



WELSH ATHLETICS ATHLETAU CYMRU

112th Geore Crump Memorial
Cross Country Championships
Saturday 27th February
Singleton Park, Swansea



incorporating Year 5 & 6 Primary Schools



WELSH ATHLETICS ATHLETAU CYMRU

George Crump M.B.E. Memorial

112th Welsh Cross Country Championships 2016
Singleton Park, Swansea Saturday 27th February



WELSH ATHLETICS
ATHLETAU CYMRU

RACE 1 Under 11/Year 5 Boys 1,530m: (63 Pre Registered Entries)

Pos	Bib	Athlete	Club	Time
1	8	Jack ORGAN	Brecon AC	6:39
2	16	Elis FINLAYSON	Cardiff AAC	6:48
3	32	Harri MORGAN	Menai Track & Field	6:55
4	22	Loui CAMILLERI	Cardiff Archers	6:59
5	9	Jack O'BRIEN	Bridgend AC	7:09
6	40	Dafydd KING	Swansea Harriers	7:13
7	10	Louis LOTT	Bridgend AC	7:18
8	28	Jack SMITH	Knelston Primary	7:20
9	45	Thomas GORVETT	Swansea Harriers	7:20
10	51	Osian LLOYD-OWEN	YG Creigiau	7:21
11	54	Christian GARCIA	YGG Bryniago	7:22
12	34	Morgan WILLIAMS	Pembroke Dock	7:23
13	200	Oscar DAVIES	Brecon AC	7:23
14	31	Iwan WILSON	Llanelli AC	7:25
15	3	Connor PALMER	Blaenau Gwent AC	7:27
16	24	Steffan DAVIES	Carmarthen Harriers	7:28
17	17	Joseph JOYCE	Cardiff AAC	7:29
18	41	Harley GLEESON	Swansea Harriers	7:33
19	26	Thomas DAVID	Cleddau Reach VC Primary	7:37
20	13	Joe FOWLER	Bridgend AC	7:38
21	35	Steffan JONES	Pembrokeshire Harriers	7:38
22	4	Liam RICHARDS	Blaenau Gwent AC	7:40
23	23	Owen-Hari DAVIS	Carmarthen Harriers	7:44
24	39	Gethin DAVIES	Rhondda AC	7:44
25	21	Alex GUNN	Cardiff Archers	7:46
26	198	Saxon ARHTUR-DYER	Barry & Vale Harriers	7:49
27	53	Harrison GARCIA	YGG Bryniago	7:50
28	18	Tommy BRYANT	Cardiff AAC	7:52
29	11	Luc MARTIN	Bridgend AC	7:52
30	5	Mason BRICE	Blaenau Gwent AC	7:53
31	2	James BALL	Blaenau Gwent AC	7:56
32	7	Daniel BROOKMAN	Blaenau Gwent AC	8:03
33	57	Ashton HINES	YGG Rhosafan	8:08
34	37	Tate GEAR	Pencoed Primary	8:11
35	42	Jake EVANS	Swansea Harriers	8:11
36	47	Jack JONES	Swansea Harriers	8:19
37	46	Macsen HOLLAND	Swansea Harriers	8:25
38	20	Ryan CLARK	Cardiff Archers	8:29
39	6	Jacob PRICE	Blaenau Gwent AC	8:31
40	38	Morgan LLEWELLYN	Pencoed Primary	8:33
41	58	Jackson LEWIS-REES	YGG Rhosafan	8:44
42	44	Harry NEWTON	Swansea Harriers	8:53
43	201	Reddy WRIGHT	Oakleigh House School	8:56
44	59	Joseph FITZGERALD	YGG Rhosafan	8:59
45	15	Ethan MEYRICK	Cardiff AAC	8:59
46	43	Conor O'SHAUGHNESSY	Swansea Harriers	9:03
47	197	Alfie CHRISTOFORATO	Barry & Vale Harriers	9:05
48	27	Oliver HALL	Knelston Primary	9:08
49	50	Osian MURPHY	Swansea Harriers	9:29
50	56	Joshua SIMPSON	YGG Rhosafan	9:45
51	55	Luke HOPKINS	YGG Bryniago	9:53

Team Results

Pos	Club	1	2	3	Total
1	Bridgend AC	5	7	20	32
2	Swansea Harriers	6	9	18	33
3	Cardiff AAC	2	17	28	47
4	Blaenau Gwent AC	15	22	30	67
5	Cardiff Archers	4	25	38	67
6	YGG Bryniago	11	27	51	89
7	Blaenau Gwent AC	31	32	39	102
8	Swansea Harriers	35	36	37	108
9	YGG Rhosafan	33	41	44	118
10	Swansea Harriers	42	46	49	137

RACE 1 Under 11-YR5B Participating Clubs

Below 3 athletes teams do not score

Club	1	2	3	Total
Aberdare VAAC				
Blaenau Gwent AC	6			Scoring Team
Brecon AC	2			
Bridgend AC	4			Scoring Team
Cardiff AAC	4			Scoring Team
Cardiff Archers	3			Scoring Team
Carmarthen Harriers	2			
Cleddau Reach VC Primary	1			
Knelston Primary	2			
Llanelli AC	1			
Menai Track & Field	1			
Oakleigh House School	1			
Pembroke Dock	1			
Pembrokeshire Harriers	1			
Pencoed Primary	2			
Rhondda AC	1			
Swansea Harriers	9			Scoring Team
YG Creigiau	1			
YGG Bryniago	3			Scoring Team
YGG Rhosafan	4			Scoring Team

1st Team - Athletes: Bridgend AC (32Pts)

9	Jack O'BRIEN (5)	7:09
10	Louis LOTT (7)	7:18
13	Joe FOWLER (20)	7:38

2nd Team - Athletes: Swansea Harriers (33Pts)

40	Dafydd KING (6)	7:13
45	Thomas GORVETT (9)	7:20
41	Harley GLEESON (18)	7:33

3rd Team - Athletes: Cardiff AAC (47Pts)

16	Elis FINLAYSON (2)	6:48
17	Joseph JOYCE (17)	7:29
18	Tommy BRYANT (28)	7:52



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WELSH ATHLETICS
ATHLETAU CYMRU

RACE 2 Under 11/Year 5 Girls 1,530m: (49 Pre Registered Entries)

Pos	Bib	Athlete	Club	Time
1	77	Emily DENT	Cardiff Archers	7:27
2	68	Eve HICKMAN	Bridgend AC	7:27
3	66	Chloe HALE	Blaenau Gwent AC	7:36
4	96	Lara THOMAS	Pembrokeshire Harriers	7:37
5	69	Isabella LOTT	Bridgend AC	7:38
6	76	Sophie KNOYLE	Cardiff Archers	7:39
7	81	Milly JOHN	Carmarthen Harriers	7:44
8	60	Ellie MORRIS	Blaenau Gwent AC	7:49
9	79	Chalise COLDERLEY	Cardiff Archers	7:50
10	67	Bethan HARDMAN	Bridgend AC	7:52
11	89	Eden EDWARDS	Deeside AAC	7:53
12	95	Lucy WINTLE	Pembrokeshire Harriers	7:55
13	80	Yasmin HADID	Cardiff Archers	7:56
14	91	Ceri GRIFFITHS	Newport Harriers	7:57
15	78	Anna BROOKS	Cardiff Archers	7:58
16	74	Scarlett DAVIES	Cardiff AAC	8:00
17	73	Molly TYPE	Cardiff AAC	8:02
18	199	Safron MONTERIO	Barry & Vale Harriers	8:08
19	83	Emma BRAZIER	Carmarthen Harriers	8:10
20	82	Jessica LEE	Carmarthen Harriers	8:11
21	90	Leni BEARD	Knelston Primary	8:11
22	98	Mai DAVIES	YGG Bryniago	8:13
23	63	Bethan KEY	Blaenau Gwent AC	8:14
24	193	Freya HUGHES-ROLLS	Rhymney Valley AC	8:19
25	62	Seren POWELL	Blaenau Gwent AC	8:27
26	88	Haigh YASMIN	Cleddau Reach VC Primary	8:39
27	61	Katie DENNINGTON	Blaenau Gwent AC	8:49
28	72	Sophie CARTER	Cardiff AAC	8:53
29	103	Eleri LAVIS	YGG Rhosafan	8:59
30	104	Alisha DENNER	YGG Rhosafan	9:12
31	64	Scarlett PREECE	Blaenau Gwent AC	9:19
32	65	Mia THOMAS	Blaenau Gwent AC	9:28
33	99	Seren HODGE	YGG Bryniago	10:04
34	102	Seren BEVAN	YGG Rhosafan	10:47
35	105	Lowri GLEAVES	YGG Rhosafan	10:54
36	75	Rhiannon HARRIS	Cardiff AAC	11:28

Team Results

Pos	Club	1	2	3	Total
1	Cardiff Archers	1	6	9	16
2	Bridgend AC	2	5	10	17
3	Blaenau Gwent AC	3	8	23	34
4	Carmarthen Harriers	7	19	20	46
5	Cardiff AAC	16	17	28	61
6	Blaenau Gwent AC	25	27	31	83
7	YGG Rhosafan	29	30	34	93

RACE 2 Under 11-YR5G Participating Clubs

Below 3 athletes teams do not score

Club	1	2	3	Total
Blaenau Gwent AC	7			Scoring Team
Bridgend AC	3			Scoring Team
Cardiff AAC	4			Scoring Team
Cardiff Archers	5			Scoring Team
Carmarthen Harriers	3			Scoring Team
Cleddau Reach VC Primary	1			
Deeside AAC	1			
Knelston Primary	1			
Newport Harriers	1			
Pembrokeshire Harriers	2			
Pencoed Primary				
YGG Bryniago	2			
YGG Rhosafan	4			Scoring Team

1st Team - Athletes: Cardiff Archers (16Pts)

77	Emily DENT (1)	7:27
76	Sophie KNOYLE (6)	7:39
79	Chalise COLDERLEY (9)	7:50

2nd Team - Athletes: Bridgend AC (17Pts)

68	Eve HICKMAN (2)	7:27
69	Isabella LOTT (5)	7:38
67	Bethan HARDMAN (10)	7:52

3rd Team - Athletes: Blaenau Gwent AC (34Pts)

66	Chloe HALE (3)	7:36
60	Ellie MORRIS (8)	7:49
63	Bethan KEY (23)	8:14



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WELSH ATHLETICS
ATHLETAU CYMRU

RACE 3 Under 11/Year 6 Boys 1,530m: (47 Pre Registered Entries)

