



SM	NAME	CLUB	RACE 1	RACE 2	RACE 3
1.	Ben Rawlins	Westbury H	50		
2.	Ben Hughes (U20)	Pontypridd R	49		
3.	Alastair Cambell (35)	Lliswerry R	48		
4.	Marc Hobbs (35)	Swansea H	47		
5.	Samuel Barber (U20)	Keighley & Craven AC	46		
6.	Oliver Cobbold (U20)	Swansea H	45		
7.	Joshua Sanders (U20)	Swansea H	44		
8.	Steffan Davies (U20)	Carmarthen H	43		
9.	Dominc Davies	Parc Bryn Bach	42		
10.	Henry Fagan (U20)	Cardiff Uni	41		
11.	Sam Griffiths	Les Croupiers	40		
12.	James Griffiths	Pontypridd R	39		
13.	Olive Price	Pontypridd R	38		
14.	Tom Baird	Pontypridd R	37		
15.	Matthew Cant	Westbury H	36		
16.	Fynn Armstrong (U20)	?	35		
17.	Jackson Mountford	UA	34		
18.	James Taylor-Caldwell	Swansea H	33		
19.	Lucas Howard Machado	Cardiff Archers	32		
20.	Cory Sherwin	Forest of Dean	31		
21.	Benjamin Peter Kennedy	Les Croupiers	30		
22.	Dane Williams	Parc Bryn Bach	29		
23.	Joshua Fitton	Lliswerry R	28		
24.	Oliver Williams (35)	Les Croupiers	27		
25.	Morgan Thompson	POntypridd R	26		
U20	NAME	CLUB	RACE 1	RACE 2	RACE 3
26.	Ben Hughes (U20)	Pontypridd R	50		
27.	Samuel Barber (U20)	Keighley & Craven AC	49		
28.	Oliver Cobbold (U20)	Swansea H	48		
29.	Joshua Sanders (U20)	Swansea H	47		
30.	Steffan Davies (U20)	Carmarthen H	46		
31.	Henny Fagan (U20)	Cardiff Uni	45		
32.	Fynn Armstrong (U20)	?	44		
33.	Jake Baty (U20)	RAF Athletics	43		
34.	Osian Davies (U20)	Neath H	42		
35.	Harley Morris (U20)	Pontypridd R	41		
M35	NAME	CLUB	RACE 1	RACE 2	RACE 3
36.	Alastair Cambell (35)	Lliswerry R	50		
37.	Marc Hobbs (35)	Swansea H	49		
38.	Oliver Williams (35)	Les Croupiers	48		
39.	Chris Oxley (35)	Sam Domenico RC	47		
40.	Sam Jones (35)	Parc Bryn Bach	46		
41.	Luke Duggan (35)	Porthcawl R	45		

42.	Paul Hughes (35)	Abingdon AC	44		
43.	Thomas Henry (35)	Lliswerry R	43		
44.	Paul Josua (35)	Sam Domenico RC	42		
45.	Laurence Humphrey (35)	Caerleon RC	41		
M45	NAME	CLUB	RACE 1	RACE 2	RACE 3
46.	Lucas Howard Machado (45)	Cardiff Archers	50		
47.	Doug Nicholls (45)	Pontypridd R	49		
48.	Matthew Turner (45)	Sam Domenico	48		
49.	Matthew Jacklin (45)	Aberdare AAC	47		
50.	Johnathan Pewtner (45)	Rhymney Valley	46		
51.	Niki Puleio (45)	?	45		
52.	Matthew Hurford (45)	Les Croupiers	44		
53.	Tom Newman (45)	Caerleon RC	43		
54.	Aled Hughes (45)	Ogmore PR	42		
55.	Keith James (45)	Pontypridd R	41		
M55	NAME	CLUB	RACE 1	RACE 2	RACE 3
56.	Tony Allan (55)	Sam Domenico	50		
57.	Rob Short (55)	Sam Domenico	49		
58.	Huw Davies (55)	Carmarthen H	48		
59.	Sean Sanders (55)	Parc Bryn Bach	47		
60.	Huw James (55)	Caerphilly R	46		
61.	Neil Williams (55)	Sam Domenico	45		
62.	Paul Deaton (55)	Penarth & DR	44		
63.	Steve Hooper (55)	Pontypridd R	43		
64.	Mark Williams (55)	Aberdare AAC	42		
65.	Julian Maine (55)	Porthcawl R	41		
SW	NAME	CLUB	RACE 1	RACE 2	RACE 3
66.	Emily Hanion	Wales Tri	50		
67.	Georgia Palmer	Les Croupiers	49		
68.	Donna Morris (35)	Builth & D RC	48		
69.	Emily Davies	Neath H	47		
70.	Mia Goddard	Les Croupiers	46		
71.	Isabel Brinsden	CLC Striders	45		
72.	Hollie Lewis (U20)	Swansea H	44		
73.	Kate Roberts (35)	Bridgend AC	43		
74.	Ellie Robinson	Newport H	42		
75.	Katy Roy (35)	Bristol & W	41		
76.	Katie Youp (U20)	Winchester & D	40		
77.	Alice Tredgett	Severn AC	39		
78.	Emily Fell	Les Croupiers	38		
79.	Alesha Santos (U20)	Rhondda AC	37		
80.	Hermione Jewell	Cardiff Uni	36		
81.	Teresa Penhorwood (35)	Tri hard H	35		
82.	Gwelina Ciesielska (35)	Parc Bryn Bach	34		
83.	Anna Jolliffe (U20)	Bicester AC	33		
84.	Gabriella Booth (35)	Porthcawl R	32		
U20W	NAME	CLUB	RACE 1	RACE 2	RACE 3
85.	Hollie Lewis (U20)	Swansea H			
86.	Katie Youp (U20)	Winchester & D			
87.	Alesha Santos (U20)	Rhondda AC			

88.	Anna Jolliffe (U20)	Bicester AC			
89.					
35w	NAME	CLUB	RACE 1	RACE 2	RACE 3
90.	Donna Morris (35)	Builth & D RC	50		
91.	Kate Roberts (35)	Bridgend AC	49		
92.	Katy Roy (35)	Bristol & W	48		
93.	Teresa Penhorwood (35)	Tri hard H	47		
94.	Gwelina Ciesielska (35)	Parc Bryn Bach	46		
95.	Gabriella Booth (35)	Porthcawl R	45		
45W	NAME	CLUB	RACE 1	RACE 2	RACE 3
96.	Janneke Van Beijnum (45)	Les Croupiers	50		
97.	Susannah Bulpin (45)	Sam Domenico RC	49		
98.	Catherine Barker (45)	Penarth & D	48		
99.	Coleen O'Leary (45)	Swansea H	47		
100.	Gina Hardman (45)	Bridgend AC	46		
101.	Jennie Thomas (45)	?	45		
102.	Sara Williams (45)	Caerphilly R	44		
103.	Emma Brute (45)	Les Croupiers	43		
104.	Tracey Newman (45)	Clwb Run Wales	42		
55W	NAME	CLUB	RACE 1	RACE 2	RACE 3
105.	Joanne Hudson (55)	Caerphilly R	50		
106.	Lisa Cleary (55)	Penarth & D	49		

