.56	28
198	M. Bunney	(23) Aberdare Valley A. A. C.	41.06	27
199	G. Howells	(60) Caerleon Running Club	41.08	26
200	E. Arwyn	(60) Les Croupiers Running Club	41.15	25
201	V. Clare	(55) Lliswerry Runners	41.20	24
202	C. Johnson	(65) Les Croupiers Running Club	41.40	23
203	J. Patrick	(35) Rhondda Valley A.C.	41.48	22
204	K. Penny	(45) Lliswerry Runners	41.59	21
205	E. Phillips	Lliswerry Runners	42.13	20
206	K. Emmott	(45) Lliswerry Runners	42.14	19
207	S. Richards	(55) Brecon Athletic Club	42.28	18
208	J. Cass	(40) Penarth and Dinas Runners	42.47	17
209	Z. MacDonald	Pontypridd Athletic Club	43.28	16
210	K. Bevan	(35) Blaenau Gwent	43.43	15
211	P. Parr	(60) Great Western Runners	44.11	14
212	J. Maragna	(55) Penarth and Dinas Runners	44.30	13
213	M. Rowson	(65) Les Croupiers Running Club	45.11	12
214	S. Meah	(50) Les Croupiers Running Club	45.36	11
215	L. Shanley	(35) Rhondda Valley A.C.	45.56	10
216	J. Davies	(60) 3M Gorseinon Road Runners	47.21	9
217	D. Frazier	(75) Westbury Harriers	55.23	8

Gwent Cross Country League 2014-2015

12 October 2014 : Newbridge Fields, Bridgend

Senior Men (376 Starters)

Pos	Athlete	Club	Time	Pts
1	O. Jones	Bristol and West Athletic Club	32.42	376
2	D. Nash	(23) Cardiff University Harriers	33.32	375
3	M. Davies	Bridgend Athletic Club	33.38	374
4	P. Matthews	(35) Swansea Harriers Athletic Club	34.20	373
5	A. MacLean	Bristol and West Athletic Club	34.29	372
6	R. Weeks	Bristol and West Athletic Club	34.44	371
7	J. McKenna	Bristol and West Athletic Club	34.51	370
8	C. Carpanini	(23) Swansea Harriers Athletic Club	34.54	369
9	M. Harvey	Swansea Harriers Athletic Club	34.58	368
10	L. Holmes	North Somerset	35.11	367
11	M. Edmunds	Newport Harriers Athletic Club	35.13	366
12	M. Collins	(35) Micky Morris Running Teams	35.18	365
13	D. Rothwell	Swansea Harriers Athletic Club	35.27	364
14	J. Davis	Taunton Athletic Club	35.30	363
15	P. Avent	Bridgend Athletic Club	35.31	362
16	M. Jennings	(40) Fairwater Runners	35.35	361
17	A. Erkolo	Cardiff Amateur Athletic Club	35.41	360
18	P. Ryder	Cardiff Amateur Athletic Club	36.12	359
19	S. Campbell	Westbury Harriers	36.13	358
20	D. Bodman	Aberdare Valley A. A. C.	36.15	357
21	S. Simms	(40) Micky Morris Running Teams	36.17	356
22	O. Williams	Les Croupiers Running Club	36.29	355
23	L. Evans	Bristol and West Athletic Club	36.30	354
24	A. Phelps	Stroud & District Athletic Club	36.31	353
25	R. Atkin	Bridgend Athletic Club	36.31	352
26	D. Johnston	(35) Neath Harriers	36.45	351
27	M. Richard	(23) Swansea Harriers Athletic Club	36.46	350
28	R. Boorman	(23) Aberdare Valley A. A. C.	36.47	349
29	M. Pfeiffer	(40) Brecon Athletic Club	36.47	348
30	A. Newton	Swansea Harriers Athletic Club	36.53	347
31	A. Reynolds	Neath Harriers	37.01	346