Pos	Bib	Athlete	Club	Time
1	133	Math THOMAS	Menai Track & Field	6:20
2	145	Roman HODGSON	Trelawnyd Primary	6:23
3	194	Ben MACEY	Barry & Vale Harriers	6:39
4	121	Frank MORGAN	Carmarthen Harriers	6:47
5	111	Hywel LEYSHON	Bridgend AC	6:52
6	123	Ioan CRESSY-MORGAN	Carmarthen Harriers	6:57
7	118	Rhys BLOW	Cardiff AAC	6:57
8	115	Ben HUGHES	Cardiff AAC	7:02
9	108	Dafydd PRATCHET	Bridgend AC	7:04
10	116	Henry SPENCER	Cardiff AAC	7:07
11	136	Henry THOMAS	Pembrokeshire Harriers	7:16
12	112	Joshua KERRY	Bridgend AC	7:17
13	134	Joseff MORGAN	Menai Track & Field	7:18
14	151	Ioan OLDFIELD	Ysgol Bryn Coch	7:21
15	128	Rhys LLEWELLYN	Cleddau Reach VC Primary	7:26
16	143	Daniel HUTFIELD	Swansea Harriers	7:29
17	119	Oliver KIRKHAM	Cardiff Archers	7:30
18	142	Ben SULLIVAN	Swansea Harriers	7:34
19	109	Tom ATTWOOD	Bridgend AC	7:35
20	140	Lewis JACOBS	Rhondda AC	7:38
21	148	Morgan HINES	YGG Rhosafan	7:47
22	150	Brychan WOOD	YGG Rhosafan	7:51
23	114	Joel BOWNESS	Bridgend AC	7:58
24	126	Finlay HAYES	Carmarthen Harriers	8:01
25	195	Noah MONTERIO	Barry & Vale Harriers	8:38
26	144	Ben LUSBROOK	Swansea Harriers	8:48
27	149	Harri LEWIS-REES	YGG Rhosafan	9:07
28	137	Joshua STOTT	Pencoed Primary	12:27
29	138	Ethan GOODMAN	Pencoed Primary	13:40
30	139	Dewi JOHN	Pencoed Primary	13:40
31				
32				
33				
34				
35				
36				
37				
38				

Team Results					
Pos	Club	1	2	3	Total
1	Cardiff AAC	7	8	10	25
2	Bridgend AC	5	9	12	26
3	Carmarthen Harriers	4	6	24	34
4	Swansea Harriers	16	18	26	60
5	YGG Rhosafan	21	22	27	70
6	Pencoed Primary	28	29	30	87

RACE 3 Under 11-YR6B Participating Clubs		
Below 3 athletes teams do not score		
Brecon AC		
Bridgend AC	5	Scoring Team
Cardiff AAC	3	Scoring Team
Cardiff Archers	1	
Carmarthen Harriers	3	Scoring Team
Cleddau Reach VC Primary	1	
Golden Grove School		
Menai Track & Field	2	
Pembrokeshire Harriers	1	
Pencoed Primary	3	Scoring Team
Rhondda AC	1	
Swansea Harriers	3	Scoring Team
Trelawnyd Primary	1	
YGG Bryniago		
YGG Rhosafan	3	Scoring Team
Ysgol Bryn Coch	1	

1st Team - Athletes: Cardiff AAC (25Pts)		
118	Rhys BLOW (7)	6:57
115	Ben HUGHES (8)	7:02
116	Henry SPENCER (10)	7:07
2nd Team - Athletes: Bridgend AC (26Pts)		
111	Hywel LEYSHON (5)	6:52
108	Dafydd PRATCHET (9)	7:04
112	Joshua KERRY (12)	7:17
3rd Team - Athletes: Carmarthen Harriers (34Pts)		
121	Frank MORGAN (4)	6:47
123	Ioan CRESSY-MORGAN (6)	6:57
126	Finlay HAYES (24)	8:01



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WELSH ATHLETICS
ATHLETAU CYMRU

RACE 4 Under 11/Year 6 Girls 1,530m: (42 Pre Registered Entries)

Pos	Bib	Athlete	Club	Time
1	173	Neisha ROBERTS	Deeside AAC	6:56
2	182	Tiffany REES	Swansea Harriers	7:12
3	178	Ella WINTLE	Pembrokeshire Harriers	7:15
4	165	Jemima ROBINSON	Cardiff AAC	7:26
5	187	Ela DAVIES	YGG Bryniago	7:35
6	153	Lowri PROSSER	Blaenau Gwent AC	7:39
7	189	Maddison HINES	YGG Rhosafan	7:40
8	170	Isabella WIGLEY	Cardiff Archers	7:44
9	196	Evie WATKINS	Barry & Vale Harriers	7:51
10	161	Erin ANDREWS	Bridgend AC	7:54
11	160	Sophie EVANS	Bridgend AC	7:56
12	159	Jessica EVANS	Bridgend AC	8:07
13	155	Jersey-Lee JONES	Bridgend AC	8:11
14	181	Elinor MUNN	Pontyclun AC	8:15
15	167	Libby PEARSON	Cardiff AAC	8:16
16	164	Phillipa ALLEN	Bridgend AC	8:21
17	190	Sophie MULLENS	YGG Rhosafan	8:23
18	183	Abbie HALL	Swansea Harriers	8:41
19	162	Bethan ANTHONY	Bridgend AC	8:45
20	185	Lydia CAIRNS-JOHNSTO	Swansea Harriers	8:46
21	171	Caryl-Haf LLOYD	Carmarthen Harriers	8:58
22	166	Poppy TUCKER	Cardiff AAC	9:20
23	192	Taryn PURCHASE	YGG Rhosafan	9:40
24	188	Holly BROWN	YGG Bryniago	9:47
25	175	Iola PARRY	Knelston Primary	9:51
26	179	Rhian WILLIAMS	Pencoed Primary	9:54
27	186	Constance SMALE	Swansea Harriers	9:58
28	174	Bramble JONES	Knelston Primary	11:10
29				
30				
31				
32				
33				
34				
35				
36				
37				

Team Results

Pos	Club	1	2	3	Total
1	Bridgend AC	10	11	12	33
2	Swansea Harriers	2	18	20	40
3	Cardiff AAC	4	15	22	41
4	YGG Rhosafan	7	17	23	47
5	Bridgend AC	13	16	19	48

RACE 4 Under 11-YR6G Participating Clubs

Below 3 athletes teams do not score

Club	1	2	3	Total
Aberdare VAAC				
Blaenau Gwent AC	1			
Brecon AC				
Bridgend AC	6			Scoring Team
Cardiff AAC	3			Scoring Team
Cardiff Archers	1			
Carmarthen Harriers	1			
Deeside AAC	1			
Knelston Primary	2			
Llanishen Fach Primary				
Pembrokeshire Harriers	1			
Pencoed Primary	1			
Pontyclun AC	1			
Swansea Harriers	4			Scoring Team
YGG Bryniago	2			
YGG Rhosafan	3			Scoring Team

1st Team - Athletes: Bridgend AC (33Pts)

161	Erin ANDREWS (10)	7:54
160	Sophie EVANS (11)	7:56
159	Jessica EVANS (12)	8:07

2nd Team - Athletes: Swansea Harriers (40Pts)

182	Tiffany REES (2)	7:12
183	Abbie HALL (18)	8:41
185	Lydia CAIRNS-JOHNSTON (20)	8:46

3rd Team - Athletes: Cardiff AAC (41Pts)

165	Jemima ROBINSON (4)	7:26
167	Libby PEARSON (15)	8:16
166	Poppy TUCKER (22)	9:20



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WELSH ATHLETICS
ATHLETAU CYMRU

RACE 5 Under 13 Boys 3,120m: (71 Pre Registered Entries)

Pos	Bib	Athlete	Club	Time
1	678	Osian PERRIN	Menai Track & Field	11:43
2	695	Mike SPILL	Unattached	11:46
3	684	Joseph REARDON	Neath Harriers	11:49
4	659	James JONES	Deeside AAC	11:59
5	685	Benjamin REYNOLDS	Cardiff AAC	12:03
6	686	Jacob REYNOLDS	Cardiff AAC	12:09
7	655	Iori HUMPHREYS	Pembrokeshire Harriers	12:28
8	648	Evan GRIFFITHS	Cardiff AAC	12:33
9	663	Cai LA TROBE ROBERTS	Menai Track & Field	12:39
10	692	Lloyd SHEPPARD	Rhymney Valley AC	12:48
11	666	Ryan LEWIS	Llanelli AC	12:51
12	670	Deian MORGAN	Carmarthen Harriers	12:55
13	642	Liam EDWARDS	Carmarthen Harriers	13:02
14	680	Eden POTTER	Menai Track & Field	13:06
15	639	Spencer DAVIES	Brecon AC	13:07
16	641	Lewis DRISCOLL	Cardiff Archers	13:09
17	676	Andrew PENROSE	Cardiff Archers	13:10
18	643	Ryan EDWARDS	Cardiff AAC	13:11
19	635	Jack CHAPMAN	Carmarthen Harriers	13:12
20	644	Gethin EVANS	Cardiff AAC	13:13
21	652	Cian HARRIES	Pembrokeshire Harriers	13:14
22	637	Iwan COYLE	Brecon AC	13:22
23	674	Michael OWEN	Blaenau Gwent AC	13:28
24	664	Ethan LEE	Swansea Harriers	13:32
25	673	Gwion OWEN	Carmarthen Harriers	13:37
26	697	Llyr THOMAS	Brecon AC	13:43
27	696	Bedwyr THOMAS	Carmarthen Harriers	13:44
28	699	Steffan TURNER	Carmarthen Harriers	13:45
29	671	Tom O'CONNOR	Cardiff AAC	13:47
30	662	Fraser KING	Cardiff Archers	13:48
31	649	Ellis GRIST	Blaenau Gwent AC	13:49
32	653	Charlie HOLLAND	Swansea Harriers	13:58
33	651	Rhys HARDMAN	Bridgend AC	13:59
34	657	Dafydd JONES	Carmarthen Harriers	14:04
35	631	Morgan BATTEN	Carmarthen Harriers	14:06
36	672	Ryan O'ROACHE	Bridgend AC	14:08
37	683	Ben RAY	Barry & Vale Harriers	14:11
38	650	Kareem HADID	Cardiff Archers	14:17
39	636	Samuel CLAYTON	Blaenau Gwent AC	14:23
40	675	Harvey PARSONS	Brecon AC	14:39
41	694	Iwan SMITH	Cardiff AAC	14:45
42	630	Dylan ANDREWS	Bridgend AC	15:02
43	682	Ryan PRICE	Bridgend AC	15:08
44	646	Sion EVANS	Carmarthen Harriers	15:23
45	633	Rhys BOWDEN	Swansea Harriers	15:37
46	677	Rhys PEPPER	Barry & Vale Harriers	15:45
47	656	Oliver JAMES	Swansea Harriers	16:02
48	701	Jack WAYT	Swansea Harriers	16:17
49	688	Daniel RICHARDS	Blaenau Gwent AC	17:16
50	661	Guy JOSTY	Swansea Harriers	17:37
51	634	Leon CHAMPION	Carmarthen Harriers	20:03
52	141	Robert JOHN	Micky Morris Racing Team	20:14