32	A. Donald		Cardiff Amateur Athletic Club	37.08	345
33	R. McFlynn	(35)	Micky Morris Running Teams	37.11	344
34	R. Stewart		Bristol and West Athletic Club	37.12	343
35	G. Gates		Bridgend Athletic Club	37.15	342
36	A. Hodgson	(40)	Bridgend Athletic Club	37.17	341
37	N. Lane	(35)	Cardiff Amateur Athletic Club	37.20	340
38	E. Penny	(23)	Newport Harriers Athletic Club	37.21	339
39	M. Symes		Pont-y-Pwl & District Runners	37.21	338
40	J. Best	(23)	Cardiff University Harriers	37.23	337
41	L. Ahearne	(45)	Parc Bryn Bach Runners	37.31	336
42	S. Richards	(23)	Pontypridd Athletic Club	37.39	335
43	M. Bialogonski		Bristol and West Athletic Club	37.39	334
44	C. Hill		Cardiff Amateur Athletic Club	37.42	333
45	J. Rodgers		North Somerset	37.43	332
46	H. Evans	(40)	Les Croupiers Running Club	37.44	331
47	N. Dukes	(35)	Les Croupiers Running Club	37.50	330
48	D. Barnby		Fairwater Runners	37.51	329
49	C. Green		Bristol and West Athletic Club	37.52	328
50	S. Rayall	(40)	Pontypridd Athletic Club	37.53	327
51	T. Jefferies		Les Croupiers Running Club	37.54	326
52	Ake Fagereng		Les Croupiers Running Club	37.55	325
53	M. Hurford	(40)	Les Croupiers Running Club	37.59	324
54	P. Coles	(50)	Pontypridd Athletic Club	38.05	323
55	M. Thomas		Llisbury Runners	38.07	322
56	C. Parker	(45)	Port Talbot Harriers & A. C.	38.08	321
57	R. Johnson	(40)	Pont-y-Pwl & District Runners	38.20	320
58	D. Coales	(40)	Team Bath	38.26	319
59	L. Rawlinson		Micky Morris Running Teams	38.28	318
60	C. Goodger	(23)	Newport Harriers Athletic Club	38.29	317
61	C. Jenkins	(35)	Neath Harriers	38.36	316
62	I. Lloyd	(50)	Swansea Harriers Athletic Club	38.36	315
63	P. Bradshaw		Blackburn	38.38	Guest
64	D. Chesworth	(23)	Cardiff Metropolitan University	38.39	314
65	R. Dando		Bridgend Athletic Club	38.42	313
66	G. Lewis	(35)	Micky Morris Running Teams	38.43	312
67	M. Evans		Aberdare Valley A. A. C.	38.46	311
68	R. Whitehouse	(50)	Neath Harriers	38.49	310
69	O. Beale		Westbury Harriers	38.51	309
70	S. Paterson	(35)	Les Croupiers Running Club	38.53	308

71	D.J. Williams	(40)	Les Croupiers Running Club	38.54	307
72	C. Harry	(45)	Pont-y-Pwl & District Runners	38.55	306
73	J. Bragg		Aberdare Valley A. A. C.	38.55	305
74	J. Blore		Chepstow Harriers	38.57	304
75	A. Whitaker		Bristol and West Athletic Club	38.58	303
76	R. Hunt	(50)	Bridgend Athletic Club	38.58	302
77	J. Dean		Guest	39.03	Guest
78	R. Phillips	(40)	Westbury Harriers	39.04	301
79	D. Nicholls	(35)	San Domenico Road Runners Club	39.08	300
80	G. Davey	(35)	Neath Harriers	39.09	299
81	A.N. Unknown		Anonymous Athletic Club	39.11	298
82	E. Hardee	(23)	Cardiff University Harriers	39.12	297
83	A. Hodgetts		Thornbury Running Club	39.13	296
84	S. Lewis		Aberdare Valley A. A. C.	39.15	295
85	V. Edwards		Cardiff Harlequins	39.19	294
86	S. Everington	(40)	Westbury Harriers	39.32	293
87	T. Watkins	(40)	Pont-y-Pwl & District Runners	39.38	292
88	S. Masters	(50)	Wells City Harriers	39.38	291
89	J. Roberts	(23)	Bristol University	39.40	290
90	S. John		Neath Harriers	39.41	289
91	A. Malloy	(40)	Bristol and West Athletic Club	39.42	288
92	A. Vessey	(23)	University of Wales - Swansea	39.43	287
93	P. Radford	(23)	Bristol University	39.44	286
94	R. Sage	(35)	Les Croupiers Running Club	39.51	285
95	P. White		Pont-y-Pwl & District Runners	39.52	284
96	J. Phillips	(40)	Pontypridd Athletic Club	39.53	283
97	M. Wheeler		Cardiff Triathletes	39.54	282
98	A. Pritchard	(23)	Cardiff Metropolitan University	39.55	281
99	Peter Osborne	(50)	Llanelli Amateur Athletic Club	39.56	280
100	C. Fulcher	(45)	Neath Harriers	39.57	279
101	D. Edwards (ind)		Aberdare Valley A. A. C.	39.59	278
102	O. Stepney	(23)	University of Wales - Swansea	40.00	277
103	P. Talbot	(45)	Neath Harriers	40.02	276
104	R. Annett	(23)	San Domenico Road Runners Club	40.04	275
105	H. Silvester	(35)	Guest	40.05	Guest
106	A. Vidal-Hiscox	(23)	Cardiff University Harriers	40.08	274
107	M. George		Llanelli Amateur Athletic Club	40.13	273
108	B. Hayton	(23)	Pontypridd Athletic Club	40.17	272
109	M. Parkes		Les Croupiers Running Club	40.19	271

110	M. Tippins	(23) Amman Valley Harriers	40.24	270
111	S. Davies	(55) Pont-y-Pwl & District Runners	40.27	269
112	S. Penny	(50) Chepstow Harriers	40.30	268
113	C. Pantlin	Bristol and West Athletic Club	40.31	267
114	M. Evans	Amman Valley Harriers	40.37	266
115	R. Nash	(55) Westbury Harriers	40.39	265
116	R. Bullen	(50) Les Croupiers Running Club	40.40	264
117	A. Davis	(45) Thornbury Running Club	40.42	263
118	P. Williams	(40) Bridgend Athletic Club	40.43	262
119	C. Walsh	(35) Port Talbot Harriers & A. C.	40.44	261
120	O. Lum	(23) Cardiff Metropolitan University	40.46	260
121	T. Joy	(23) Bristol University	40.55	259
122	E. Lepore	(60) Les Croupiers Running Club	40.58	258
123	S. Webster	(40) Cardiff Triathletes	40.59	257
124	A. Williams	(45) Port Talbot Harriers & A. C.	41.00	256
125	M. Flear	Llanelli Amateur Athletic Club	41.01	255
126	H. Saunders	(23) Cardiff University Harriers	41.05	254
127	M. Bennetto	Forest of Dean Athletic Club	41.06	253
128	A. Lee	(40) Pont-y-Pwl & District Runners	41.07	252
129	J. King	(40) Caerleon Running Club	41.08	251
130	J. Bruce	(40) Les Croupiers Running Club	41.10	250
131	C. Melbourne	Neath Harriers	41.10	249
132	A. Lewis	Neath Harriers	41.11	248
133	R. Davies	(40) Islwyn Running Club	41.13	247
134	J. Casburn	Micky Morris Running Teams	41.15	246
135	R. Jackson-Hookins	Penarth and Dinas Runners	41.27	245
136	A. Salmon	(23) Bristol University	41.30	244
137	A. Davies	Les Croupiers Running Club	41.31	243
138	J. Morgan	(50) Bridgend Athletic Club	41.33	242
139	J. Dobbing	Forest of Dean Athletic Club	41.34	241
140	N. Mahoney	Les Croupiers Running Club	41.35	240
141	A. King	Lliswerry Runners	41.37	239
142	J. Zennadi	(23) Newport Harriers Athletic Club	41.39	238
143	G. Knight	Newport Harriers Athletic Club	41.39	237
144	M. Hopkins	Les Croupiers Running Club	41.41	236
145	R. Wallis	(55) Westbury Harriers	41.45	235
146	R. Lloyd	(35) Fairwater Runners	41.48	234
147	D. Tomlinson	(23) Neath Harriers	41.49	233
148	J. Lam	(40) San Domenico Road Runners Club	41.51	232