Team Results

Pos	Club	1	2	3	4	Total
1	Cardiff AAC	5	6	8	18	37
2	Carmarthen Harriers	12	13	19	25	69
3	Cardiff Archers	16	17	30	38	101
4	Brecon AC	15	22	26	40	103
5	Carmarthen Harriers	27	28	34	35	124
6	Blaenau Gwent AC	23	31	39	49	142
7	Swansea Harriers	24	32	45	47	148
8	Bridgend AC	33	36	42	43	154

RACE 5 U13B Participating Clubs

Below 4 athletes teams do not score

Barry & Vale Harriers	2	
Blaenau Gwent AC	4	Scoring Team
Brecon AC	4	Scoring Team
Bridgend AC	4	Scoring Team
Cardiff AAC	7	Scoring Team
Cardiff Archers	4	Scoring Team
Carmarthen Harriers	10	Scoring Team
Deeside AAC	1	
Llanelli AC	1	
Menai Track & Field	3	
Neath Harriers	1	
Pembrokeshire Harriers	2	
Rhondda AC		
Rhymney Valley AC	1	
Swansea Harriers	6	Scoring Team
Unattached	1	

1st Team - Athletes: Cardiff AAC (37Pts)

685	Benjamin REYNOLDS (5)	12:03
686	Jacob REYNOLDS (6)	12:09
648	Evan GRIFFITHS (8)	12:33
643	Ryan EDWARDS (18)	13:11

2nd Team - Athletes: Carmarthen Harriers (69Pts)

670	Deian MORGAN (12)	12:55
642	Liam EDWARDS (13)	13:02
635	Jack CHAPMAN (19)	13:12
673	Gwion OWEN (25)	13:37

3rd Team - Athletes: Cardiff Archers (101Pts)

641	Lewis DRISCOLL (16)	13:09
676	Andrew PENROSE (17)	13:10
662	Fraser KING (30)	13:48
650	Kareem HADID (38)	14:17



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RACE 6 Under 13 Girls 3,120m: (81 Pre Registered Entries)				
Pos	Bib	Athlete	Club	Time
1	730	Caitlin GWYTHYR	Swansea Harriers	12:43
2	719	Orla DAVIES	Deeside AAC	12:52
3	628	Ashleigh WILLIS	Swansea Harriers	13:01
4	737	Samia JONES	Menai Track & Field	13:07
5	772	Daisy THOMPSON	Carmarthen Harriers	13:21
6	704	Darcie BASS	Swansea Harriers	13:31
7	720	Phoebe DAVIS	Carmarthen Harriers	13:42
8	776	Eden WILLIAMS	Cardiff Archers	13:48
9	731	Alanah HILL	Cardiff Archers	13:55
10	740	Anya LENNON	Cardiff Archers	13:58
11	721	Rheagan EDWARDS	Deeside AAC	14:02
12	759	Molly REARDON	Neath Harriers	14:05
13	766	Olivia RODERICK	Independent Intelligent Fitness	14:06
14	703	Molly BALL	Blaenau Gwent AC	14:08
15	706	Holly-Mai BOWEN	Blaenau Gwent AC	14:14
16	760	Ffion Madi REES JONES	Menai Track & Field	14:15
17	735	Lili JONES	Cardiff AAC	14:17
18	755	Georgia PARKINSON	Menai Track & Field	14:19
19	754	Abbi PARKINSON	Menai Track & Field	14:20
20	764	Freya ROBERTS	Cardiff Archers	14:23
21	744	Moli LYONS	Barry & Vale Harriers	14:28
22	773	Tiegan WARD	Brecon AC	14:29
23	711	Isabel CLARK	Blaenau Gwent AC	14:37
24	749	Ella MORGAN	Aberdare VAAC	14:43
25	762	Leonora RISTON-WALTON	Brecon AC	14:46
26	568	Fiona BOSTOCK	Cardiff AAC	14:50
27	763	Becca ROBERTS	Sarn Helen	14:51
28	751	Jessica MORRIS	Pembrokeshire Harriers	14:51
29	724	Megan FRIEDLI	Cardiff AAC	14:55
30	753	Imogen OWEN	Deeside AAC	14:57
31	761	Alys Dion REES-JONES	Menai Track & Field	15:04
32	774	Moli WATTS	Cardiff Archers	15:06
33	729	Elin GRIFFITHS	Newport Harriers	15:09
34	705	Eve BEVAN	Swansea Harriers	15:19
35	584	Sinead GRAY	Newport Harriers	15:21
36	750	Maddie MORGAN	Carmarthen Harriers	15:31
37	732	Clara JAMES	Carmarthen Harriers	15:41
38	727	Bethany GOLD	Cardiff AAC	15:48
39	770	Cerys TEAGUE	Neath Harriers	15:55
40	707	Leonora BREHENY	Bridgend AC	16:00
41	756	Maisie PEARCE	Blaenau Gwent AC	16:08
42	748	Cathryn MORGAN	Neath Harriers	16:17
43	713	Kasia COOK	Pembrokeshire Harriers	16:27
44	718	Gwawr DAVIES	Carmarthen Harriers	16:30
45	747	Tamwen MOON	Carmarthen Harriers	16:36
46	725	Megan FROLEY	Bridgend AC	16:50
47	767	Angel SAMUEL	Newport Harriers	16:52
48	691	Sapphire SAMUEL	Newport Harriers	17:04
49	758	Glesni POWELL	Brecon AC	17:22
50	779	Mirain LLOYD	Swansea Harriers	17:43
51	708	Evi CAIRNS-JOHNSTON	Swansea Harriers	17:52
52	746	Kayleigh MITCHELL	Newport Harriers	18:13
53	717	Erin DAVIES	Newport Harriers	18:17
54	771	Libby THOMAS	Swansea Harriers	18:52
55	728	Katie GOULD	Cardiff AAC	19:12
56	734	Ellie JONES	Swansea Harriers	19:43

Team Results						
Pos	Club	1	2	3	4	Total
1	Swansea Harriers	1	3	6	34	44
2	Cardiff Archers	8	9	10	20	47
3	Menai Track & Field	4	16	18	19	57
4	Carmarthen Harriers	5	7	36	37	85
5	Blaenau Gwent AC	14	15	23	41	93
6	Cardiff AAC	17	26	29	38	110
7	Newport Harriers	33	35	47	48	163
8	Swansea Harriers	50	51	54	56	211

RACE 6 U13G Participating Clubs		
Below 4 athletes teams do not score		
Aberdare VAAC	1	
Barry & Vale Harriers	1	
Blaenau Gwent AC	4	Scoring Team
Brecon AC	3	
Bridgend AC	2	
Cardiff AAC	5	Scoring Team
Cardiff Archers	5	Scoring Team
Carmarthen Harriers	6	Scoring Team
Deeside AAC	3	
Independent Intelligent Fitness	1	
Menai Track & Field	5	Scoring Team
Neath Harriers	3	
Newport Harriers	6	Scoring Team
Pembrokeshire Harriers	2	
Sarn Helen	1	
Swansea Harriers	8	Scoring Team

1st Team - Athletes: Swansea Harriers (44Pts)		
730	Caitlin GWYTHYR (1)	12:43
628	Ashleigh WILLIS (3)	13:01
704	Darcie BASS (6)	13:31
705	Eve BEVAN (34)	15:19
2nd Team - Athletes: Cardiff Archers (47Pts)		
776	Eden WILLIAMS (8)	13:48
731	Alanah HILL (9)	13:55
740	Anya LENNON (10)	13:58
764	Freya ROBERTS (20)	14:23
3rd Team - Athletes: Menai Track & Field (57Pts)		
737	Samia JONES (4)	13:07
760	Ffion Madi REES JONES (16)	14:15
755	Georgia PARKINSON (18)	14:19
754	Abbi PARKINSON (19)	14:20



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RACE 7 Under 15 Boys 4,470m: (64 Pre Registered Entries)				
Pos	Bib	Athlete	Club	Time
1	544	James PENROSE	Cardiff Archers	14:48
2	510	Cedol DAFFYDD	Menai Track & Field	14:49
3	525	Morgan JAMES	Cardiff AAC	14:52
4	503	Ethan ACKROYD	Deeside AAC	15:06
5	526	Daniel JOHN	Cardiff AAC	15:12
6	527	Nathan JONES	Swansea Harriers	15:15
7	513	Luke DAVIES	Brecon AC	15:22
8	541	Jackson MOUNTFORD	Newport Harriers	15:23
9	556	Spencer SMITH	Newport Harriers	15:24
10	515	Roland FINNIE	Menai Track & Field	15:26
11	557	Louis SPENCER	Cardiff AAC	15:39
12	548	Brychan PRICE-DAVIES	Brecon AC	15:44
13	511	Alfie DAVIES	Cardiff AAC	15:46
14	521	Liam GRIFFITHS	Aberdare VAAC	15:47
15	550	Tomos REES	Carmarthen Harriers	15:48
16	530	Tomos LAND	Menai Track & Field	16:08
17	504	Rowan ALLIN	Cardiff AAC	16:08
18	533	Sebastian LEWIS	Neath Harriers	16:12
19	528	Seth KELLY	Cardiff AAC	16:22
20	542	Kian MURPHY	Cardiff AAC	16:25
21	520	Sam GRIFFIN	Cardiff AAC	16:27
22	549	Evan PRICE-DAVIES	Brecon AC	16:30
23	535	Joseph LLOYD-WEST	Neath Harriers	16:31
24	532	Francis LEWIS	Swansea Harriers	16:33
25	518	Elis GOULDING	Cardiff Archers	16:36
26	543	Ifan Gruff OLDFIELD	Wrexham AAC	16:38
27	553	Eli SCOBLE	Cardiff AAC	16:39
28	506	Dan AUSTIN	Cardiff Archers	16:40
29	560	Gareth THOMPSON	Carmarthen Harriers	16:41
30	572	Sion COYLE	Brecon AC	16:42
31	529	Dylan KEY	Blaenau Gwent AC	16:46
32	539	Rhys MORGAN	Cardiff AAC	16:51
33	517	James GOLD	Cardiff AAC	16:56
34	558	Cameron TAYLOR	Cardiff AAC	17:00
35	536	Callum LOVATT	Carmarthen Harriers	17:03
36	546	Tegid PHILLIPS	Cardiff Archers	17:05
37	554	Jake SEVILLE	Newport Harriers	17:13
38	519	Connor GRAHAM	Neath Harriers	17:17
39	563	Harry WATSON	Cardiff AAC	17:33
40	508	Thomas CALLARD	Neath Harriers	17:36
41	522	Tomos GRIFFITHS	Pembrokeshire Harriers	17:39
42	552	Callum RUSSELL	Cardiff AAC	17:51
43	509	Callum CAMPION	Llanelli AC	17:56
44	561	Will THOMPSON	Carmarthen Harriers	18:03
45	516	Luke GAWTHORN	Newport Harriers	18:11
46	523	Tom HENDERSON	Swansea Harriers	18:26
47	555	Ben SMITH	Cardiff AAC	18:48
48	514	Caspar FARQUAHAR	Carmarthen Harriers	18:54
49	505	William ARNOLD	Swansea Harriers	18:55
50	512	Ben DAVIES	Newport Harriers	19:29
51	507	William BUCHAN	Swansea Harriers	19:35