149	C. Fowler	(40) Bridgend Athletic Club	41.55	231
150	L. Pole	(40) Pontypridd Athletic Club	41.58	230
151	M. Havard	(45) San Domenico Road Runners Club	42.03	229
152	T. Hutchison	(60) Team Bath	42.08	228
153	D. Williams	(45) Parc Bryn Bach Runners	42.11	227
154	P. Thomas	Pontypridd Athletic Club	42.16	226
155	G. Beck	(40) Lliswerry Runners	42.17	225
156	D. Lowthian	(45) Forest of Dean Athletic Club	42.20	224
157	J. Thomas	(40) Bridgend Athletic Club	42.29	223
158	J. Grimwood	(40) Westbury Harriers	42.30	222
159	P. Mountain	(55) Bristol and West Athletic Club	42.30	221
160	N. Williams	(50) Aberdare Valley A. A. C.	42.32	220
161	A. Care	San Domenico Road Runners Club	42.43	219
162	A. Lewis	(40) Aberdare Valley A. A. C.	42.44	218
163	M. Tabor	(60) Les Croupiers Running Club	42.47	217
164	P. Lidgett	(45) Chepstow Harriers	42.49	216
165	J. Jones	(35) Swansea Harriers Athletic Club	42.51	215
166	A. Pascoe	(40) 3M Gorseinon Road Runners	42.56	214
167	S. Gill	Lliswerry Runners	42.58	213
168	S. Williams	(55) Neath Harriers	42.59	212
169	N. Shehan	Llanelli Amateur Athletic Club	43.04	211
170	B. Jones	Lliswerry Runners	43.05	210
171	D. Bedwell	(60) Bristol and West Athletic Club	43.05	209
172	C. Traer	Bristol and West Athletic Club	43.10	208
173	S. Grant	(50) Bristol and West Athletic Club	43.10	207
174	D. Vorres	(50) Pont-y-Pwl & District Runners	43.12	206
175	M. Glover	(45) Wells City Harriers	43.14	205
176	P. Hughes	San Domenico Road Runners Club	43.15	204
177	M. Murphy	(60) Les Croupiers Running Club	43.17	203
178	G. Wise	Cardiff University Harriers	43.19	202
179	S. Wadley	(50) Newport Harriers Athletic Club	43.20	201
180	B. Hull	Bristol and West Athletic Club	43.21	200
181	T. Owen	(50) Bridgend Athletic Club	43.23	199
182	R. Nobel	(40) Westbury Harriers	43.25	198
183	T. Fowler	(23) Newport Harriers Athletic Club	43.27	197
184	H. Hartnell	(50) Islwyn Running Club	43.28	196
185	F. Purcell	(23) Cardiff University Harriers	43.29	195
186	D. Williams	Brecon Athletic Club	43.33	194
187	D. Crane	(55) Neath Harriers	43.35	193