Team Results						
Pos	Club	1	2	3	4	Total
1	Cardiff AAC	3	5	11	13	32
2	Brecon AC	7	12	22	30	71
3	Cardiff AAC	17	19	20	21	77
4	Cardiff Archers	1	25	28	36	90
5	Newport Harriers	8	9	37	45	99
6	Neath Harriers	18	23	38	40	119
7	Carmarthen Harriers	15	29	35	44	123
8	Swansea Harriers	6	24	46	49	125
9	Cardiff AAC	27	32	33	34	126

RACE 7 U15B Participating Clubs	
Below 4 athletes teams do not score	
Aberdare VAAC	1
Blaenau Gwent AC	1
Brecon AC	4
Cardiff AAC	15
Cardiff Archers	4
Carmarthen Harriers	5
Deeside AAC	1
Llanelli AC	1
Menai Track & Field	3
Neath Harriers	4
Newport Harriers	5
Pembrokeshire Harriers	1
Rhondda AC	
Swansea Harriers	5
Wrexham AAC	1

1st Team - Athletes: Cardiff AAC (32Pts)		
525	Morgan JAMES (3)	14:52
526	Daniel JOHN (5)	15:12
557	Louis SPENCER (11)	15:39
511	Alfie DAVIES (13)	15:46
2nd Team - Athletes: Brecon AC (71Pts)		
513	Luke DAVIES (7)	15:22
548	Brychan PRICE-DAVIES (12)	15:44
549	Evan PRICE-DAVIES (22)	16:30
572	Sion COYLE (30)	16:42
3rd Team - Athletes: Cardiff AAC (77Pts)		
504	Rowan ALLIN (17)	16:08
528	Seth KELLY (19)	16:22
542	Kian MURPHY (20)	16:25
520	Sam GRIFFIN (21)	16:27



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RACE 8 Under 15 Girls 4,470m: (60 Pre Registered Entries)				
Pos	Bib	Athlete	Club	Time
1	612	Mia ROBERTS	Deeside AAC	16:13
2	567	Carys BILL	Cardiff AAC	16:28
3	598	Eluned KING	Swansea Harriers	16:50
4	580	Kiara FRIZELLE	Cardiff AAC	16:59
5	597	Mollie JONES	Swansea Harriers	17:07
6	579	Abi FISHER	Cardiff AAC	17:15
7	615	Laura SHARP	Deeside AAC	17:18
8	588	Ffion HIGGINSON	Bridgend AC	17:36
9	592	Hannah JENKINS	Bridgend AC	17:51
10	578	Alice EVANS	Pembrokeshire Harriers	17:56
11	589	Mali HOWELL	Cardiff AAC	18:03
12	613	Ellie ROBINSON	Newport Harriers	18:07
13	603	Ffion MORGAN	Cardiff Archers	18:15
14	619	Elise TURNER	Blaenau Gwent AC	18:20
15	610	Nia RILEY	Cardiff Archers	18:23
16	600	Rebecca MARTIN	Swansea Harriers	18:35
17	581	Annwen GAMMON	Cardiff AAC	18:36
18	627	Elin WILLIAMS	Cardiff AAC	18:46
19	622	Bethan WAINWRIGHT	Newport Harriers	18:51
20	585	Zoe HAMM	Cardiff AAC	18:53
21	577	Swyn EDWARDS	Menai Track & Field	18:56
22	611	Olivia RISTON-WALTON	Brecon AC	18:57
23	604	Non MORGAN	Carmarthen Harriers	18:59
24	614	Mollie SAMUEL	Newport Harriers	19:07
25	607	Catrin PHILLIPS	Newport Harriers	19:09
26	599	Eliza MARTIN	Pembrokeshire Harriers	19:09
27	602	Lydia MILWARD	Barry & Vale Harriers	19:21
28	587	Alisha HAYES	Bridgend AC	19:23
29	605	Ella Haf OLDFIELD	Wrexham AAC	19:49
30	616	Bronwen STRATTON-THOMAS	Swansea Harriers	19:51
31	575	Catrin DONELLY	Menai Track & Field	19:52
32	569	Holly BOSTOCK	Cardiff AAC	20:09
33	571	Alice COE	Cardiff AAC	20:18
34	566	Hollie-Mae ALLEN	Swansea Harriers	20:31
35	618	Ella TOWNSEND	Pembrokeshire Harriers	20:40
36	576	Eva EDWARDS	Carmarthen Harriers	20:49
37	573	Cerys DAVIES	Carmarthen Harriers	21:03
38	590	Lucy HUGHES-LAWRENCE	Menai Track & Field	21:29
39	608	Rhiannon PHILLIPS	Neath Harriers	21:34
40	538	Lydia MORGAN	Llanelli AC	22:17
41	582	Lily GASKIN	Cardiff AAC	22:23
42	570	Caitlin CHAPMAN	Cardiff AAC	23:27
43	596	Jaya JONES	Cardiff AAC	24:46
44	606	Grace PAGE	Sarn Helen	25:02
45	624	Sophie WEBB	Swansea Harriers	25:12

Team Results						
Pos	Club	1	2	3	4	Total
1	Cardiff AAC	2	4	6	11	23
2	Swansea Harriers	3	5	16	30	54
3	Newport Harriers	12	19	24	25	80
4	Cardiff AAC	17	18	20	32	87
5	Cardiff AAC	33	41	42	43	159

RACE 8 U15G Participating Clubs	
Below 4 athletes teams do not score	
Barry & Vale Harriers	1
Blaenau Gwent AC	1
Brecon AC	1
Bridgend AC	3
Cardiff AAC	12
Cardiff Archers	2
Carmarthen Harriers	3
City of Portsmouth AC	
Deeside AAC	2
Llanelli AC	1
Menai Track & Field	3
Neath Harriers	1
Newport Harriers	4
Pembrokeshire Harriers	3
Sarn Helen	1
Swansea Harriers	6
Wrexham AAC	1

1st Team - Athletes: Cardiff AAC (23Pts)	
567	Carys BILL (2) 16:28
580	Kiara FRIZELLE (4) 16:59
579	Abi FISHER (6) 17:15
589	Mali HOWELL (11) 18:03
2nd Team - Athletes: Swansea Harriers (54Pts)	
598	Eluned KING (3) 16:50
597	Mollie JONES (5) 17:07
600	Rebecca MARTIN (16) 18:35
616	Bronwen STRATTON-THOMAS (30) 19:51
3rd Team - Athletes: Newport Harriers (80Pts)	
613	Ellie ROBINSON (12) 18:07
622	Bethan WAINWRIGHT (19) 18:51
614	Mollie SAMUEL (24) 19:07
607	Catrin PHILLIPS (25) 19:09



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OALL	U20W	U17W	Bib	Athlete	Club	Time
1		1	484	Cari HUGHES	Menai Track & Field	20:45
2	1		474	Heidi DAVIES	Brecon AC	21:20
3		2	501	Abbie WILLIAMS	Pembrokeshire Harriers	22:10
4		3	436	Bethan EVANS	Cardiff AAC	22:55
5		4	470	Megan BOWEN	Cardiff AAC	22:57
6	2		425	Lara PHILIPPART	Swansea Harriers	22:59
7	3		419	Jessica HEGARTY	Cardiff AAC	23:07
8		5	494	Naomi REID	Cardiff AAC	23:12
9		6	475	Lucy DAVIES	Pembrokeshire Harriers	23:23
10	4		421	Emily KEARNEY	Wirral AC	23:29
11		7	477	Isobel DODD	Bridgend AC	23:39
12		8	488	Ellie KIFF	Carmarthen Harriers	23:51
13		9	496	Eabha ROBERTS	Menai Track & Field	23:52
14		10	471	Jessica BRADLEY	Pembrokeshire Harriers	24:11
15		11	492	Lucy OMNET	Pembrokeshire Harriers	24:20
16		12	481	Bethan HARRIS	Swansea Harriers	24:39
17		13	498	Megan TUCKER	Brecon AC	24:57
18		14	493	Martha OWEN	Deeside AAC	25:01
19		15	502	Laura WRIGHT	Cardiff AAC	25:15
20		16	490	Jennifer LUDTKE	Cardiff Archers	25:42
21		17	500	Belinda WALLACE	Cardiff AAC	25:53
22		18	489	Emma LIGTHART	Cardiff AAC	25:55
23		19	418	Cara FARLEY	RUN4ALL Neath	25:58
24	5		422	Phoebe MARSDEN	Newport Harriers	25:59
25	6		424	Caitlin PAGE	Sarn Helen	26:08
26	7		427	Felicity WILLIAMSON-SARLL	Cardiff AAC	26:22
27		20	495	Anwen ROBERTS	Newport Harriers	26:47
28	8		420	Amber HOWELL	Carmarthen Harriers	27:01
29		21	487	Rhian JONES	Cardiff AAC	27:04
30		22	491	Issy MOGG	Brecon AC	27:12
31		23	482	Katrin HIGGINSON	Bridgend AC	27:23
32		24	486	Megan JOHNSTONE	Brecon AC	27:27
33		25	479	Isabelle GOODRIDGE	Brecon AC	27:48
34		26	483	Caitlin HOWELL-WILLIAMS	Menai Track & Field	27:57
35		27	499	Jessica TURFERY	Pembrokeshire Harriers	28:04
36		28	480	Ffion GREGSON-LEWIS	Cardiff AAC	28:56
37		29	769	Megan STRATTON-THOMAS	Swansea Harriers	30:21
38	9		415	Amy CARTER	Llanelli AC	31:08
39						
40						
41						
42						
43						
44						
45						
46						
47						
48						

Pos	Club	1	2	3	4	Total
1	Cardiff AAC	4	5	7	8	24
2	Pembrokeshire Harriers	3	9	14	15	41
3	Brecon AC	2	17	30	32	81
4	Cardiff AAC	19	21	22	26	88

U20 WOMEN MEDALLISTS

474	Heidi DAVIES	Brecon AC	21:20
425	Lara PHILIPPART	Swansea Harriers	22:59
419	Jessica HEGARTY	Cardiff AAC	23:07

U17 WOMEN MEDALLISTS

484	Cari HUGHES	Menai Track & Field	20:45
501	Abbie WILLIAMS	Pembrokeshire Harriers	22:10
436	Bethan EVANS	Cardiff AAC	22:55

RACE 10 U17W U20W Participating Clubs

Below 4 athletes teams do not score

Aberdare VAAC		
Brecon AC	5	Scoring Team
Bridgend AC	2	
Cardiff AAC	10	Scoring Team
Cardiff Archers	1	
Carmarthen Harriers	2	
Deeside AAC	1	
Griffithstown Harriers		
Llanelli AC	1	
Menai Track & Field	3	
Newport Harriers	2	
Pembrokeshire Harriers	5	Scoring Team
RUN4ALL Neath	1	
Sarn Helen	1	
Scarborough AC		
Swansea Harriers	3	
Wirral AC	1	

1st Team - Athletes: Cardiff AAC (24Pts)

436	Bethan EVANS (U17W) (4)	22:55
470	Megan BOWEN (U17W) (5)	22:57
419	Jessica HEGARTY (U20W) (7)	23:07
494	Naomi REID (U17W) (8)	23:12

2nd Team - Athletes: Pembrokeshire Harriers (41Pts)

501	Abbie WILLIAMS (U17W) (3)	22:10
475	Lucy DAVIES (U17W) (9)	23:23
471	Jessica BRADLEY (U17W) (14)	24:11
492	Lucy OMNET (U17W) (15)	24:20

3rd Team - Athletes: Brecon AC (81Pts)

474	Heidi DAVIES (2)	21:20
498	Megan TUCKER (17)	24:57
491	Issy MOGG (30)	27:12
486	Megan JOHNSTONE (32)	27:27



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RACE 12 Senior Women & Masters 6,530m: (134 Pre Registered Entries)							
Positions	OALL	U23W	MWOM	Bib	Athlete	Club	Time
1				281	Caryl JONES (SENW)	Swansea Harriers	26:06
2			MW40-1	337	Andrea WHITCOMBE (MW40)	Swansea Harriers	26:14
3				287	Lucy MARLAND (SENW)	Cardiff AAC	27:34
4				268	Sian EDWARDS (SENW)	Swansea Harriers	27:56
5				278	Hannah JARVIS (SENW)	Dorking & Mole Valley	28:13
6			MW35-1	317	Kath MATTHEWS (MW35)	Chepstow Harriers	28:41
7	1			303	Clara EVANS (U23W)	Pontypridd Roadents AC	29:09
8				271	Charlotte GAUGHAN (SENW)	Cardiff AAC	29:50
9			MW40-2	284	Sarah KEARNEY (MW40)	Wirral AC	30:17
10			MW55-1	383	Pauline WILLIAMS (MW55)	Port Talbot Harriers	30:27
11			MW35-2	316	Helen MARSHALL (MW35)	Swansea Harriers	30:37
12			MW45-1	280	Angela JONES (MW45)	Fairwater Runners Cwmbran	30:43
13			MW45-2	363	Claire PHILLIPS (MW45)	Port Talbot Harriers	30:46
14				294	Katie ROBEY (SENW)	Brecon AC	31:15
15			MW45-3	360	Niki MORGAN (MW45)	Chepstow Harriers	31:16
16			MW40-3	324	Sandra CHIPPER (MW40)	Llswerry Runners	31:22
17	2			301	Lauren COOPER (U23W)	Parc Bryn Bach	31:32
18				266	Liz DAVIES (SENW)	Cardiff AAC	31:38
19	3			300	Hannah WILLIAMS (U23W)	Parc Bryn Bach	31:41
20			MW40-4	272	Claire CLEATHERO (MW40)	TROTS	31:51
21			MW45-4	260	Rebecca BENNETT (MW45)	Swansea Harriers	31:55
22				286	Beth MACLEAN (SENW)	Club Not Listed	31:55
23				299	Melissa WATSON (SENW)	TROTS	32:01
24			MW35-3	309	Claire BRUCE (MW35)	Les Croupiers	32:06
25				267	Antoinette DUMAYNE (SENW)	Llswerry Runners	32:08
26	4			302	Heddwen DANIEL (U23W)	Cardiff AAC	32:19
27			MW45-5	359	Tammy LEWIS-JONES (MW45)	Eryri Harriers	32:23
28			MW40-5	325	Helen-Marie DAVIES (MW40)	Swansea Harriers	32:46
29			MW40-6	333	Joanne REES (MW40)	Rhayader RC	32:52
30			MW40-7	322	Diane BROWNHILL (MW40)	Swansea Harriers	32:59
31			MW45-6	282	Keri JONES (MW45)	Llswerry Runners	33:06
32			MW45-7	355	Helen JONES (MW45)	Port Talbot Harriers	33:23
33			MW35-4	315	Sarah LAUDER (MW35)	Llswerry Runners	33:24
34			MW45-8	346	Ceri COOKE (MW45)	Buckley Runners	33:27
35			MW45-9	353	Lisa JEFFREY (MW45)	Chepstow Harriers	33:41
36			MW45-10	343	Helen BLAIR (MW45)	Eryri Harriers	33:49
37			MW45-11	351	Gina HARDMAN (MW45)	Bridgend AC	34:01
38				250	David SMOUT (MM65)	Parc Bryn Bach	34:03
39			MW50-1	263	Mary BOWEN-REES (MW50)	TROTS	34:06
40			MW35-5	319	Marina WRIGHT (MW35)	Llswerry Runners	34:16
41				2	Paul ALLEN (MM65)	Halesowen	34:34
42				257	Gordon ORME (MM70)	Carmarthen Harriers	34:36
43			MW55-2	269	Lindy EYNON (MW55)	TROTS	34:46
44			MW45-12	354	Helen JOHN (MW45)	Cardiff AAC	35:00
45				270	Aimee FERGUSON (SENW)	Brecon AC	35:09
46			MW45-13	366	Beverley TUCKER (MW45)	Brecon AC	35:19
47			MW45-14	364	Carol REES (MW45)	Les Croupiers	35:24
48			MW55-3	382	Annie WILLIAMS (MW55)	Eryri Harriers	35:26
49			MW55-4	379	Jeanette JENKINS (MW55)	Fairwater Runners Cwmbran	35:34
50			MW60-1	387	Fiona DAVIES (MW60)	Pontypridd Roadents AC	35:36
51				381	Julie SCHOLEY (SENW)	Les Croupiers	35:37
52			MW40-8	331	Mandy MORRIS (MW40)	Port Talbot Harriers	35:39
53				248	Michael DAVIES (MM65)	Les Croupiers	35:41
54				251	Peter TURNERS (MM65)	Cornelly Striders	35:47
55			MW50-2	368	Hazel BERRETT (MW50)	Buckley Runners	35:50
56			MW45-15	340	Helen ANDREWS (MW45)	Bridgend AC	35:54
57			MW65-1	390	Chris BIRCH (MW65)	Abergele Harriers	36:06
58			MW40-9	330	Rachel LEWIS (MW40)	Parc Bryn Bach	36:11
59				256	John GARDENER (MM70)	Pembrokeshire Harriers	36:12
60				262	Catherine BLEASDALE (SENW)	TROTS	36:22
61			MW55-5	383	Pauline WILLIAMS (MW55)	Port Talbot Harriers	36:24
62				274	Marcia GOUVEIA (SENW)	San Domenico RC	36:51
63				245	Howard ATTWOOD (MM65)	Llswerry Runners	36:58
64			MW55-6	384	Linda WOODLAND (MW55)	Port Talbot Harriers	37:08
65			MW45-16	341	Cerys ASH (MW45)	Cardiff AAC	37:14
66			MW50-3	373	Jane LINDLEY (MW50)	Buckley Runners	37:17
67			MW40-10	336	Chris WEBB (MW40)	Swansea Harriers	37:39
68			MW50-4	375	Janet RICHARDS (MW50)	Llswerry Runners	38:03
69			MW35-6	311	Kelly COLLINS (MW35)	Parc Bryn Bach	38:07
70			MW40-11	329	Nicole JOHNSTONE (MW40)	Brecon AC	38:08
71			MW45-17	362	Anna PARSONS (MW45)	Port Talbot Harriers	38:18
72			MW35-7	312	Sarah Louise FRANCIS (MW35)	Llswerry Runners	38:24
73			MW45-18	347	Ruth DEARDS (MW45)	Les Croupiers	38:35
74				258	Brian GOUGH (MM75)	Pontypridd Roadents AC	38:42
75			MW40-12	323	Julie CASHELL (MW40)	Parc Bryn Bach	38:45
76			MW60-2	386	Caroline DALLIMORE (MW60)	Les Croupiers	39:07
77			MW40-13	334	Gayle SHEPPARD (MW40)	Llswerry Runners	39:18
78			MW60-3	388	Teresa TRANTER (MW60)	Chepstow Harriers	39:25
79			MW50-5	372	Eve GALLOP-EVANS (MW50)	Les Croupiers	39:51
80			MW45-19	365	Jennifer STONE (MW45)	Cardiff AAC	40:26

Senior Women/U23W Team Results						
Pos	Club	1	2	3	4	Total
1	Swansea Harriers	1	2	4	11	18
2	Cardiff AAC	3	8	18	26	55

SENIOR WOMEN MEDALLISTS			
281	Caryl JONES (SENW)	Swansea Harriers	26:06
337	Andrea WHITCOMBE (MW40)	Swansea Harriers	26:14
287	Lucy MARLAND (SENW)	Cardiff AAC	27:34

U23 WOMEN MEDALLISTS			
303	Clara EVANS (U23W)	Pontypridd Roadents AC	29:09
301	Lauren COOPER (U23W)	Parc Bryn Bach	31:32
300	Hannah WILLIAMS (U23W)	Parc Bryn Bach	31:41