188	J. Mulloney	(23)	Aberdare Valley A. A. C.	43.38	192
189	J. Cox		Great Western Runners	43.40	191
190	S. Arnold	(45)	Wells City Harriers	43.41	190
191	M. Dunscombe	(50)	Aberdare Valley A. A. C.	43.42	189
192	S. Allen	(45)	Thornbury Running Club	43.43	188
193	K. Lewis	(50)	Neath Harriers	43.44	187
194	B. Dias		Les Croupiers Running Club	43.45	186
195	T. Hesslenburg	(23)	Cardiff University Harriers	43.47	185
196	J. Aggleton	(50)	Cardiff Harlequins	43.50	184
197	P. Chan	(45)	Great Western Runners	43.51	183
198	G. Hardman	(40)	Bridgend Athletic Club	43.52	182
199	A.N. Unknown		Anonymous Athletic Club	43.53	181
200	G. Sansom	(50)	San Domenico Road Runners Club	43.56	180
201	D. Huchings	(35)	Merthyr Harriers	43.59	Guest
202	C. Emmerson		Bristol and West Athletic Club	44.00	179
203	C. Blackmore	(40)	Cardiff Harlequins	44.01	178
204	M. Reed	(50)	Llanelli Amateur Athletic Club	44.05	177
205	A. Powell	(45)	Neath Harriers	44.10	176
206	S. Ouseley	(40)	Pembrokeshire Harriers	44.13	175
207	A. Lewis	(23)	Cardiff University Harriers	44.14	174
208	M. Mathews	(40)	Forest of Dean Athletic Club	44.15	173
209	J. Boon	(45)	Forest of Dean Athletic Club	44.17	172
210	E. Cummings	(40)	Les Croupiers Running Club	44.22	171
211	B. Oliver	(23)	University of Wales - Swansea	44.23	170
212	S. Power	(40)	Aberdare Valley A. A. C.	44.24	169
213	S. Bridges	(40)	Aberdare Valley A. A. C.	44.25	168
214	J. Pearce		Llisbury Runners	44.27	167
215	C. Lloyd		Islwyn Running Club	44.28	166
216	B. Sellars	(40)	Bristol and West Athletic Club	44.33	165
217	I. McDonald	(50)	San Domenico Road Runners Club	44.39	164
218	S. Merrick	(45)	Swansea Harriers Athletic Club	44.42	163
219	S. Harris		Taunton Athletic Club	44.45	162
220	A. Davidson		Les Croupiers Running Club	44.46	161
221	R. Evans	(60)	Les Croupiers Running Club	44.49	160
222	G. Lewis	(35)	Porthcawl Runners	44.54	159
223	K. Jackson	(50)	Dursley & District Athletic Club	44.56	158
224	P. Kellam	(40)	Les Croupiers Running Club	44.59	157
225	S. Berry		Forest of Dean Athletic Club	45.00	156
226	L. Carter	(55)	Chepstow Harriers	45.01	155

227	A. Reddy	Aberdare Valley A. A. C.	45.02	154
228	K. Wheden	(50) Islwyn Running Club	45.04	153
229	K. Baird-Murray	(50) Penarth and Dinas Runners	45.06	152
230	C. Medcalf	(40) San Domenico Road Runners Club	45.08	151
231	T. Chandy	(23) Cardiff University Harriers	45.10	150
232	R. Amos	(35) San Domenico Road Runners Club	45.15	149
233	P. Graham	(23) Pontypridd Athletic Club	45.18	148
234	M. Meyrick	(40) Les Croupiers Running Club	45.19	147
235	D. Jones	Cardiff Harlequins	45.21	146
236	A. Pearce	(40) Cardiff Triathletes	45.33	145
237	D. Jones	(23) Cardiff Amateur Athletic Club	45.36	144
238	I. Wright	(50) Islwyn Running Club	45.38	143
239	H. Carpenter	(60) Neath Harriers	45.42	142
240	C. Treble	Westbury Harriers	45.44	141
241	D. Shields	(45) San Domenico Road Runners Club	45.55	140
242	G. Brown	Penarth and Dinas Runners	46.01	139
243	C. Ash	(23) University of the West of England	46.08	138
244	J. Clode	Bridgend Athletic Club	46.10	137
245	H. Kent	(60) Les Croupiers Running Club	46.12	136
246	H. Morgan	Pontypridd Athletic Club	46.14	135
247	S. Price	(40) Bristol and West Athletic Club	46.15	134
248	A. Phillips	(40) Bridgend Athletic Club	46.16	133
249	R. Self	(40) Les Croupiers Running Club	46.18	132
250	S. Prior	(45) Wells City Harriers	46.22	131
251	M. Darth	(23) University of Wales - Swansea	46.24	130
252	J. Hanson	(50) Guest	46.25	Guest
253	A. Addicott	Cardiff Triathletes	46.28	129
254	R. Morgan	Cardiff Triathletes	46.32	128
255	M. Thurgood	(40) Caerleon Running Club	46.35	127
256	L. Worth	(50) Pembrokeshire Harriers	46.38	126
257	C. Morgan (ind)	Caerleon Running Club	46.38	125
258	T. Caveney	(50) Les Croupiers Running Club	46.39	124
259	A. Bannon	San Domenico Road Runners Club	46.40	123
260	N. Horseley	(60) Neath Harriers	46.42	122
261	G. Jones	(50) Pont-y-Pwl & District Runners	46.48	121
262	K. Taylor	(50) Amman Valley Harriers	46.51	120
263	M. Elliston	(40) Les Croupiers Running Club	46.53	119
264	C. Osmond	(50) Les Croupiers Running Club	46.55	118
265	S. Alexander	(40) Les Croupiers Running Club	46.59	117