1st Team - SENW/U23W Athletes: Swansea Harriers (18Pts)			
281	Caryl JONES (SENW) (1)		26:06
337	Andrea WHITCOMBE (MW40) (2)		26:14
268	Sian EDWARDS (SENW) (4)		27:56
316	Helen MARSHALL (MW35) (11)		30:37

2nd Team - SENW/U23W Athletes: Cardiff AAC (55Pts)			
287	Lucy MARLAND (SENW) (3)		27:34
271	Charlotte GAUGHAN (SENW) (8)		29:50
266	Liz DAVIES (SENW) (18)		31:38
302	Heddwen DANIEL (U23W) (26)		32:19

No 3rd Team

MW35 TEAMS					
Pos	Club	1	2	3	Total
1	Llswerry Runners	33	40	72	145
2	Chepstow Harriers	6	15	35	56

MASTER WOMEN 35 MEDALLISTS			
317	Kath MATTHEWS (MW35) (6)	Chepstow Harriers	28:41
316	Helen MARSHALL (MW35) (11)	Swansea Harriers	30:37
309	Claire BRUCE (MW35) (24)	Les Croupiers	32:06

1st Team - MW35 Athletes: Llswerry Runners (145Pts)			
315	Sarah LAUDER (MW35) (33)		33:24
319	Marina WRIGHT (MW35) (40)		34:16
312	Sarah Louise FRANCIS (MW35) (72)		38:24

2nd Team - MW35 Athletes: Chepstow Harriers (56Pts)			
317	Kath MATTHEWS (MW35) (6)		28:41
360	Niki MORGAN (MW45) (15)		31:16
353	Lisa JEFFREY (MW45) (35)		33:41

No 3rd Team

MW40 TEAMS					
Pos	Club	1	2	3	Total
1	Port Talbot Harriers	10	52	61	123
2	Swansea Harriers	28	30	67	125
3	Cardiff AAC	16	77	85	178
4	Llswerry Runners	16	77	85	178

MASTER WOMEN 40 MEDALLISTS			
337	Andrea WHITCOMBE (MW40)	Swansea Harriers	26:14
284	Sarah KEARNEY (MW40)	Wirral AC	30:17
324	Pauline WILLIAMS (MW55)	Port Talbot Harriers	30:27

1st Team - MW40 Athletes: Port Talbot Harriers (123Pts)			
383	Pauline WILLIAMS (MW55) (10)		30:27
331	Mandy MORRIS (MW40) (52)		35:39
383	Pauline WILLIAMS (MW55) (10)		30:27

2nd Team - MW40 Athletes: Swansea Harriers (125Pts)			
325	Helen-Marie DAVIES (MW40) (28)		32:46
322	Diane BROWNHILL (MW40) (30)		32:59
336	Chris WEBB (MW40) (67)		37:39

3rd Team - MW40 Athletes: Cardiff AAC (178Pts)			
324	Sandra CHIPPER (MW40) (16)		31:22
334	Gayle SHEPPARD (MW40) (77)		39:18
332	Leanne PHILLIPS (MW40) (85)		41:44



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81		MW65-2	392	Margrett MONK (MW65)	Parc Bryn Bach	40:48
82		MW40-14	321	Emma BLOW (MW40)	Cardiff AAC	40:56
83		MW40-15	338	Anne-Marie WILKINS (MW40)	Les Croupiers	41:28
84			253	Ralph DAVEY (MM70)	Les Croupiers	41:37
85		MW40-16	332	Leanne PHILLIPS (MW40)	Lliswerry Runners	41:44
86		MW60-4	385	Eirian ARWYN (MW60)	Les Croupiers	41:54
87		MW45-20	349	Ceri DONOVAN (MW45)	Lliswerry Runners	41:54
88		MW40-17	328	Ceri JENKINS (MW40)	Lliswerry Runners	42:08
89		MW45-21	345	Karen CHADWELL (MW45)	Les Croupiers	42:22
90		MW45-22	348	Angela DELANEY (MW45)	Swansea Harriers	42:28
91		MW35-8	318	Sinead THOMSON (MW35)	Lliswerry Runners	42:49
92		MW55-7	380	Kathleen JERVIS (MW55)	Parc Bryn Bach	43:07
93		MW45-23	275	Angela HALL (MW45)	Cardiff AAC	43:24
94		MW45-24	344	Julie BROUGHTON (MW45)	Les Croupiers	43:48
95		MW65-3	393	Maggie OLIVER (MW65)	Eryri Harriers	44:02
96		MW35-9	310	Cathy BRUTON (MW35)	Lliswerry Runners	44:19
97		MW50-6	367	Clare ANDERSON (MW50)	Lliswerry Runners	44:54
98			243	Ian SWANSON (MM65)	Port Talbot Harriers	45:24
99			246	Geoff BAYLISS (MM65)	Chepstow Harriers	45:36
100		MW55-8	378	Yvonne FORSEY (MW55)	Lliswerry Runners	46:04
101		MW40-18	335	Emma SMITH (MW40)	Cardiff AAC	46:11
102		MW40-19	327	Mary JAMES (MW40)	Cardiff AAC	46:11
103		MW45-25	361	Tracy NEWMAN (MW45)	Les Croupiers	46:37
104		MW55-9	377	Lynda DURSLEY (MW55)	Lliswerry Runners	46:55
105			254	Carl ELLIOTT (MM70)	Lliswerry Runners	48:22
106		MW50-7	369	Tracy BURTON (MW50)	Lliswerry Runners	48:38
107			259	Syd WHEELER (MM75)	Chepstow Harriers	51:39
108		MW45-26	350	Allyson EDMONDS (MW45)	Lliswerry Runners	52:03
109		MW45-27	339	Louise AHERN (MW45)	Lliswerry Runners	52:07
110			296	Pauline THOMAS (SENW)	TROTS	52:33
111		MW50-8	290	Morwenna PHILLIPS (MW50)	Lliswerry Runners	53:05
112			289	Elinor PHILLIPS (SENW)	Lliswerry Runners	53:06
113		MW50-9	374	Sarah MEAH (MW50)	Les Croupiers	53:48

MW45 TEAMS					
Pos	Club	1	2	3	Total
1	Port Talbot Harriers	13	32	71	116
2	Cardiff AAC	44	65	80	189
3	Les Croupiers	47	73	76	196
4	Lliswerry Runners	31	87	108	226
5	Les Croupiers	79	86	89	254

MASTER WOMEN 45 MEDALLISTS			
280	Angela JONES (MW45)	Fairwater Runners Cwmbran	30:43
363	Claire PHILLIPS (MW45)	Port Talbot Harriers	30:46
360	Niki MORGAN (MW45)	Chepstow Harriers	31:16

1st Team - MW45 Athletes: Port Talbot Harriers (116Pts)			
363	Claire PHILLIPS (MW45) (13)		30:46
355	Helen JONES (MW45) (32)		33:23
362	Anna PARSONS (MW45) (71)		38:18

2nd Team - MW45 Athletes: Cardiff AAC (189Pts)			
354	Helen JOHN (MW45) (44)		35:00
341	Cerys ASH (MW45) (65)		37:14
365	Jennifer STONE (MW45) (80)		40:26

3rd Team - MW45 Athletes: Les Croupiers (196Pts)			
364	Carol REES (MW45) (47)		35:24
347	Ruth DEARDS (MW45) (73)		38:35
386	Caroline DALLIMORE (MW60) (76)		39:07

MW50 TEAMS					
Pos	Club	1	2	3	Total
1	Lliswerry Runners	68	97	106	271

MASTER WOMEN 50 MEDALLISTS			
263	Mary BOWEN-REES (MW50)	TROTS	34:06
368	Hazel BERRETT (MW50)	Buckley Runners	35:50
373	Jane LINDLEY (MW50)	Buckley Runners	37:17

1st Team - MW45 Athletes: Club (TotalPts)			
375	Janet RICHARDS (MW50) (68)		38:03
367	Clare ANDERSON (MW50) (97)		44:54
369	Tracy BURTON (MW50) (106)		48:38

No 2nd Team			

MASTER WOMEN 55 MEDALLISTS			
383	Pauline WILLIAMS (MW55)	Port Talbot Harriers	30:27
269	Lindy EYNON (MW55)	TROTS	34:46
382	Annie WILLIAMS (MW55)	Eryri Harriers	35:26

MASTER WOMEN 60 MEDALLISTS			
387	Fiona DAVIES (MW60)	Pontypridd Roadents AC	35:36
386	Caroline DALLIMORE (MW60)	Les Croupiers	39:07
388	Teresa TRANTER (MW60)	Chepstow Harriers	39:25

MASTER WOMEN 65 MEDALLISTS			
390	Chris BIRCH (MW65)	Abergele Harriers	36:06
392	Margrett MONK (MW65)	Parc Bryn Bach	40:48
393	Maggie OLIVER (MW65)	Eryri Harriers	44:02



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WELSH ATHLETICS
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RACE 13 Senior Men & Masters 10,390m: (259 Pre Registered Entries)							
Positions	OALL	U23M	MMEN	Bib	Athlete	Club	Time
1				25	Dewi GRIFFITHS (SENM)	Swansea Harriers	35:34
2				58	Robert SAMUEL (SENM)	Eryri Harriers	36:54
3	1			77	Christopher CARPANINI (U23M)	Swansea Harriers	37:18
4				31	Marc HOBBS (SENM)	Swansea Harriers	37:33
5				63	Ieuan THOMAS (SENM)	Cardiff AAC	37:46
6				8	Rhodri BUFFET (SENM)	Brecon AC	38:02
7			MM35-1	110	Angus MACLEAN (MM35)	Guest	38:11
8				59	Guy SMITH (SENM)	Swansea Harriers	38:24
9			MM50-1	184	Austin DAVIES (MM50)	Brecon AC	38:26
10			MM40-1	126	Huw EVANS (MM40)	Les Croupiers	38:36
11	2			76	Adam BULL (U23M)	Aberdare VAAC	38:44
12			MM40-2	140	Mark JENNINGS (MM40)	Micky Morris Racing Team	39:00
13	3			80	Elliott HARDEE (U23M)	Newport Harriers	39:09
14			MM35-2	112	Ryan MCFLYNN (MM35)	Micky Morris Racing Team	39:12
15				52	Matthew REES (SENM)	Swansea Harriers	39:17
16	4			81	Owen HASWELL (U23M)	Cardiff AAC	39:28
17			MM40-3	129	Richard GARDINER (MM40)	Aberdare VAAC	39:35
18				5	Daniel BODMAN (SENM)	Aberdare VAAC	39:44
19				39	Mike KERSHAW (SENM)	Cardiff AAC	39:47
20				4	Daryll BARNBY (SENM)	Micky Morris Racing Team	39:54
21				57	Peter RYDER (SENM)	Cardiff AAC	40:03
22	5			87	Matthew RICHARDS (U23M)	Swansea Harriers	40:15
23				14	James DEAN (SENM)	Swansea Harriers	40:28
24	6			91	Paul TOBIN (U23M)	Swansea Harriers	40:38
25			MM45-1	176	Stefan SIMMS (MM45)	Micky Morris Racing Team	40:47
26			MM50-2	196	Mike PEIFFER (MM50)	Brecon AC	40:53
27				20	Matthew EVANS (SENM)	Aberdare VAAC	41:04
28			MM40-4	139	Matthew JACKLIN (MM40)	Aberdare VAAC	41:06
29			MM40-5	51	Leighton RAWLINSOON (MM40)	Micky Morris Racing Team	41:35
30			MM55-1	212	Ifan LLOYD (MM55)	Swansea Harriers	41:52
31				38	Daryl JOHN (SENM)	TROTS	42:18
32				24	Paul GRAHAM (SENM)	Pontypridd Roadents AC	42:39
33			MM35-3	92	Rob ATKIN (MM35)	Bridgend AC	42:58
34			MM35-4	106	Rob JOHNSON (MM35)	Aberystwyth AC	43:07
35				22	Thomas FOSTER (SENM)	Micky Morris Racing Team	43:09
36			MM40-6	141	Robert JOHN (MM40)	Micky Morris Racing Team	43:10
37				64	Daniel TRIGGS (SENM)	Neath Harriers	43:11
38			MM50-3	187	Roger FARRINGTON (MM50)	Maldwyn Harriers	43:13
39			MM35-5	95	Richard DANDO (MM35)	Bridgend AC	43:15
40				3	Gareth AYRES (SENM)	Port Talbot Harriers	43:22
41				9	James CASBURN (SENM)	Micky Morris Racing Team	43:28
42			MM35-6	37	Christopher JENKINS (MM35)	Neath Harriers	43:32
43			MM40-7	128	Stuart EVANS (MM40)	Llanelli AC	43:50
44			MM35-7	109	Grant LEWIS (MM35)	Micky Morris Racing Team	43:52
45				43	Daniel MORGAN (SENM)	Windsor Slough & Eton	43:53
46			MM45-2	23	Christopher FULCHER (MM45)	Neath Harriers	43:53
47			MM35-8	115	Matthew SYMES (MM35)	Pont-Y-Pwl & District Runners	44:12
48				26	Michael GRIFFITHS (SENM)	Llswerry Runners	44:29
49			MM50-4	192	Rob HUNT (MM50)	Bridgend AC	44:37
50			MM40-8	127	Michael EVANS (MM40)	Llanelli AC	44:55
51			MM50-5	200	Peter SOWERBY (MM50)	Brecon AC	45:01
52			MM40-9	146	Adrian LEWIS (MM40)	Aberdare VAAC	45:06
53			MM50-6	194	Simon LEWIS (MM50)	Parc Bryn Bach	45:09
54				53	Raul REISMANN (SENM)	Swansea Harriers	45:13
55			MM45-3	165	Paul FLYNN (MM45)	Swansea Harriers	45:23
56			MM35-9	93	Jon BELCHER (MM35)	Llswerry Runners	45:29
57			MM45-4	164	Tim DAVIES (MM45)	Brecon AC	45:33
58			MM40-10	147	Daniel LEWIS (MM40)	San Domenico RC	45:37
59				40	Alun KING (SENM)	Llswerry Runners	45:41
60				7	Jason BRAGG (SENM)	Aberdare VAAC	45:43
61				211	David JAMES (MM55)	Les Croupiers	45:47
62			MM40-11	67	Charles WALSH (MM40)	Port Talbot Harriers	45:50
63			MM45-5	167	Russell GODWIN (MM45)	Colwyn Bay AC	45:57
64			MM35-10	94	Dee BUCHANAN (MM35)	San Domenico RC	46:00
65			MM35-11	99	Vaughn EDWARDS (MM35)	Cardiff Harlequins RC	46:22
66			MM35-12	103	Simon GILL (MM35)	Llswerry Runners	46:34
67			MM55-3	207	Steve DAVIES (MM55)	Pont-Y-Pwl & District Runners	46:36
68				48	Martin NORTON (SENM)	Llswerry Runners	46:40
69			MM40-12	133	Michael HARRIS (MM40)	Micky Morris Racing Team	46:45
70				12	Daniel DAVIES (SENM)	Pembrokeshire Harriers	46:52
71				34	Matthew HOPKINS (SENM)	Les Croupiers	46:56
72			MM40-13	144	Mark JOYCE (MM40)	Les Croupiers	46:58
73			MM40-14	130	Mike GLEESON (MM40)	Swansea Harriers	47:03
74			MM60-1	230	David DAVIES (MM60)	Brecon AC	47:07
75			MM40-15	155	Alex WILLIAMS (MM40)	Port Talbot Harriers	47:14
76				17	James ELGAR (SENM)	Micky Morris Racing Team	47:34
77			MM60-2	226	John AGGLETON (MM60)	Cardiff Harlequins RC	47:35
78			MM40-16	122	Paul BRUTON (MM40)	Llswerry Runners	47:42
79			MM40-17	153	Kevin SEVILLE (MM40)	Newport Harriers	47:58
80			MM55-4	205	David COLES (MM55)	Les Croupiers	48:05
81			MM50-7	197	Sean PRICE (MM50)	Rhonda AC	48:10
82				15	Brian DIAS (SENM)	Les Croupiers	48:13

Senior Men/U23M Team Results								
Pos	Club	1	2	3	4	5	6	Total
1	Swansea Harriers	1	3	4	8	15	22	53
2	Micky Morris Racing Team	12	14	20	25	35	36	142
3	Aberdare VAAC	11	17	18	27	28	52	153

SENIOR MEN MEDALLISTS			
25	Dewi GRIFFITHS (SENM)	Swansea Harriers	35:34
58	Robert SAMUEL (SENM)	Eryri Harriers	36:54
77	Christopher CARPANINI (U23M)	Swansea Harriers	37:18

U23 MEN MEDALLISTS			
77	Christopher CARPANINI (U23M)	Swansea Harriers	37:18
76	Adam BULL (U23M)	Aberdare VAAC	38:44
80	Elliott HARDEE (U23M)	Newport Harriers	39:09

1st Team - Athletes: Swansea Harriers (53Pts)			
25	Dewi GRIFFITHS (SENM) (1)		35:34
77	Christopher CARPANINI (U23M) (3)		37:18
31	Marc HOBBS (SENM) (4)		37:33
59	Guy SMITH (SENM) (8)		38:24
52	Matthew REES (SENM) (15)		39:17
87	Matthew RICHARDS (U23M) (22)		40:15

2nd Team - Athletes: Micky Morris Racing Team (142Pts)			
140	Mark JENNINGS (MM40) (12)		39:00
112	Ryan MCFLYNN (MM35) (14)		39:12
4	Daryll BARNBY (SENM) (20)		39:54
176	Stefan SIMMS (MM45) (25)		40:47
22	Thomas FOSTER (SENM) (35)		43:09
141	Robert JOHN (MM40) (36)		43:10

3rd Team - Athletes: Aberdare VAAC (153Pts)			
76	Adam BULL (U23M) (11)		38:44
129	Richard GARDINER (MM40) (17)		39:35
5	Daniel BODMAN (SENM) (18)		39:44
20	Matthew EVANS (SENM) (27)		41:04
139	Matthew JACKLIN (MM40) (28)		41:06
146	Adrian LEWIS (MM40) (52)		45:06

MASTER MEN 35 TEAM SCORES							
Pos	Club	1	2	3			Total
1	Neath Harriers	42	46	104			192

MASTER MEN 35 MEDALLISTS			
110	Angus MACLEAN (MM35)	Guest	38:11
112	Ryan MCFLYNN (MM35)	Micky Morris Racing Team	39:12
92	Rob ATKIN (MM35)	Bridgend AC	42:58

1st Team - MM35 Athletes: 0 (0Pts)			
37	Christopher JENKINS (MM35) (42)		43:32
23	Christopher FULCHER (MM45) (46)		43:53
29	Iain HENDRY (MM40) (104)		50:24

No 2nd Team

MASTER MEN 40 TEAM SCORES							
Pos	Club	1	2	3			Total
1	Port Talbot Harriers	62	75	93			230
2	Llanelli AC	78	50	108			236
3	Swansea Harriers	73	99	121			293
4	Llswerry Runners	78	105	117			300

MASTER MEN 40 MEDALLISTS			
126	Huw EVANS (MM40)	Les Croupiers	38:36
140	Mark JENNINGS (MM40)	Micky Morris Racing Team	39:00
129	Richard GARDINER (MM40)	Aberdare VAAC	39:35

1st Team - MM40 Athletes: Port Talbot Harriers (230Pts)			
67	Charles WALSH (MM40) (62)		45:50
155	Alex WILLIAMS (MM40) (75)		47:14
135	Mark HIDDLESTONE (MM40) (93)		49:24

2nd Team - MM40 Athletes: Llanelli AC (236Pts)			
67	Charles WALSH (MM40) (62)		45:50
155	Alex WILLIAMS (MM40) (75)		47:14
135	Mark HIDDLESTONE (MM40) (93)		49:24

3rd Team - MM40 Athletes: Swansea Harriers (293Pts)			
130	Mike GLEESON (MM40) (73)		47:03
780	Simon WILSON (MM40) (99)		49:47
124	Owen DAVIES (MM40) (121)		54:24