266	M. Harvey		Chepstow Harriers	47.04	116
267	D. McAtee	(50)	Newport Harriers Athletic Club	47.12	115
268	P. Goncalves		Lliswerry Runners	47.16	114
269	A. Dickens	(40)	Pont-y-Pwl & District Runners	47.22	113
270	M. Lloyd		Fairwater Runners	47.30	112
271	R. Davies	(40)	Lliswerry Runners	47.32	111
272	N. Mehan		Fairwater Runners	47.35	110
273	N. Rehman	(35)	Fairwater Runners	47.36	109
274	D. Green		Pegasus Running Club Cardiff	47.37	108
275	S. Fish		Pont-y-Pwl & District Runners	47.52	107
276	J. Bailey-Gard (Snr)	(60)	Westbury Harriers	47.52	106
277	P. Allen	(65)	Halesowen Athletic Club	47.57	Guest
278	D. Griffiths	(45)	Newport Harriers Athletic Club	47.58	105
279	A. Cleverley (ind)	(40)	Pegasus Running Club Cardiff	47.59	104
280	S. Dickinson	(45)	Wells City Harriers	48.00	103
281	K. McEntee	(55)	Chepstow Harriers	48.01	102
282	M. Bradley	(60)	Penarth and Dinas Runners	48.02	101
283	P. Holder	(50)	Cardiff Harlequins	48.04	100
284	G. Torrington	(40)	Westbury Harriers	48.05	99
285	B. Reed	(40)	Aberdare Valley A. A. C.	48.06	98
286	D. Osborne	(50)	Brecon Athletic Club	48.08	97
287	D. Proffitt	(60)	Lliswerry Runners	48.09	96
288	O. Evans		Cardiff Triathletes	48.10	95
289	R. Bowie	(50)	Fairwater Runners	48.15	94
290	A. Jenkins	(50)	Lliswerry Runners	48.21	93
291	C. Seal		Penarth and Dinas Runners	48.22	92
292	J. Bromhead		Pembrokeshire Harriers	48.23	91
293	A. Gwilliam	(45)	Fairwater Runners	48.25	90
294	G. Newhams	(50)	Bridgend Athletic Club	48.27	89
295	B. Bamsey	(60)	Neath Harriers	48.33	88
296	A. Davies	(50)	Pontypridd Athletic Club	48.34	87
297	D. Smout	(65)	Parc Bryn Bach Runners	48.35	86
298	J. Hargreaves	(60)	Great Western Runners	48.49	85
299	D. Arnold	(40)	Fairwater Runners	48.58	84
300	D. Cornish	(45)	Port Talbot Harriers & A. C.	49.02	83
301	N. Pringle	(55)	Lliswerry Runners	49.05	82
302	M. Harris	(60)	Westbury Harriers	49.10	81
303	A. Bunney	(40)	Aberdare Valley A. A. C.	49.10	80
304	D.E. Williams	(50)	Les Croupiers Running Club	49.11	79