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83		MM60-3	234	Rob EVANS (MM60)	Les Croupiers	48:18
84	7		85	Matthew O'LEARY (U23M)	Neath Harriers	48:24
85		MM50-8	202	Steve TOOGOOD (MM50)	Buckley Runners	48:31
86		MM45-6	157	Gareth BECK (MM45)	Llswerry Runners	48:34
87		MM55-5	225	Adrian WOODS (MM55)	Pont-Y-Pwl & District Runners	48:40
88		MM60-4	244	Mick TABOR (MM60)	Les Croupiers	48:50
89		MM45-7	169	Marcus MEYRICK (MM45)	Les Croupiers	48:52
90	8		84	Chris LLOYD (U23M)	RUN4ALL Neath	48:52
91		MM45-8	159	Stephen CARTER (MM45)	Parc Bryn Bach	49:20
92		MM50-9	198	Glyn SANSOM (MM50)	San Domenico RC	49:21
93		MM40-18	135	Mark HIDDLESTONE (MM40)	Port Talbot Harriers	49:24
94			36	Gareth JONES (SENM)	Parc Bryn Bach	49:30
95			47	John MULLANEY (SENM)	Aberdare VAAC	49:35
96		MM50-10	203	Dimitri VORRES (MM50)	Pont-Y-Pwl & District Runners	49:41
97		MM45-9	177	Steven SMITH (MM45)	Cardiff AAC	49:43
98		MM40-19	154	Lee WALTERS (MM40)	Aberdare VAAC	49:44
99		MM40-20	780	Simon WILSON (MM40)	Swansea Harriers	49:47
100		MM35-13	98	Nick DENNY (MM35)	Pontypridd Roadents AC	49:58
101			41	Christopher LEWIS (SENM)	RUN4ALL Neath	50:06
102		MM50-11	195	Tim OWEN (MM50)	Bridgend AC	50:10
103		MM55-6	208	Robert FALCONER (MM55)	Swansea Harriers	50:16
104		MM40-21	29	Iain HENDRY (MM40)	Neath Harriers	50:24
105		MM40-22	125	Robert DAVIES (MM40)	Llswerry Runners	50:48
106		MM40-23	152	Jonathan SAMUEL (MM40)	Newport Harriers	51:06
107		MM45-10	163	Huw DAVIES (MM45)	Carmarthen Harriers	51:16
108		MM40-24	149	John MARSON (MM40)	Llanelli AC	51:21
109		MM55-7	16	Clive EDGINGTON (MM55)	Meirionnydd RC	51:37
110		MM45-11	162	Evatt CUMMINGS (MM45)	Les Croupiers	51:43
111		MM45-12	160	Paul CHAPMAN (MM45)	Les Croupiers	52:07
112		MM55-8	215	Darryn MCATEE (MM55)	Newport Harriers	52:42
113		MM50-12	201	Stewart THOMASON (MM50)	Pont-Y-Pwl & District Runners	52:51
114		MM35-14	100	Tim FRY (MM35)	Cardiff AAC	52:54
115		MM50-13	72	Paul WINSTANLEY (MM50)	RUN4ALL Neath	53:10
116			60	Simon SOURRELL (SENM)	TROTS	53:27
117		MM40-25	148	Stuart LUKINS (MM40)	Llswerry Runners	53:44
118		MM50-14	190	Jon HAYES (MM50)	Bridgend AC	53:48
119		MM45-13	158	Allen BUNNEY (MM45)	Aberdare VAAC	54:03
120		MM50-15	186	Mark DUNSCOMBE (MM50)	Aberdare VAAC	54:15
121		MM40-26	124	Owen DAVIES (MM40)	Swansea Harriers	54:24
122		MM55-9	219	Clive OSMOND (MM55)	Les Croupiers	54:29
123		MM35-15	116	Matthew THOMPSON (MM35)	Les Croupiers	54:33
124		MM50-16	182	Ian BELL (MM50)	San Domenico RC	54:35
125		MM55-10	223	Ian WHATMOUGH (MM55)	Llswerry Runners	54:41
126		MM60-5	231	Paul DAY (MM60)	Llswerry Runners	54:42
127		MM35-16	102	David GIBBONS (MM35)	Aberdare VAAC	54:43
128			18	Richard ELGAR (SENM)	Llswerry Runners	54:46
129		MM55-11	214	Alan MASON (MM55)	Les Croupiers	54:52
130			1	Duncan AGGLETON (SENM)	Cardiff Harlequins RC	55:25
131		MM35-17	114	Martin SLUCUTT (MM35)	Swansea Harriers	56:06
132		MM60-6	232	Paul DURLEY (MM60)	Llswerry Runners	56:08
133		MM55-12	216	Paul MORRIS (MM55)	Les Croupiers	56:12
134		MM40-27	123	David CORNISH (MM40)	Port Talbot Harriers	56:14
135		MM50-17	199	Dominic SHIELDS (MM50)	San Domenico RC	57:02
136		MM45-14	66	Graham VYNER (MM45)	RUN4ALL Neath	57:42
137		MM35-18	117	Ifan THORNE (MM35)	Swansea Harriers	57:54
138		MM60-7	241	David PROFFITT (MM60)	Llswerry Runners	58:32
139		MM50-18	185	Nick DAVIES (MM50)	Llswerry Runners	58:56
140		MM45-15	178	Michael TITLEY (MM45)	Llswerry Runners	58:57
141			69	Tom WATKINS (SENM)	Llswerry Runners	59:02
142		MM60-8	239	Pete MORFEY (MM60)	Cardiff Harlequins RC	59:20
143		MM50-19	181	Andrew BARRY (MM50)	Llswerry Runners	59:50
144			71	James WILLIAMS (SENM)	Parc Bryn Bach	59:55
145		MM55-13	209	Mark FAULKNER (MM55)	Llswerry Runners	60:14
146		MM40-28	150	Matthew POTTER (MM40)	Llswerry Runners	60:42
147		MM60-9	233	Mike EVANS (MM60)	Chepstow Harriers	60:47
148		U17M-1	442	Ieuan JONES (U17M)	Cardiff AAC	60:49
149		MM35-19	119	Stephen WOOD (MM35)	Pegasus Running Club	61:26
150		MM60-10	237	Uku KUMARI (MM60)	Swansea Harriers	64:09
151		MM60-11	227	John AYRES (MM60)	Port Talbot Harriers	66:45
152		MM45-16	174	Nigel RICHARDS (MM45)	Llswerry Runners	67:59
153		MM60-12	236	Anthony HOLLING (MM60)	Port Talbot Harriers	68:12
154			21	Michael FAULDS (SENM)	Llswerry Runners	69:44
155		MM60-13	229	Colin CROOKS (MM60)	Pegasus Running Club	70:35
156		MM45-17	166	Chris GENTLE (MM45)	Llswerry Runners	72:32
157		MM55-14	213	Alan MANN (MM55)	Les Croupiers	76:43
158		MM50-20	193	Nick JACKSON (MM50)	Llswerry Runners	80:48

MASTER MEN 45 TEAM SCORES						
Pos	Club	1	2	3		Total
1	Les Croupiers	89	110	111		310
2	Llswerry Runners	86	140	152		378

MASTER MEN 45 MEDALLISTS			
176	Stefan SIMMS (MM45)	Micky Morris Racing Team	40:47
23	Christopher FULCHER (MM45)	Neath Harriers	43:53
165	Paul FLYNN (MM45)	Swansea Harriers	45:23

2nd Team - MM45 Athletes: Les Croupiers (310Pts)			
67	Charles WALSH (MM40) (62)		45:50
23	Christopher FULCHER (MM45) (46)		43:53
160	Paul CHAPMAN (MM45) (111)		52:07

2nd Team - MM45 Athletes: Llswerry Runners (378Pts)			
157	Gareth BECK (MM45) (86)		48:34
178	Michael TITLEY (MM45) (140)		58:57
174	Nigel RICHARDS (MM45) (152)		67:59

No 3rd Team			

MASTER MEN 50 TEAM SCORES						
Pos	Club	1	2	3		Total
1	Brecon AC	9	26	51		86
2	Bridgend AC	49	102	118		269
3	San Domenico RC	92	124	135		351
4	Llswerry Runners	139	143	158		440

MASTER MEN 50 MEDALLISTS			
184	Austin DAVIES (MM50)	Brecon AC	38:26
196	Mike PFEIFFER (MM50)	Brecon AC	40:53
187	Roger FARRINGTON (MM50)	Maldwyn Harriers	43:13

1st Team - MM50 Athletes: Brecon AC (86Pts)			
67	Charles WALSH (MM40) (62)		45:50
23	Christopher FULCHER (MM45) (46)		43:53
20	Peter SOWERBY (MM50) (51)		45:01

2nd Team - MM50 Athletes: Bridgend AC (269Pts)			
192	Rob HUNT (MM50) (49)		44:37
195	Tim OWEN (MM50) (102)		50:10
190	Jon HAYES (MM50) (118)		53:48

3rd Team - MM50 Athletes: San Domenico RC (351Pts)			
198	Glyn SANSOM (MM50) (92)		49:21
182	Ian BELL (MM50) (124)		54:35
199	Dominic SHIELDS (MM50) (135)		57:02

MASTER MEN 55 TEAM SCORES						
Pos	Club	1	2	3		Total
1	Les Croupiers	61	80	122		263
2	Les Croupiers	129	133	157		419

MASTER MEN 55 MEDALLISTS			
212	Ifan LLOYD (MM55)	Swansea Harriers	41:52
211	David JAMES (MM55)	Les Croupiers	45:47
207	Steve DAVIES (MM55)	Pont-Y-Pwl & District Runners	46:36

1st Team - MM55 Athletes: Les Croupiers (263Pts)			
67	Charles WALSH (MM40) (62)		45:50
23	Christopher FULCHER (MM45) (46)		43:53
219	Clive OSMOND (MM55) (122)		54:29

2nd Team - MM55 Athletes: Les Croupiers (419Pts)			
214	Alan MASON (MM55) (129)		54:52
216	Paul MORRIS (MM55) (133)		56:12
213	Alan MANN (MM55) (157)		76:43

No 3rd Team			

MASTER MEN 60 TEAM SCORES						
Pos	Club	1	2	3		Total
1	Llswerry Runners	126	132	138		396
2						

MASTER MEN 60 MEDALLISTS			
230	David DAVIES (MM60)	Brecon AC	47:07
226	John AGGLETON (MM60)	Cardiff Harlequins RC	47:35
234	Rob EVANS (MM60)	Les Croupiers	48:18

1st Team - MM55 Athletes: Llswerry Runners (396Pts)			
231	Paul DAY (MM60) (126)		54:42
232	Paul DURLEY (MM60) (132)		56:08
241	David PROFFITT (MM60) (138)		58:32

No 2nd Team			



WELSH ATHLETICS ATHLETAU CYMRU

George Crump M.B.E. Memorial

112th Welsh Cross Country Championships 2016
Singleton Park, Swansea Saturday 27th February



MASTER MEN 65 MEDALLISTS			
250	David SMOUT (MM65)	Parc Bryn Bach	34:03
2	Paul ALLEN (MM65)	Halesowen	34:34
248	Michael DAVIES (MM65)	Les Croupiers	35:41

MASTER MEN 70 MEDALLISTS			
257	Gordon ORME (MM70)	Carmarthen Harriers	34:36
256	John GARDENER (MM70)	Pembrokeshire Harriers	36:12
253	Ralph DAVEY (MM70)	Les Croupiers	41:37

MASTER MEN 75 MEDALLISTS			
258	Brian GOUGH (MM75)	Pontypridd Roadents AC	38:42
259	Syd WHEELER (MM75)	Chepstow Harriers	51:39