305	C. Moore	(60) Forest of Dean Athletic Club	49.11	78
306	M. Battersby	(50) Cardiff Triathletes	49.19	77
307	P. Morris	(50) Les Croupiers Running Club	49.22	76
308	P. Chapman	(40) Les Croupiers Running Club	49.23	75
309	G. Brunnock	(35) Newport Harriers Athletic Club	49.31	74
310	N. Langridge	(60) Thornbury Running Club	49.32	73
311	H. Attwood	(60) Lliswerry Runners	49.34	72
312	S. Wood	Pegasus Running Club Cardiff	49.36	71
313	J. Horner	Les Croupiers Running Club	49.42	70
314	M. Wilcox	(65) Great Western Runners	49.44	69
315	R. Perons	(50) Les Croupiers Running Club	49.49	68
316	A. Palmer	(45) Penarth and Dinas Runners	49.51	67
317	M. Jenkins	(50) Fairwater Runners	49.56	66
318	Paul Osborne	(50) Llanelli Amateur Athletic Club	49.57	65
319	S. Chave	(55) Chepstow Harriers	49.58	64
320	R. James	(35) Cwm Ogwr	50.16	Guest
321	G. John	(60) Les Croupiers Running Club	50.22	63
322	G. Jenkins	Cwm Ogwr	50.31	Guest
323	D. Gates	(50) Lliswerry Runners	50.32	62
324	G. Cole	(40) Wells City Harriers	50.52	61
325	I. Smith	(50) Westbury Harriers	51.04	60
326	C. Evans	(23) Swansea Harriers Athletic Club	51.06	59
327	A. Perkins	(60) Port Talbot Harriers & A. C.	51.08	58
328	D. Hughes	(40) Bridgend Athletic Club	51.10	57
329	T. Fenton	(55) Great Western Runners	51.15	56
330	K. Portelli	(40) Les Croupiers Running Club	51.15	55
331	S. Dimond	(60) Thornbury Running Club	51.19	54
332	S. Gopal	(40) Les Croupiers Running Club	51.35	53
333	I. Lewis	(40) Islwyn Running Club	51.36	52
334	L. Richards	Newport Harriers Athletic Club	51.42	51
335	A. Bebb	Pontypridd Athletic Club	51.49	50
336	S. Jones	(50) Aberdare Valley A. A. C.	51.51	49
337	P. Morfey	(55) Cardiff Harlequins	52.05	48
338	S. Talbot	Newport Harriers Athletic Club	52.13	47
339	M. Faulkner	(55) Lliswerry Runners	52.30	46
340	L. Hopkins	Aberdare Valley A. A. C.	52.41	45
341	E. Davey	(60) Llanelli Amateur Athletic Club	52.47	44
342	J. Cant	Westbury Harriers	52.56	43
343	G. Trueman	(60) Stroud & District Athletic Club	52.57	42

344	G. Richards		Blaenau Gwent	53.22	41
345	B. Lockie	(23)	Cardiff University Harriers	53.34	40
346	N. Stocker		Bridgend Athletic Club	53.53	39
347	J. Sanderson	(50)	3M Gorseinon Road Runners	54.09	38
348	G. Jones	(55)	Port Talbot Harriers & A. C.	54.14	37
349	D. Jenkins		Forest of Dean Athletic Club	54.57	36
350	D. Liddament		Great Western Runners	55.17	35
351	P. Evans		Brecon Athletic Club	55.28	34
352	R. Hobbs	(65)	Dursley & District Athletic Club	55.42	33
353	S. Riddler	(50)	Guest	56.10	Guest
354	R. Harris		Cardiff Triathletes	56.19	32
355	P. Mainstone	(60)	Thornbury Running Club	56.45	31
356	J. Hurford	(60)	Great Western Runners	57.04	30
357	D. McDonald	(40)	Les Croupiers Running Club	57.19	29
358	H-P. Kiekuth		Bristol and West Athletic Club	57.33	28
359	N. Jackson	(50)	Llswerry Runners	57.40	27
360	R. King	(40)	Forest of Dean Athletic Club	57.55	26
361	P. Davies	(60)	Cardiff Triathletes	58.13	25
362	C. Crooks	(50)	Pegasus Running Club Cardiff	58.16	24
363	D. Jones	(40)	Llswerry Runners	58.38	23
364	J. Aston	(65)	Les Croupiers Running Club	59.38	22
365	C. Bennett	(60)	Great Western Runners	60.03	21
366	H. Williams	(40)	Bridgend Athletic Club	60.05	20
367	J. Davies	(65)	Port Talbot Harriers & A. C.	60.27	19
368	B. Morgan	(50)	Llanelli Amateur Athletic Club	61.04	18
369	I. Swanson	(60)	Port Talbot Harriers & A. C.	64.27	17